



Kindergarten Life/Class Skills

Cheat Sheet for Parents

(It's ok to say NO; kids thrive on routine & structure)

- **Life Skills**

- Opening snack - practice opening and identifying snack; practice opening water bottles
- What's for lunch? Are you a buyer/packer? **Go over lunch choices!**
- Unzipping backpack - take out daily folder, hang up coat/jacket
- Self-advocacy - how to **ask for help!**
- Bathroom Etiquette - shut the door, buttoning/snapping/zipping clothing; wash hands with soap and water; keep bathroom clean
- Problem solving - ex: if I dropped something, I should look for it and pick it up
- Keep objects out of your mouth/nose
- Practice using a tissue!
- "Push & Go" - push the door and keep walking!

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- **Social Skills**

- Use words to communicate with teachers and peers (no sounds!)
- Look and respond to the adult or classmate who is talking to you
- Raise your hand if you need assistance

- **Behavior Skills**

- Hands to yourself!
- Sit in your spot on the carpet (criss cross applesauce)
- Understand how to wait your turn (in line, on carpet, at table), and understand that sometimes you might not get a turn
- Focus on yourself and not others
- Sharing is caring; take turns