

Kindergarten Skills List (Age 5)

Key skills to build before kindergarten

How to Use This List

- Focus on steady progress, not perfection.
- Practice 10 minutes/day, 4–5 days/week.
- Check monthly and celebrate growth.

Reading Skills

- Recognizes many letters
- Knows common letter sounds
- Blends simple CVC words
- Recognizes 10–20 sight words
- Enjoys listening to stories and answering questions

Math Skills

- Counts to 20
- Recognizes numbers 1–20
- Understands more/less
- Adds within 10 using objects
- Knows basic shapes and patterns

Social & Emotional Skills

- Follows directions
- Takes turns
- Manages frustration with help
- Works independently for 10–15 minutes

Independence Skills

- Uses bathroom independently

- ▣ Opens lunch items with minimal help
- ▣ Cleans up and follows routines

10-Minute Daily Routine

- 4 minutes — Reading (sounds + 1 short sentence)
- 4 minutes — Math (counting or addition)
- 2 minutes — Review (easy win)

Notes

Start today's lesson: kindergartenstart.com/?src=pdf