



Name: _____

Date: _____

Social-Emotional Skills

- **Sharing & Turn-Taking**
 - ☐ Willingly shares toys and materials with peers
 - ☐ Takes turns during play without prompting
 - ☐ Offers help and asks for help when needed
- **Emotional Expression & Regulation**
 - ☐ Uses words to express feelings (happy, sad, angry, excited)
 - ☐ Recognizes and labels emotions in self and others
 - ☐ Uses strategies (deep breaths, counting) to calm down when upset
- **Separation Ease & Adaptability**
 - ☐ Separates from caregivers with minimal distress
 - ☐ Adjusts to new environments (classroom, playgroup)
 - ☐ Shows resilience when routines change or when faced with minor setbacks

Academic Basics

- **Letter Recognition & Writing**
 - ☐ Identifies both uppercase and lowercase letters
 - ☐ Recognizes letters in familiar words (e.g., own name)
 - ☐ Begins to practice writing letters and simple words
- **Number Recognition & Counting**
 - ☐ Recognizes numerals 1–20
 - ☐ Counts objects accurately up to 20
 - ☐ Understands basic number order and relationships
- **Early Literacy Skills**
 - ☐ Recognizes and can name common sight words
 - ☐ Demonstrates interest in books and storytelling
 - ☐ Engages in activities like tracing letters and simple word puzzles

Physical Readiness

- **Gross Motor Skills**
 - ☐ Runs confidently and changes direction with balance

- ☐ Jumps, hops, and skips with coordination
- ☐ Demonstrates abilities like climbing stairs, balancing on one foot, and throwing or catching a ball
- **Fine Motor Skills**
 - ☐ Uses a tripod or quadrupod pencil grip for drawing and writing
 - ☐ Can cut with scissors along a line
 - ☐ Manipulates small objects (buttons, beads) with precision
- **Coordination & Control**
 - ☐ Engages in activities that combine body movements (dancing, obstacle courses)
 - ☐ Demonstrates improved hand-eye coordination during crafts and play
- **Physical Health & Fitness**
 - ☐ Practices proper handwashing and self-care routines
 - ☐ Consumes a nutritious, varied diet and stays well-hydrated

Independence

- **Self-Care & Personal Hygiene**
 - ☐ Uses the bathroom independently, including washing hands afterward
 - ☐ Practices routine dental care with minimal help
 - ☐ Demonstrates basic grooming (brushing hair, wiping face)
- **Dressing & Undressing**
 - ☐ Puts on simple clothing items (shirt, pants, socks) with little assistance
 - ☐ Manages fasteners (zippers, Velcro) and chooses appropriate clothes for the weather
- **Meal & Snack Management**
 - ☐ Opens and closes lunchboxes or snack containers independently
 - ☐ Uses utensils correctly while eating
 - ☐ Recognizes and names food items; practices self-serving during meals
- **Task Completion & Responsibility**
 - ☐ Participates in household chores (e.g., putting toys away)
 - ☐ Follows simple multi-step instructions that foster routine and responsibility