

## Previous Skills:

### September:

I can say my full name: \_\_\_\_\_

I can say for full address:

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

I can hop on one foot 2 times (do practice with both feet): \_\_\_\_\_

I can zip and unzip an object such as a jacket: \_\_\_\_\_

### October:

I can recite the alphabet: \_\_\_\_\_

I can recognize the following uppercase letters: \_\_\_\_\_

I can recognize the following lowercase letters: \_\_\_\_\_

I can stand on one foot for 15 secs: Left foot \_\_\_\_\_ Right foot: \_\_\_\_\_

I can draw a straight line: \_\_\_\_\_ I can draw a wavy line: \_\_\_\_\_

I can draw a picture of the following: House \_\_\_\_\_; Tree \_\_\_\_\_; Me \_\_\_\_\_; Other \_\_\_\_\_

### November:

I know my colors: red \_\_\_\_\_; blue \_\_\_\_\_; green \_\_\_\_\_; yellow \_\_\_\_\_; orange \_\_\_\_\_; purple \_\_\_\_\_; brown \_\_\_\_\_; black \_\_\_\_\_; pink \_\_\_\_\_; gray \_\_\_\_\_ Others: \_\_\_\_\_

I can take 5 steps heel-to-toe forward \_\_\_\_\_ I can take 5 steps heel-to-toe backwards \_\_\_\_\_

Using a crayon or pencil, I can draw a picture of \_\_\_\_\_; I can color a picture \_\_\_\_\_

### December:

I can count to 25 \_\_\_\_\_

I can hop \_\_\_\_\_; skip \_\_\_\_\_; go up and down stairs \_\_\_\_\_ I can pick up small items such as coins, game pieces, buttons \_\_\_\_\_

### January:

I can recognize and name a child \_\_\_\_\_, boy \_\_\_\_\_, girl \_\_\_\_\_, dog \_\_\_\_\_, cat \_\_\_\_\_, tree \_\_\_\_\_, leaf \_\_\_\_\_, apple \_\_\_\_\_, banana \_\_\_\_\_, orange \_\_\_\_\_, car \_\_\_\_\_, truck \_\_\_\_\_, airplane \_\_\_\_\_, train, \_\_\_\_\_, cup \_\_\_\_\_, plate \_\_\_\_\_, spoon \_\_\_\_\_, fork \_\_\_\_\_, others: \_\_\_\_\_

I can toss a ball \_\_\_\_\_; I can catch a ball \_\_\_\_\_ I can use child appropriate scissors to cut out shapes \_\_\_\_\_

### February:

I can recognize and name a \_\_\_\_\_ square; \_\_\_\_\_ rectangle; \_\_\_\_\_ triangle; \_\_\_\_\_ circle; \_\_\_\_\_ plus sign; \_\_\_\_\_ minus sign; \_\_\_\_\_ equal sign; \_\_\_\_\_ line.

I can create a the above shapes and symbols using common items such as books, toys, cushions, etc. \_\_\_\_\_

Using a pencil or crayon, I can draw a \_\_\_\_\_ square; \_\_\_\_\_ rectangle; \_\_\_\_\_ triangle; \_\_\_\_\_ circle; \_\_\_\_\_ plus sign; \_\_\_\_\_ minus sign; \_\_\_\_\_ equal sign; \_\_\_\_\_ line.

### March:

I can recognize (name), the following body parts: \_\_\_\_\_ head; \_\_\_\_\_ face; \_\_\_\_\_ eye; \_\_\_\_\_ nose; \_\_\_\_\_ mouth; \_\_\_\_\_ ear; \_\_\_\_\_ chin; \_\_\_\_\_ jaw; \_\_\_\_\_ arm; \_\_\_\_\_ shoulder; \_\_\_\_\_ elbow; \_\_\_\_\_ wrist; \_\_\_\_\_ hand; \_\_\_\_\_ finger; \_\_\_\_\_ fingernail; \_\_\_\_\_ leg; \_\_\_\_\_ hip; \_\_\_\_\_ knee; \_\_\_\_\_ ankle; \_\_\_\_\_ foot; \_\_\_\_\_ toes; \_\_\_\_\_ heel; \_\_\_\_\_ waist; \_\_\_\_\_ chest

I can play Simon Says \_\_\_\_\_

I pick up small objects such as game pieces \_\_\_\_\_

### April Skills:

I can match a quantity with the corresponding numeral (such as count a set of five items and match it with the numeral 5): \_\_\_\_\_

I can count steps between two locations (such as one tree to another or house to mailbox) \_\_\_\_\_

I can write: Numbers 1-20 \_\_\_\_\_; Uppercase letters: \_\_\_\_\_; lowercase letters: \_\_\_\_\_; shapes: \_\_\_\_\_





## Count Down To Kindergarten

### May Skills: Personal Data

Print first and last name. Be sure to use uppercase letter for first letter of both first and last name and lowercase letters for remaining letters in name.

### Motor Skills:

Any outside play- hiking, running, jumping, hopping, riding bike, throwing/catching/kicking ball.

Practice writing name; pick up rocks/twigs/etc to make letters; have scavenger hunt outside to collect items to use in science/craft project.

Sponsored by: **Cocke County Cradle to Career Coalition (C-5)**

### Practice Log:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### Self-Check:

1. I can print: First Name \_\_\_\_\_ Last Name: \_\_\_\_\_
2. I can hop \_\_\_\_\_; run \_\_\_\_\_; skip \_\_\_\_\_; jump \_\_\_\_\_; throw a ball \_\_\_\_\_;  
kick a ball \_\_\_\_\_; catch a ball \_\_\_\_\_
3. I can make my name using rocks or similar small objects: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Best contact: Phone: \_\_\_\_\_; email: \_\_\_\_\_