

Kindergarten

Life Skills Checklist



Your child should be able to do the following skills independently by the first day of kindergarten.

Bathroom Skills

- Flush the toilet
- Use a urinal without pulling your pants all the way down (boys)
- Wipe yourself
- Shutting and locking the bathroom stall door
- Unbutton and button pants
- Wash hands

Snack/Lunch Skills

- Open all items in lunchbox, including snack packaging/containers
- Clean up and repack lunchbox
- Know what to throw away and what to keep (disposable vs. reusable)
- Know what your lunchbox looks like

Motor Skills

- zip, button, snap
- Non-Tie shoes preferred. If shoes are tie, know how to tie the laces.
- use a pencil/crayons
- hold scissors
- roll playdough

Family Info

- Know your first and last name
- Know your parents' first and last name

Classroom 101

- Sit in a chair
- Follow 2-step directions
- Sit quietly and listen to a story
- Keep hands to yourself
- How to complete NON-PREFERRED tasks.
- Pack back pack - put in a folder, lunchbox, waterbottle
- Blow your nose
- Catch your cough with elbow

Social Skills

- Respectfully answer adults
- Respond when name is called
- Wait your turn
- Lose gracefully
- Be kind to others
- Tattling vs. Telling

