

Kindergarten Readiness Checklist and Progress Tracker

Easily Track Progress Across Key Learning Areas

Child's Name: _____

Social Development

(Sharing, Turn-Taking, Feelings)

- ☐ Can share and take turns
- ☐ Follows simple directions and routines
- ☐ Uses polite words ('please,' 'thank you')
- ☐ Follows Directions

Language and Literacy

(Recognition, Rhyming, Comprehension)

- ☐ Recognizes letters and their sounds
- ☐ Can retell a simple story
- ☐ Understands basic rhymes and vocabulary
- ☐ Uses complete sentences
- ☐ Recognizes and says their name
- ☐ Understands reading from left to right

Math and Number Sense

(Counting, Patterns, Sorting)

- ☐ Can count to 20
- ☐ Recognizes numbers 1-10
- ☐ Understands more and less than
- ☐ Can complete a simple pattern
- ☐ Identifies basic shapes

Fine Motor Skills

(Cutting, Tracing, Building)

- ☐ Can hold a crayon or pencil correctly
- ☐ Can cut with scissors
- ☐ Can stack blocks or build simple structures
- ☐ Can complete simple puzzles (2-4 pieces)
- ☐ Can draw or trace simple lines and shapes

Gross Motor Skills

(Balance, Coordination, Movements)

- ☐ Can jump, hop, run, and skip
- ☐ Balances on one foot
- ☐ Can throw and catch a ball
- ☐ Climbs stairs using alternating feet
- ☐ Rides a tricycle or balance bike

Cognitive and Problem-Solving

(Matching, Problem-Solving, Sequencing)

- ☐ Can match objects with their names
- ☐ Sorts objects by shape, color, and shape
- ☐ Understands basic cause-and-effect
- ☐ Can follow 2-step instructions
- ☐ Asks questions about the world

Life Skills and Emotions

(Self-Care and Regulation)

- ☐ Can dress and undress with little help
- ☐ Uses the toilet independently
- ☐ Helps with simple chores
- ☐ Knows basic hygiene routines (washing hands, brushing teeth)
- ☐ Can clean up after playtime
- ☐ Can ask for help when needed
- ☐ Can express emotions/feelings using words
- ☐ Shows empathy for others
- ☐ Can separate from parents with minimal distress