

# READY SET GROW

**Ages  
3–4**

Use this checklist to identify the skills you can help your child develop.

List derived from the NYS Pre-K Learning Standards Resource.

## Physical Well-being

- Climbs on play equipment, can hop on one foot, and play ball
- Engages in physical activity for at least 15min periods, 60 min/day
- Eats with utensils + uses scissors
- Takes care of self independently (ex. toileting, eating, washing hands)
- Dresses independently with minimal adult assistance
- Recognizes + communicates symptoms of illness

## Social + Emotional Development

- Stays focused for 10–15min periods
- Expresses affection, empathy, curiosity + feelings
- Identifies feelings/experiences of characters in stories
- Approaches adults for assistance
- Plays with other children independently + in a group
- Cooperates with other children with guidance
- Successfully transitions between activities with guidance
- Manages behavior with guidance

## Learning, Curiosity + General Knowledge

- Persists in trying to complete challenging tasks + problem solves
- Expresses ideas through art, construction, movement, or music
- Engages in extensive pretend/make believe play
- Identifies simple cause + affect concepts (ex. ice cubes make water cold)
- Understands the concept of same + different, uses comparative words
- Understands physical relationships (ex. over/under)
- Understands that numbers represent quantity + knows some numbers

## Language + Communication

- Uses words to talk about thoughts, wants, needs, + feelings
- Speaks clearly + produces sentences
- Draws simple pictures or scribbles word-like marks
- Identifies initial sound of words with guidance
- Knows some of the letters of the alphabet
- Identifies when two words rhyme
- Holds a book upright + turns the pages
- Follows two or three step directions