

FIVE YEAR OLD CHECKLIST

<u>SOCIAL/EMOTIONAL</u>	<u>OFTEN</u>	<u>SOME TIMES</u>	<u>ALMOST NEVER</u>	<u>DON'T KNOW</u>
<u>MY CHILD:</u>				
Follows simple three-step directions	_____	_____	_____	_____
Puts toys away when asked	_____	_____	_____	_____
Likes to help with an adult activity	_____	_____	_____	_____
Says "I can't" without trying	_____	_____	_____	_____
Acts without reason, on the spur of the moment	_____	_____	_____	_____
Can play with an activity for at least 30 minutes	_____	_____	_____	_____
Plays games taking turns and following rules with another child the same age	_____	_____	_____	_____
Angers easily	_____	_____	_____	_____
Becomes upset with changes in routine	_____	_____	_____	_____
Has regular playmates the same age	_____	_____	_____	_____
Demand much individual adult attention	_____	_____	_____	_____
Accepts discipline and limits	_____	_____	_____	_____
 <u>SELF-HELP</u>				
<u>MY CHILD:</u>				
Can put on his/her own coat	_____	_____	_____	_____
Can answer the telephone and tell the right message to the person called	_____	_____	_____	_____
Can fix a sandwich	_____	_____	_____	_____
Can pour from a pitcher into a glass with little or no spilling	_____	_____	_____	_____
Shows awareness of others' feelings	_____	_____	_____	_____
Gives first and last name when asked	_____	_____	_____	_____
Can give address	_____	_____	_____	_____
Can give telephone number	_____	_____	_____	_____
 <u>LANGUAGE</u>				
<u>MY CHILD:</u>				
Is very curious and asks meaningful questions	_____	_____	_____	_____
Listens to and enjoys stories	_____	_____	_____	_____
Tells a story by looking at the pictures in a book	_____	_____	_____	_____
Can repeat nursery rhymes, Bible stories or fairy tales	_____	_____	_____	_____
 <u>GROSS MOTOR</u>				
<u>MY CHILD:</u>				
Alternates feet going up and down stairs	_____	_____	_____	_____
Can hop on one foot at least 5 times	_____	_____	_____	_____
Can skip	_____	_____	_____	_____
Can catch a ball thrown by an adult standing 5 feet away	_____	_____	_____	_____
Runs smoothly	_____	_____	_____	_____
 <u>FINE MOTOR</u>				
<u>MY CHILD:</u>				
Can tie his/her shoes	_____	_____	_____	_____
Draws or copies a square	_____	_____	_____	_____
Draws or copies a triangle	_____	_____	_____	_____
Can use scissors top cut out a circle	_____	_____	_____	_____
 <u>COGNITIVE</u>				
<u>MY CHILD:</u>				
Learns easily and rapidly	_____	_____	_____	_____
Knows right hand from left hand	_____	_____	_____	_____
Knows how many fingers there are on each hand	_____	_____	_____	_____
Count 1-10 or beyond	_____	_____	_____	_____
Identifies eight basic colors (red, blue, yellow, green, orange, purple, black, brown)	_____	_____	_____	_____
Recognizes his/her name in print	_____	_____	_____	_____
Recognizes some of the letter is his/her name	_____	_____	_____	_____
Draws a person that includes a head that looks like a head and at least one other body part	_____	_____	_____	_____
Counts 5 objects	_____	_____	_____	_____
Recites the alphabet	_____	_____	_____	_____

## KINDERGARTEN READINESS "SUGGESTIONS"

Your child's success in kindergarten depends a great deal on his readiness.

1. Does your child attempt to dress and undress himself?
2. Do you talk and sing with your child, read stories, nursery rhymes, listen to records?
3. Can your child describe things using big-little, tall-short, old-new etc.?
4. Can your child be understood by people outside of the family?
5. Does your child use and understand words such as an, over, under, beside, etc.?
6. Can your child tell his age (not just hold up fingers)?
7. Does your child know his full name, address and telephone number? Can he spell his first name?
8. Is your child able to name most of his body parts?
9. Does your child know the eight basic colors?
10. Is your child familiar with the alphabet (from watching Sesame Street or singing the alphabet song)?
11. Can your child pedal a tricycle?
12. Has your child had paper-pencil and coloring experience?
13. Has your child had cutting and pasting experiences?
14. Can your child properly print his first name - that is John not JOHN?
15. Can your child zip, button, snap, tie, and put on his own coat?

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If you have answered "no" to any of these questions, you may want to work on these areas over the summer. This would better prepare your child for kindergarten this fall.

If you have any questions, please call the school at 348-3695.

## F.A.C.T. MAKES READINESS

Your child's education begins the minute he is born. He starts learning, either that he is loved or unloved. Talking to and playing with a tiny infant increases his mental and emotional responsiveness and helps develop personality and intellect.

Every child has basic needs -- physical, emotional, social and mental.

Good nutrition, plenty of water, good sleeping habits, daily exercise, fresh air, and cleanliness are necessary to meet the physical needs. Lots of T.L.C. (tender loving care) are essential to meet the emotional needs of a child.

Opportunities to play with other children of the same age are a vital part of meeting his social needs.

Mental development can begin at a very early age through reading books to children in the home. Children enjoy counting games and reciting nursery rhymes from age two. They also need and enjoy coloring books to help teach colors. If you want to teach your child to write his name be sure to use lower-case letters, as Susan instead of SUSAN. This will prevent the confusion of having school and home disagree. Conception of dates can start early by teaching the child the date of his birthday. It is important that he knows his address and telephone number as early as possible.

Take time to teach him to be independent by putting on his clothes and tying his own shoes. This is a great way to develop self esteem and a good self-concept, which are necessary for school success.

Remember, even after he starts to school, you are still his closest teacher and character builder.

**F - FOOD** - Balanced diet, good breakfast, etc.

**A - ATTENTION** - Listening to him and being interested in his progress

**C - CLEANLINESS** - Regular baths and shampoos as well as care of teeth

**T - TENDERNESS** - Plenty of love and praise