

Sunnyvale School District Guidelines for

# Kindergarten Readiness

Kindergarten readiness means that your child has the social, emotional, physical, and thinking skills to be successful in school. It is okay if your child does not have all the skills described below. Each child is unique in development timelines, with skills and strengths emerging differently. This guide is offered to for parents to encourage the skills below at home, as a preparation for school.

## Health and Well-Being

I'm ready for school when ...

- My immunizations are up to date
- I have good oral health and have visited my dentist
- I am well-rested (10-12 hours of sleep per night)
- I can fasten my pants and put on my jacket
- I can kick balls, hop on one foot, and climb a ladder at the park
- I can eat, wash hands, blow my nose, and use the toilet by myself
- I get at least 60 minutes a day of exercise and active play
- My use of computers, smart phones, and television is limited to two hours per day



Families create a sturdy foundation for children to be successful in school.

Sunnyvale School District believes that strong partnerships with parents are key to developing a student's full potential.





## Social and Emotional Development

### I'm ready for school when ...

- I take turns, share and help others
- I stay focused and pay attention for 10-15 minutes at a time
- I can keep trying, with support, even when I don't know how to do something
- I can work and play both independently and in a group
- I can calm myself down when I get frustrated

## English Language Learners

### I'm ready for school when ...

- My family spends a lot of time talking and playing with me in my home language
- My family shares many family treasures with me, like music, stories, traditions, and food
- I am learning new English words
- I go to the library weekly and get new picture books

## Language Skills

### I'm ready for school when ...

- I hear and understand the meaning of words, stories, and songs
- I use words to talk about thoughts, wants, needs and feelings
- I can say or sing familiar songs and nursery rhymes
- I have a strong foundation in my home language, which can help me learn English, if I don't already know it
- I follow one and two step directions such as, "Please pick up your plate and put it in the sink."



## Reading and Writing

### I'm ready for school when ...

- I enjoy books and stories
- I can use a crayon or pencil
- I know how to use a book; where to start, which way to turn pages, and that the pictures and words tell a story
- I know some of the letters of the alphabet
- I can write some of the letters in my first name
- I know rhyming words like pat, hat, cat, and bat

## Mathematical Thinking

### I'm ready for school when ...

- I can count 10 objects correctly (for example, in response to "Please put 10 blocks in the basket.")
- I know primary colors such as red, blue, and yellow, and shapes such as circle, square, and triangle
- I can sort the silverware into spoons, knives, and forks
- I can put together a puzzle through trial and error
- I can sort beads on a necklace in a red-yellow-red-yellow pattern
- I can organize four objects from smallest to largest



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