

Preschool Readiness Checklist (Age 3)

Simple skills to build confidence at home (10 minutes a day)

How to Use This Checklist

- Pick 2–3 items to practice this week.
- Aim for 10 minutes/day, 4–5 days/week.
- Check progress monthly — growth matters more than speed.

Preschool Readiness Checklist (Age 3)

Language & Pre-Reading

- Enjoys being read to (even short books)
- Points to pictures when asked (“Where is the dog?”)
- Says simple sentences (3–5 words)
- Recognizes their name sometimes (spoken or written)
- Shows interest in songs/rhymes (optional)

Early Math

- Counts to 5 (working toward 10)
- Understands “one” and “two” in real life
- Sorts objects by color or size
- Names basic shapes with help (circle, square)

Social & Emotional

- Plays near other children (parallel play)
- Begins taking turns with adult support
- Uses simple feeling words sometimes (“mad,” “sad”)
- Calms down with adult help (comfort routine works)

Fine Motor

- ☐ Scribbles and draws lines
- ☐ Stacks blocks (4–8)
- ☐ Turns book pages (one at a time most of the time)
- ☐ Uses big crayons with growing control

Routines & Independence

- ☐ Cleans up toys with reminders
- ☐ Washes hands with help
- ☐ Follows simple routines (snack, bedtime)
- ☐ Tries shoes/jacket with help

10-Minute Daily Plan (Age 3)

4 minutes — Story Time + Point & Find (Ask 2 questions: “Where is ___?” “Show me ___.”)

4 minutes — Counting in Real Life (Count snacks, blocks, steps (aim 1–5).)

2 minutes — Shapes/Colors Review (“Find something red.” “Point to a circle.”)

Notes (What We’re Practicing This Week)

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