

### **Essential Skills for Kindergarten**

- Sit still and focus for at least 10 minutes. (Read to your student daily and limit computer/tablet/TV time. This will help train your student to sit and listen for longer periods of time.)
- Follow two step directions. (i.e. “Color the circle blue and then cut it out.” or “Put your toy in the toy box and then come to the table for lunch.”)
- Function and focus without naps.
- Display independent bathroom skills, including zipping and buttoning pants.
- Follow instructions given by an adult.

### **Academic Skills for Kindergarten**

- Say his first and last name.
- Identify uppercase and lowercase letter **names**.
- Identify numbers 1-10.
- Count up to 20.
- Use a sustained and consistent pencil grasp.
- Write his first name (with an uppercase letter only at the beginning).
- Orient and adjust scissors in the correct hand for efficient cutting.

It is also important to begin teaching your scholars proper health habits, such as:

- Sneezing and coughing into their elbows
- Washing hands after touching their faces and after going to the bathroom
- Keeping their hands out of their mouths and noses
- How to properly blow their noses

Essential supplies to have at home to use over the summer:

- Kid size scissors
- Glue sticks
- Playdough (builds finger strength and fine motor skills)
- Crayons, coloring books, and paper (builds fine motor skills)