



Getting Ready for School



It is nearly time to start school! Here are some things you can practise at home to help you get ready for school

Self-Care and Independence

I can wash and dry my hands.
I can wipe my nose.
I can put on and fasten my coat and shoes.
I can button and unbutton my clothes.
I can use the toilet on my own.
I am learning to dress and undress myself.
I am happy to be away from my parents / carers.
I am happy to tidy my belongings and look after my things.

Eating and Drinking

I can use a spoon, knife and fork.
I can open my lunch box.
I can open wrappers and packaging.
I can drink from a water bottle, carton or open cup.

Playing with Others

I can join in games and activities with other people.
I can share and take turns.
I can interact with other children.

Routines

I have practised putting on my uniform and getting ready to leave on time.
I have a good bedtime routine so I am not feeling tired for school.
I am learning to eat at times I will on school days.

Speaking and Listening

I can talk about my ideas, needs and feelings.
I can ask a grown up for help.
I can follow simple instructions.

Reading and Writing

I can recognise my own name.
I am learning to write my name.
I enjoy listening to stories and looking at picture books.
I can trace patterns and colour pictures
I am practising holding a pencil

Maths

I can count a small number of objects.
I like singing number rhymes or songs.
I am learning to say numbers to ten.
I can recognise some numbers.

