

# KINDERGARTEN, HERE I COME!

*You might think that knowing the ABCs, numbers, shapes, and colors are the most important skills for children entering kindergarten. But there are other skills that are just as important – if not more important – for children to succeed in school.*

*Raising an eager learner is the goal, and it can be achieved easily through play and activities that parents do with children as part of the day-to-day routine.*



## Health and Well Being:

*I'm ready for kindergarten when...*

- I am healthy and my immunizations are up to date.
- I have good oral health and have visited my dentist.
- I am well-rested.
- I can fasten my pants and put on my jacket.
- I can kick balls, hop on one foot, and climb a ladder at the park.
- I can eat, wash hands, blow my nose, and use the toilet by myself.
- I get at least 60 minutes a day of exercise and active play.

## Social and Emotional Development:

*I'm ready for kindergarten when...*

- I take turns, share, and help others.
- I stay focused and pay attention for 10-15 minutes at a time.
- I can keep trying, with support, even when I don't know how to do something.
- I enjoy following the rules and helping to make the rules.
- I can work and play both independently and in a group.
- I can manage my behavior with help.
- I can calm myself down when I get frustrated.

## Language Skills:

*I'm ready for kindergarten when...*

- I enjoy books and stories.
- I can use a crayon or pencil.
- I know how to use a book: where to start, which way to turn pages and that the pictures and words tell a story.
- I know some of the letters of the alphabet.
- I can write some of the letters in my first name.
- I know rhyming words like pat, hat, cat, and bat.

## Mathematical Thinking:

*I'm ready for kindergarten when...*

- I can count 10 objects correctly. (For example, in response to "Please put 10 blocks in the basket.")
- I know primary colors such as red, blue, and yellow, and shapes such as circle, square, and triangle.
- I can sort silverware in spoons, knives, and forks.
- I can put together a puzzle through trial and error.
- I can sort beads on a necklace in a red-yellow-red-yellow pattern.
- I can organize four objects from smallest to largest.