

Kindergarten Independence Checklist

Simple Skills That Help Children Feel Confident and Ready for School

Self-Care Skills

- Uses the bathroom independently
- Washes and dries hands independently
- Blows nose when needed
- Covers coughs and sneezes
- Puts on and takes off coat
- Zips, buttons, or fastens clothing
- Puts on shoes independently

Personal Responsibility

- Carries own backpack
- Keeps track of personal belongings
- Puts belongings away when finished
- Cleans up toys and materials
- Throws away trash independently
- Takes care of classroom or household materials

Follow Routines & Directions

- Follows simple one-step directions
- Follows two-step directions
- Transitions between activities
- Completes simple tasks independently
- Participates in daily routines
- Waits for instructions before an activity

Problem-Solving Skills

- Tries to solve simple problems before asking for help
- Uses words to communicate needs
- Asks for help appropriately
- Makes simple choices independently
- Persists when a task is challenging

Social Independence

- Greets familiar adults and children
- Participates in group activities
- Takes turns during play
- Shares materials when appropriate
- Plays cooperatively with others
- Follows basic classroom expectations

Emotional Independence

- Separates from caregivers with minimal distress
- Expresses feelings using words
- Uses calming strategies when upset
- Accepts redirection from adults
- Recovers from disappointment with support
- Demonstrates growing confidence in new situations

Communication Skills

- States first and last name
- Communicates wants and needs clearly
- Speaks in complete sentences
- Listens when others are speaking
- Answers simple questions
- Participates in conversations

Remember:

Children develop independence at different rates. The goal is progress, not perfection. Building independence through everyday routines helps children develop confidence and prepares them for a successful transition to kindergarten.