

# Most 4-Year Olds Can...

- ◆ Love to run fast, skip, gallop and climb
- ◆ Love to talk and shout
- ◆ Have a good sense of balance
- ◆ Build complex structures and do stunts
- ◆ Swing, whirl, and do somersaults
- ◆ Walk up and down stairs, one foot to a step
- ◆ Stand on one foot for up to 8 seconds
- ◆ Begin to use roller skates
- ◆ Ride a small bicycle with training wheels
- ◆ Use hands to catch a smaller ball
- ◆ Button, unbutton and dress themselves
- ◆ Lace shoes and string smaller beads
- ◆ Cut on a line with scissors
- ◆ Recognize and name basic colors Carry a cup of water without spilling
- ◆ Enjoy drawing, coloring and painting
- ◆ Put small groups of things in order
- ◆ Match shapes and copy simple shapes
- ◆ Follow dotted lines to link pictures
- ◆ Cut a picture into pieces and put it back together
- ◆ Begin to print letters, numbers and their own first name
- ◆ Learn more difficult speech sounds
- ◆ Appreciate nature
- ◆ Play imaginative games and pretend with dress up
- ◆ Do puzzles and play dominos and simple card games
- ◆ Sing songs and tell stories
- ◆ Recite rhymes and finger plays
- ◆ Beat out a rhythm well
- ◆ Love being silly and enjoy making up words
- ◆ Draw recognizable people
- ◆ Brush teeth and take care of simple personal needs
- ◆ Begin to play well with others

*Favorite phrases: Anything to do with the word "why"*