



How ready is your child for Kindergarten? Here's a quick list of skills most Kinders have mastered before getting to school.

## Kindergarten Readiness Check List

<p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Completes somersault with chin tuck and without turning to side</li> <li>• Gallops 10 feet with weight transferred smoothly and evenly; arms move freely in opposition to legs</li> <li>• Jumps and turns so feet land in opposite direction (180 degrees)</li> <li>• Hops 8 consecutive times on one foot followed by 8 hops on the other foot</li> <li>• Skips 8 steps using opposing arm and leg movements and using alternating feet while maintaining balance</li> <li>• Hits a target with tennis ball 12 feet away using overhead throw</li> <li>• Catches tennis ball with hands only from 5 feet away</li> <li>• Runs while pumping arms</li> <li>• Stand on one foot for 10 seconds</li> </ul>	<p><b>Fine Motor &amp; Pre-Writing Skills</b></p> <ul style="list-style-type: none"> <li>• Uses a refined and fluid grasp on crayons/pencil (3 finger grasp)</li> <li>• Imitates triangle</li> <li>• Prints own name</li> <li>• Prints letters of alphabet</li> <li>• Draws picture with 3 objects</li> <li>• Uses one hand consistently to hold pencil</li> <li>• Uses non-dominant hand to secure object while manipulating it with the other hand</li> <li>• Cut out a circle</li> <li>• Draws a person with at least 6 parts</li> </ul>
<p><b>Self-Care Skills</b></p> <ul style="list-style-type: none"> <li>• Dress and undress self</li> <li>• Manage fasteners (zippers, buttons, snaps)</li> <li>• Manage toileting including wiping and washing hands</li> <li>• Take care of own belongings</li> </ul>	<p><b>Social Skills</b></p> <ul style="list-style-type: none"> <li>• Follow 2-3 step instructions</li> <li>• Play cooperatively with friends</li> <li>• Manage frustrations and avoid tantrums</li> <li>• Transition between tasks</li> </ul>

If your child struggles with any of these skills, or you have other concerns call us at 541-255-2681 to set up a free OT screening. Kindergarten is such a key step for a child, and we love to help them have fun and succeed in school.