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)