

# Kindergarten Readiness

## What is school readiness?

**Readiness** means having the ability to learn and cope with the school environment with out undue stress.

## Characteristics of Children Ready for Kindergarten are:

- Ready to separate from family
- Ready to trust adults in school
- Ready to learn how to share
- Ready to learn to wait
- Ready to assume responsibility and independence
- Ready to handle situations, emotions, and fears
- Ready to follow teacher's agenda

## Other Questions to Ask

Is the child interested in print, alphabet letters, listening to stories and music?

Is the child eager to learn in new activities?

Is the child interested in math concepts-numbers, comparisons, and shapes?

Are they ready to hold a pencil, use scissors, button, and zip their own clothing

Are they ready to attend to tasks for 15-20 minutes?

## **Fine and Gross Motor**

Gross motor involves the large muscles

Fine motor activities involve using the small muscles

Examples to increase gross motor would be:

Balancing

Catching balls

Throwing balls

Kicking balls

Running/skipping/hopping

Jumping

Using monkey bars

Examples to improve fine motor:

Exposure to writing utensils such as pens, pencils, crayons

Exposure to cutting (Fiskars)

Proper strokes taught early

Clothespin activities

Snapping, buttons, zipping

## **Reading Readiness**

Letter recognition

Capital/lowercase in name

Read lots of stories

Talk about what happens in stories

## **Math Readiness**

Colors

Shapes

Positional Words

Counting to 20

Numbers to 10

## **Self Help Skills**

Uses toilet independently and washes hands unassisted

Fasten and unfasten simple buttons and snaps: attempts to tie shoes

Gets coat on and off and hangs up

Takes responsibility for own belongings (coat, back pack, lunch)

Blow their nose and cover their mouth when they cough

Helps clean up after play

Uses manners when speaking and eating

This Readiness worksheet was distributed by the Fluvanna County Schools, and should be used as a guide for year-end Pre-K goals.

Please contact the appropriate Elementary School for information in regard to registering for Kindergarten. Registration and screening is traditionally done in March.

[www.fluco.org](http://www.fluco.org)

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