99 Tips for School Readiness Checklist: School Readiness Activities for Children 4-5 Years Old

**Self-Help Skills**

- Unbuttons Front Buttons
- Walks to Classroom from Play Area, Following Adult
- Goes to the Toilet Alone
- Washes and Dries Hands
- Feeds Self with Fork or Spoon, Held in Fingers
- Helps Carry and Put Things Away
- Serves Food to Self
- Brushes Teeth without Assistance
- Puts Shoes on Correct Feet
- Washes and Dries Face
- Rinses Mouth after Brushing Teeth
- Zips Separating Front Zipper
- Blows Nose
- Spreads Food with a Popsicle Stick
- Puts on Pullover Garment
- Answers Questions about Safety
- Undresses and Dresses Completely without Assistance
- Laces Shoes
- Cuts Food with Knife and Fork
- Ties Shoe Laces

**Social-Behavioral Skills**

- Performs for Others
- Easily Separates from Parents
- Engages in Play with Other Children
- Tells Age
- Calls Attention to Own Accomplishments
- Initiates Conversation with Others in an Informal Setting
- Expresses Sympathy to Peer Appropriately
- Follows Established Rules and Routines
- Identifies Emotions
- Helps Peer When Asked
- Comes to the Defense of a Peer in Trouble
- Praises Peers for Their Accomplishments
- Develops Group Cooperation and Trust
- Chooses Friends
- Goes on Errands
• Knows Birth Date
• Helps Teacher/Caretaker When Asked
• Offers to Help a Teacher/Classmate
• Plays in a Small Group
• Tells Address, including Street, City and State

**Motor Skills**

**Gross Motor Skills**

• Stands on One Foot for Five Seconds
• Throws a Ball Overhand with Forward Release, without Falling
• Hops on One Foot
• Gallops
• Walks Up and Down Stairs Using Alternating Feet
• Rides Tricycle around Obstacles or Sharp Corners
• Climbs Ladder of Playground Equipment
• Balances on One Foot for Ten Seconds
• Runs Safely on Whole Foot, Starting and Stopping with Ease
• Skips

**Fine Motor Skills**

• Traces a Diamond Pattern
• Cuts with Scissors Following a Line
• Copies a Cross from Example
• Draws a Three-Part Person from Example
• Folds and Creases Paper Two Times after Demonstration
• Copies Square from Example
• Puts Paper Clips on Papers
• Inserts Folded Letter into an Envelope
• Ties a Knot
• Builds Four Steps with Ten Cubes after Demonstration

**Language Skills**

• Responds to How and Where Questions
• Demonstrates Understanding of Prepositions In, On, and Under
• Delivers One-Part Verbal Message
• Points to Eight Body Parts
• Tells Use of Objects
• Repeats Twelve-Syllable Sentence
• Discriminates Letters from Pictures
- Tells the Names of Two Printed Letters
- Gives Account of Recent Experiences in Order of Occurrence
- Tells What Common Things Are Made Of
- Tells Printed Letters in Own Name
- Tells Opposites
- Follows Three-Step Directions
- Tells a Story Using Pictures
- Reads Common Word from Familiar Environment
- Points to the Title of Book
- Writes First and Last Name
- Rhymes Words
- Tells Beginning Sounds

**Cognitive Skills**

- Identifies Primary Colors
- Identifies Missing Part of Incomplete Person
- Distinguishes between Long and Short
- Stacks Five Rings on Cone in Order
- Distinguishes between Night and Day
- Completes a Six-Piece Puzzle
- Repeats Three or Four Numbers
- Gives Three Objects on Request
- Points to a Square
- Points to a Triangle
- Names Numerals One through Three
- Counts Ten Objects
- Points to First in Line
- Counts to Twenty
- Arranges Shapes from Smallest to Largest
- Tells the Number of Halves in a Whole
- Describes the Weather
- Names the Days of the Week
- Tells the Number of Fingers on a Hand