

# Preschool Prep Checklist (Age 3)

Routines, self-help skills, social readiness, and a 2-week countdown

---

## Daily Routines

---

- Morning routine practiced at school-day time
- Consistent wake time (shifted gradually if needed)
- Quiet rest time (15–20 minutes with a book)
- Cleanup routine after activities

## Self-Help Skills

---

### Potty

- Recognizes need to go and tells an adult
- Pulls pants down and up independently
- Washes hands after using the bathroom

### Lunch & Snack

- Opens containers, bags, and water bottles
- Eats with a spoon or fork
- Can manage packed lunch without adult help

### Getting Dressed

- Pulls on pants and elastic-waist bottoms
- Puts on velcro shoes independently
- Puts on jacket (flip trick or with help)

## Social Readiness

---

- Practiced short separations (30–60 min)





- ☐ Has a goodbye ritual (hug + words)
- ☐ Can take turns during play
- ☐ Knows social scripts: "Can I play?" "Can I have a turn?"
- ☐ Can follow 2-step instructions
- ☐ Can name basic feelings (happy, sad, frustrated)

## 2-Week Countdown

---

- Day 1 — Practice full morning routine
- Day 2 — Create and practice goodbye ritual
- Day 3 — Pack a practice lunch (child opens everything)
- Day 4 — Practice shoes, pants, jacket independently
- Day 5 — Full bathroom routine alone
- Day 6 — Turn-taking game with sibling or parent
- Day 7 — 15 min quiet time with a book
- Day 8 — Practice social scripts
- Day 9 — Cleanup routine with toys
- Day 10 — Leave child with trusted person (30–60 min)
- Day 11 — Name feelings while reading a book
- Day 12 — Follow 2-step directions during play
- Day 13 — Full rehearsal: morning + lunch + goodbye
- Day 14 — Visit school (if possible)



Start today's lesson: [kindergartenstart.com/?src=pdf](http://kindergartenstart.com/?src=pdf)