

# 3-2-1 ready for school!

Starting school is exciting! We've created a sheet of activities to help you feel confident and ready for reception. Colour one star next to each item every time you practice these activities, and get ready for a great year at school!



## I can get ready by myself!

Find and try on your new school uniform or school clothes	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Practise putting on and taking off your coat and shoes by yourself	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Pack a small bag with things you might need for a day at school (a water bottle, a snack or a favourite comfort item)	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

## Eating on my own is easy!

Practise opening and closing a lunchbox or snack container	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Use a fork and spoon to eat a meal independently	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Drink from an open cup without spilling	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

## I love making friends!

Practise taking turns and sharing toys with a family member or friend	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Talk about feelings and what to do if you feel sad, happy or nervous	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Think of a way to say hello to new friends, such as a smile or a friendly greeting	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

## I love exploring and playing!

Build something using blocks, playdough or craft materials	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Take part in imaginative play, such as pretending to be a teacher or shopkeeper	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Go on a nature walk and find something interesting to talk about	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

## I can talk to my friends and listen to them!

Listen to a story and talk about what happens in it	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Sing a nursery rhyme or song from memory	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Follow two-step instructions (such as 'Pick up your teddy and put it on the chair')	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

## I can do this!

Use the toilet and wash your hands on your own	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Get dressed by yourself, including putting on socks and doing up buttons or zips	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
Tidy up toys or books after playing	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆