

Kindergarten Life-Skills Checklist

Bathroom and Self-Care

- ☐ Can flush the toilet
- ☐ Can tell how much toilet paper to use
- ☐ Can understand the importance of washing hands
- ☐ Can give others privacy (when bathrooms have more than one stall)
- ☐ Can blow nose correctly

Clothing

- ☐ Can get dressed independently
- ☐ Can button, snap, and zip clothing
- ☐ Can take off a jacket or sweater
- ☐ Can tie shoes

Mealtime Etiquette

- ☐ Can open and close lunch containers
- ☐ Can open straws, milk containers, and juice boxes
- ☐ Can use utensils and not play with food
- ☐ Can use napkins to clean hands and wipe face
- ☐ Can sit down when eating

Social Skills

- ☐ Can listen when someone is talking
- ☐ Can keep hands to self
- ☐ Can share and express feelings
- ☐ Can manage emotions with words

Routines

- ☐ Can follow a daily schedule
- ☐ Can follow a bedtime routine
- ☐ Can make it through the day without a nap
- ☐ Can finish eating lunch in 30 minutes

