FolarraStudio

Preschool Skills Checklist

notice · practice · celebrate

PRINTABLE · SKILLS BY AREA & PROGRESS

This Checklist Belongs To

for parents, preschool teachers and homeschoolers

TEACHER _____

SCHOOL _____

GRADE / SUBJECT _____

ROOM _____

SCHOOL YEAR _____

How to use this checklist

- Print the whole planner once, then print extra copies of the pages you use most, such as the Language and Math pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Tick each skill when you see it, then note what to practice next. Every child grows at their own pace.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My teaching word for this year

Why I teach

Contents

tap a title in the digital planner to jump to it

Language 4

Math 5

Motor 6

Social 7

Self care 8

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Language & Literacy

tick when you see it

CHILD _____ DATE _____

SKILL	STARTING	PRACTICING	GOT IT
Knows some letters	☐	☐	☐
Recognizes own name	☐	☐	☐
Rhymes words	☐	☐	☐
Tells a short story	☐	☐	☐
Holds a book the right way	☐	☐	☐
Speaks in sentences	☐	☐	☐
Follows 2 step directions	☐	☐	☐
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Early Math

tick when you see it

CHILD _____ DATE _____

SKILL	STARTING	PRACTICING	GOT IT
Counts to 10	☐	☐	☐
Counts objects	☐	☐	☐
Knows numbers 1 to 10	☐	☐	☐
Names basic shapes	☐	☐	☐
Sorts by color / size	☐	☐	☐
Makes patterns	☐	☐	☐
Compares more / less	☐	☐	☐
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Fine & Gross Motor

tick when you see it

CHILD _____ DATE _____

SKILL	STARTING	PRACTICING	GOT IT
Holds a crayon	☐	☐	☐
Uses scissors	☐	☐	☐
Draws a circle	☐	☐	☐
Builds a tower	☐	☐	☐
Hops and jumps	☐	☐	☐
Catches a ball	☐	☐	☐
Climbs stairs	☐	☐	☐
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Social & Emotional

tick when you see it

CHILD _____ DATE _____

SKILL	STARTING	PRACTICING	GOT IT
Takes turns	☐	☐	☐
Shares	☐	☐	☐
Names feelings	☐	☐	☐
Plays with others	☐	☐	☐
Follows routines	☐	☐	☐
Asks for help	☐	☐	☐
Calms down with help	☐	☐	☐
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Self-Care Skills

tick when you see it

CHILD _____ DATE _____

SKILL	STARTING	PRACTICING	GOT IT
Washes hands	☐	☐	☐
Puts on shoes	☐	☐	☐
Uses the toilet	☐	☐	☐
Zips a coat	☐	☐	☐
Tidies up	☐	☐	☐
Eats with a spoon	☐	☐	☐
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Progress Notes

every few months

CHILD _____ DATE _____

Strengths

Practice next

Fun activities to try

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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Notes



FolarraStudio

Thank you!

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