

Things I can do before I start school...

Name:



I can count to
10

I can use a
knife and fork
to eat my
food

I can
recognise and
name simple
shapes

I can respond
to simple
instructions

I can recognise
the colours
red, yellow,
green and blue

I can
dress/undress
myself mostly
independently

I can say
goodbye to my
Mummy/
Daddy/Carer

I can write
some letters
from my name

I can use the
toilet on my
own and wipe
my own
bottom

I can
recognise my
own name

I am beginning
to hold a
pencil
correctly

Put a sticker on or tick them once you can do it!



How can you help?

I can count to 10:

Singing number songs

Counting out how many...sweets/toys/teddies etc. they have

Counting forwards and back to 10 in the car/on walks/when out and about

Counting food on their dinner plates e.g. 1, 2, 3 chips!

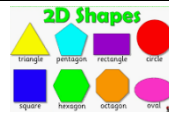


I can recognise and name simple shapes:

Finding shapes all around you e.g. piece of paper= rectangle, plate=circle, can=cylinder, box=cube etc.

Going on shape hunts. Can you find something that's a...circle shape?

Talking about the shapes of things e.g. "It is round / it has straight sides / it can roll" etc.



I can write some letters from my name:

Practise using the pre-writing shapes (see separate sheet in pack) in sand, mud, chalk on the pavement, pens and paper etc.

Practise letters using the letter formation rhymes (on RWInc. sound chart in pack)

Trace over letters written in highlighter pen



I can recognise my own name:

Use name card (in pack) to practise recognition of first name

Sticky label a place for your child to practise putting their coat and bags

Write your child's name or use the name card provided for your child to recognise or copy over the top of it



I can respond to simple instructions:

Give your child simple jobs to complete: "Can you lay the table with 4 knives and 4 forks?"

"Can you walk over to **** and tell him that dinner is ready?"

Keep instructions short and concise



I can say goodbye to my Mummy/Daddy/Carer:

Set up play dates around friends' houses

Reassure your child about how fun starting school will be



I can use a knife and fork to eat my food:

Sitting at the table to eat all together

Practise cutting in fun ways with playdough

Start with soft food first!



I can recognise the colours red, yellow, green and blue:

Spotting colours around you when playing in and outside

Making and mixing colours with paint

Talking about colours e.g. "That blue is darker and this one is lighter" etc.



I can use the toilet on my own and wipe my own bottom:

Encourage independence

Praise independent effort - sticker rewards?



I can dress/undress myself mostly independently:

Practise dressing into school uniform (including socks and shoes)

Practise placing sleeves etc. the right way round

If their coat is new, practise putting it on and having a go at doing the zip up

No laces please! - these will be too tricky for your child to do on their own at this stage



I am beginning to hold a pencil correctly:

Holds pencil / paint brush / glue spatula / chalk near point between first two fingers and thumb

Practise 'pincer grip' using clothing pegs, plastic tweezers etc.

Strengthen hand grip by playing lots with plasticine, playdough, squishy balls etc.

Lots of 'Funky Fingers' fine motor activities (see sheet in pack): threading beads on string etc.

