

Look what I can do!!

I can...

- Use the bathroom all by myself
- Brush my teeth and wash my hands all by myself
- Dress myself and tie my shoes
- Pick up my messes, and ask for help if I need it
- Point to my different body parts
- Draw a picture of myself

- Run, jump, climb, and walk backwards
- Ride a tricycle and bounce a ball
- Walk up and down stairs

- Cut with scissors
- Put a puzzle with 10 to 12 pieces together
- Write with a pencil or crayon

- Name shapes like triangles and squares
- Name different colors
- Count to 10
- Tell you about opposites like hot and cold
- Tell you if it is morning, afternoon or night

And I can...

- Write my name with a capital letter at the beginning and the rest of the letters lower case.
- Tell you my parents' names
- Tell you my address, phone number, and how old I am

- Talk with grown-ups and other kids
- Talk about my feelings
- Respect others by saying "please," "excuse me," and "thank you"
- Use my words when I'm angry instead of hitting others
- Follow directions, take turns, and share with others
- Do new things

- Listen to and pretend to read stories
- Read letters that are on signs and on TV
- Make up stories and songs
- Trace letters or shapes

- Use big sentences with 5-6 words in them
- Sing the alphabet
- Sing songs or nursery rhymes



*Brought to you by: CAPE Initiative
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