

Getting ready for school

In a few short weeks you will be starting school with us. Each week we will give you some challenges and activities we'd like you to have a go at so that you are ready and raring to go. Good luck and enjoy!

Self-care and Independence:

When you start school we will be helping you to become more independent.

This week we would like you to practise being independent at home. Here is a list of some of the things you can do!

1. At school you will need to go to the toilet, clean yourself, flush and wash and dry your hands all by yourself. Can you practise this at home?
2. You will need to put your coat on and zip it up. Practise doing this every day!
3. When you do PE we will ask you to take your shoes off and put your plimsolls on. Can you try putting different shoes on and taking them off. Don't worry about laces; your school shoes won't have laces!
4. Can you get dressed all by yourself? Remember, the label usually goes at the back! Can you put your jumper or cardigan on without any help?
5. After you have eaten a meal, can you carefully carry your plate or bowl to the sink?
6. Practise using a knife and fork to eat your dinner. Most of the time we only use a spoon for our pudding!
7. Have fun playing with different fruits and vegetables! What are they called? What do they feel and look like? Which ones do you think you would like to taste? Can you make a fruit and vegetable person? You could make a tick list and draw a smiley face next to every fruit and vegetable that you try!

