I'm ready for school when...

**Health and Well-Being**
- 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 the ladder at the park.
- I can eat, wash my hands, blow my nose and use the toilet by myself.
- I get at least 60 minutes a day of exercise and active play.

**Early Literacy**
- I enjoy books and stories.
- I can use a crayon or pencil.
- I know how to use a book: from start to finish and how to turn pages.
- 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.

**Social and Emotional Development**
- I take turns, share and help others.
- I stay focused and pay attention for 10-15 minutes at a time.
- I can keep trying, 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 & Communication Skills**
- I hear and understand the meaning of words, stories and songs.
- I use words to talk about thoughts, wants, needs and feelings.
- I speak clearly enough that other people understand.
- I use complete sentences and connect ideas to make longer sentences.
- I can say or sing familiar songs and nursery rhymes.
- I follow one- and two-step directions such as, "Please pick up your plate and put it in the sink."

**Mathematical Thinking**
- I can count 10 items correctly.
- I know primary colors and shapes - red, blue and yellow; circle, square and triangle.
- I can sort silverware into spoons, knives and forks.
- I can put together a puzzle through trial and error.
- I can sort beads on a necklace in a color pattern.
- I can organize four objects from smallest to largest.

**All children grow and develop at their own pace.**

Use this checklist to identify the skills you can help your child develop in order to prepare them for lifelong learning.

*Source: Are You Ready? A Family's Guide to Starting Kindergarten*