



Ready for School?

Social Skills

Can my child:

- ✓ Handle transitions without becoming emotional (home to kindy; changing from one activity to another)
- ✓ Understand and follow rules
- ✓ Follow simple instructions
- ✓ Sit still for 5-10 minutes
- ✓ Talk to adults – request information from adults and respond to adult inquiries
- ✓ Change their energy levels to suit the activity at hand

Emotional Maturity

Can my child:

- ✓ Separate from parents/caregivers easily and happily
- ✓ Get along with other children
- ✓ Take turns
- ✓ Enter a conversation
- ✓ Empathise with others
- ✓ Negotiate compromises
- ✓ Express frustration and anger without escalating into disagreements or harming others

Language & Thinking Skills

Can my child:

- ✓ Draw a person with arms, legs and facial features
- ✓ Name basic colours
- ✓ Name common shapes
- ✓ Understand number concepts such as more/less, empty/full, large/small
- ✓ Count to five in order

Jump Up for Kids

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Motor Development

Can my child:

- ✓ Join in gross motor games without getting tired or frustrated
- ✓ Hop, skip, jump and run in a coordinated way
- ✓ Move around without bumping into things
- ✓ Open a lunchbox and food wrappers
- ✓ Dress independently
- ✓ Go to the toilet without assistance
- ✓ Hold scissors correctly and open and close scissors
- ✓ Hold a pencil/crayon to colour and draw
- ✓ Complete fine motor activities (eg drawing, cutting, holding spoon) without swapping hands

Daily Life

Can my child:

- ✓ Sleep for 10 – 12 hours at night
- ✓ Eat a wide variety of foods
- ✓ Enjoy a wide range of activities including indoor and outdoor play

This checklist is a guide only. If you are concerned about your child's readiness to start school, it is important to talk to your child's teacher at kindy as well as school staff where your child will be starting prep.

An Occupational Therapy consultation may be useful if your child:

- Avoids certain activities
- Needs more help than their peers with self-care and play activities
- Shows persistent negative behaviours when trying new activities
- Seems chronically unhappy or anxious.

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