



Supporting Kindergarten Transition

School District No. 83

North Okanagan-Shuswap



Research and experience tell us that children need to be socially, emotionally, and physically ready in order to have a successful and happy transition into school. This checklist can help serve as a guide for Kindergarten transition. Your child may not be able to do all the things on this list right now and that is okay. The items listed are things that you can help your child work towards and continue to work on during the Kindergarten year.

Social/Emotional Skills Is your child able to...?	Consistently	Sometimes	Not Yet
Face a person when they are talking and give eye contact			
Separate from parents without being upset			
Independently begin an activity			
Ask for help and accept help if necessary			
Stop doing an activity when requested			
Play cooperatively with friends and share with other children			
Use words to express feelings (eg. I am angry, I feel sad)			
Care about the needs and feelings of others			

Independence Skills Is your child able to...?	Consistently	Sometimes	Not Yet
Put on/remove socks, shoes, jacket			
Do up buckles/velcro (not laces) on shoes			
Do up buttons and zippers			
Go to the toilet independently			
Wash and dry hands independently			
Blow nose and wipe efficiently			
Unwrap and eat lunch, peel fruit, manage lunch kit			
Take care of own belongings (eg. put backpack in designated spot)			

Communication Skills Is your child able to...?	Consistently	Sometimes	Not Yet
Speak clearly and audibly and maintain eye contact			
Describe recent experiences			
Recite rhymes and sing songs			
Retell stories			
Understand requests and seek clarification if needed			
Carry out three directions in sequence			
Listen attentively and answer questions in a group situation			
Talk with peers and take part in conversation			

Fine Motor & Cognitive Skills Is your child able to...?	Consistently	Sometimes	Not Yet
Isolate fingers (eg. to point at something)			
Hold a pencil using an appropriate grip			
Cut safely with scissors			
Pick up small objects such as beads, pebbles, buttons with fingers			
Recognize own first name			
Recognize colours and basic shapes			
Sort and classify objects (eg. by colour, size, etc.)			
Listen to and enjoy stories			

Gross Motor and Orientation Skills Is your child able to...?	Consistently	Sometimes	Not Yet
Move with a line of children at routine times			
Catch and throw a ball with a partner			
Kick a ball			
Manage changes in the environment (eg. stairs, uneven ground)			
Understand the need for safety (eg. traffic, heights)			
Play imaginatively (indoors and outdoors)			
Enjoy outdoor play such as running, jumping, and climbing			
Play actively with friends outside for 50 to 60 minutes			

**For more information about Kindergarten transition
and early learning programs in School District No. 83,
please contact:**

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