

# KINDERGARTEN READINESS CHECKLIST

## Good Health and Physical Well-Being – My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles
- Scribbles, colors, paints and does other activities that help develop small muscles

## Social and Emotional Preparation – My child:

- Is learning to explore and try new things
- Is learning to work well alone and to do many tasks independently
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores
- Is learning to use words to identify and express emotions

## Language and General Knowledge – My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write his/her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw and to be creative
- Has opportunities to listen to and make music and to dance
- Has opportunities to get first-hand experiences and to do things in the world - to see and touch objects, hear new sounds, smell and taste foods

Visit [MyChildIsReady.com](http://MyChildIsReady.com) to take the online test!

