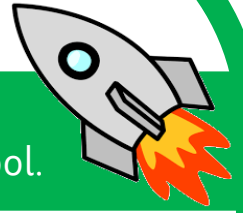


Ready, steady, Go



Wow – you will soon be starting school! Here are some things you can practise at home to help you feel confident to start school.

Self-care and Independence

- I am happy to spend time away from my parents/carers
- I can wash and dry my hands
- I can blow/wipe my nose
- I know when I need the toilet
- I can use the toilet on my own
- I can put my coat on and do it up
- I am practising putting on and taking off my school jumper or cardigan
- I am practising turning my jumper, cardigan and coat the right way round once I have taken them off

Eating and Drinking

- I am used to drinking water
- If I am going to have a hot school dinner, I can use a knife and fork
- If I am going to have a packed lunch, I can open my lunchbox, as well as all the wrappers and packaging on the foods that I will have in my lunchbox

Getting on with Others

- I can share and take turns
- I like to play games with others

Reading and Writing

- I can recognise my name (when it is written with a capital letter at the start and other letters are lower case)
- I am learning to write my name
- I am beginning to hold a pencil correctly

Speaking, Understanding and Listening

- I can ask an adult for help
- I can follow simple instructions and understand the need to follow rules
- I can talk about my ideas, needs and feelings

Maths

- I can count a small group of objects
- I know the last number I say is the number of objects I have
- I can say number names in sequence (1– 10)
- I can recognise some numbers
- I can name shapes

Routines

- I have practised getting ready to leave on time
- I have a good bedtime routine so I won't be too tired for school
- I'm learning to eat at the times I will on school days