



Pre-Kindergarten Developmental Milestones: At-a-Glance



Note: The following are **not** pre-requisites for Kindergarten, but rather a brief overview to help identify skills that children can practice at home to promote success in Kindergarten

			Self-Help Skills
Beginning	Sometimes	Consistently	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Using toilet, cleaning up, and washing hands independently
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Opening lunch containers and food packages independently
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Feeding self simple meals with spoon or fork
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dressing and undressing independently, including shoes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying own belongings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting to "read" independently
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in imaginative play
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Enjoying or tolerating messy play
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Putting away toys and clothes independently

			Self-Regulation Skills
Beginning	Sometimes	Consistently	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Listening to a story without interrupting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Learning not to put things in mouth
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Saying goodbye to parents or guardians comfortably
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting and focusing while eating a snack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking turns in games
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying emotions of self/others
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adjusting tone of voice (e.g. indoor)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Showing concern for a crying friend
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Following along with rules
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participating in less preferred activities

			Gross Motor Skills
Beginning	Sometimes	Consistently	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walking up and down stairs with alternating feet
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Running and stopping with control
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting on the floor without back support for 5-10 minutes (limit "W-sitting")*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Climbing and jumping on and off playground equipment independently
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bending over to pick up toys
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Standing on one foot for 5 seconds
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jumping with two feet
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Kicking a ball
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Throwing and catching a bounced ball most of the time

			Fine Motor Skills
Beginning	Sometimes	Consistently	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Twisting lids, door handles, knobs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Holding a pencil with tripod grasp*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Folding and tearing paper
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Turning pages of a book
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drawing a line and a circle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stringing beads
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Using scissors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drawing people with at least 4 parts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Completing a 10-piece puzzle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Building a tower of 6+ blocks
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Colouring within the lines