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|  | **Kindergarten Readiness Statement and Skills** |

**Kindergarten readiness refers to a child’s preparedness to start and thrive in a kindergarten environment. It encompasses a range of developmental, social, emotional, cognitive and physical skills that are important for success in school.**

**Parents, caregivers and educators can support children’s readiness by providing opportunities for play, exploration, social interaction, and learning in a supportive and nurturing environment. These are skills and aspects of kindergarten readiness for Lowell Public Schools:**

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| **Independence and Self-Help Skills**   * Basic self-help skills like dressing themselves, using the restroom independently, and managing personal belongings are important for kindergarten readiness. * It’s important for children to have some level of emotional regulation, be able to manage their feelings, and adapt to new situations. * Kindergarten readiness involves the ability to focus attention and concentrate on tasks for short periods of time. | **Social Skills**   * Children should be able to interact with peers and adults, follow basic rules, take turns, share, and communicate their needs effectively. * Being able to communicate needs, thoughts, and feelings through speech, listening, and understanding basic instructions are crucial skills for kindergarten. * Playing with others, showing empathy, and the ability to recognize and stop hurtful behavior is significant. |
| **Physical Skills**   * Fine Motor Skills: Activities such as holding pencils, crayons, and scissors, as well as basic handwriting skills, are important for kindergarten readiness. * Gross Motor Skills: Being able to move and coordinate large muscle groups for running, jumping, climbing, and balancing is essential for physical activities in kindergarten. | **Cognitive Skills and Aspects**   * Children should have foundational cognitive skills such as recognizing their own name, letters, numbers, colors, shapes, and understanding simple concepts like counting and sequencing. * Children who demonstrate curiosity, a desire to explore and an eagerness to learn new things are more likely to thrive in a kindergarten environment. |