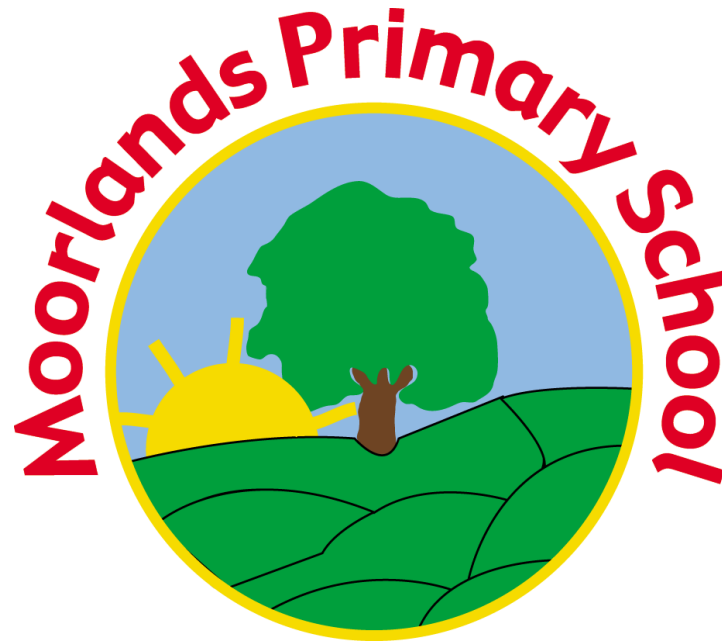


Let's get ready to go to school!





In this booklet you will find out what you need to try and do so you are ready for school. Don't worry if you can't do all of these things yet. Your grown ups at home can help you and when you start school your teacher can help you.

When you start school there are lots of children for the teacher to look after. It is really helpful for your teacher and good for you to be able to do some things on your own.

Sometimes we need to try really hard to be able to do things.

Sometimes things take lots of effort and hard work before we can do something.

See what you can do in this booklet! When you can do something you could put a tick in the star at the bottom of each page or colour the star in.

See what is tricky at the moment. If you can't quite do something yet, don't worry, just keep practising and trying!



At school it is important to be able to say how we feel.



Starting school is a very exciting. We often feel excited when we do something new or go somewhere new.

Sometimes we can feel nervous. Feelings of being nervous are very similar to feelings of excitement. It is normal to feel nervous and excited about something new. At school you can always tell your teacher how you feel.

Read this booklet with a member of your family and talk about all the things you are excited about and if there is anything that you are nervous about make sure you talk about that too!

Your grown up can help you by talking to you about feelings and what they are called.

You might already know some words to describe feelings like these words here:

happy sad good confident upset energetic

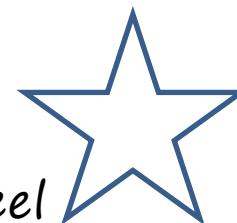


What other words do you know that can describe your feelings?

Ask your grown up to write down all the feelings that you have about starting school in this rectangle.



I can talk about how I feel



At school it is good to make new friends and fun to play with your friends.

It can be lots of fun to meet new children and have lots of children to play with. A good way to make a new friend is to talk to them. We have some ideas about what you could say. Could you ...

1. Ask someone what they like.

You can start with ... *Do you like ...?*

2. Suggest something to do.

You can start with ... *Shall we ...?*

3. Tell someone what they are good at.

You can start with ... *You are really good at ...?*

4. Ask someone how they did something.

You can start with ... *How did you do ..? Can you show me ..?*



When we play games we have to sometimes wait our turn and be patient.

Sometimes when we play games we lose or are 'out'. This is all part of playing games.

Can you play games at home? Remember you might not always win and you have to take turns.

I know questions I can ask my new friends.

I know that I need to take turns in a game and that

I might not always be the winner.





At school you might need some help with things.

At school some things can be tricky to do at first. At school there will be times when you need some help. We all need help sometimes. You can ask an adult for help at school. Can you practice these ways of asking for help at home when something is tricky to do.

Can you say ...

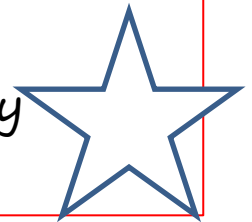
I'm finding this tricky, can you help me with ...

I have tried but I still can't ...



We have to use our voices and words at school to ask for help, and try ourselves first.

I know how to ask an adult for help when something is tricky





At school we need to put on our coats and shoes.

Coats

Coats can be tricky to put on sometimes.
Can you practice putting your coat on by yourself.
Sometimes the arms are inside out.
Sometimes zips can get stuck!



Shoes

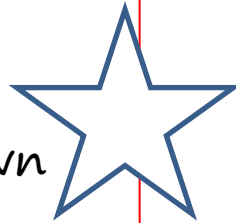
Shoes can also be tricky!
Practice putting your wellies on and taking them off.
When you get your school shoes practice putting them on and taking them off on your own.
It really helps if they have a velcro strap which you can do and undo by yourself.

Practice these challenges at home and put a tick in your star when you can do these things!

I can put my coat and take it off on my own



I can put my wellies and shoes on and take them off on my own





At school you will need to go to the toilet

When you go to the toilet there are lots of things to remember to do.

- You have to be able to open and close the door.
- You have to move or undo your clothes.
- Use the toilet paper.
- Wash your hands.



Going to the toilet is tricky!

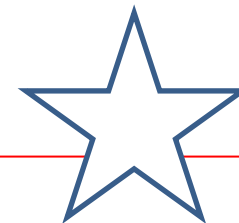
At home practice remembering all of these when you go to the toilet. See if you can do them all on your own!

Having a wee is easier to manage on your own than having a poo. It can be difficult to wipe your own bottom and make sure it is clean. Try doing this at home where an adult can help teach you how to do this. If you need help at school you just need to ask. Can you remember how we ask for help? Your grown up can tell your teacher if this is still tricky for you in September.

I can go for a wee all by myself



I can go for a poo all by myself





At school you will have your dinner and snacks

We need lots of energy for school! It is important that you eat and drink well at school.

You will eat your dinner in our school hall with your friends. There will be lots of adults to help you at dinnertime.

Can you practice using a knife and fork?

Can you practice carrying your own plate a short distance?

An extra challenge is to see if you can scrape any left overs on your plate into a bin.

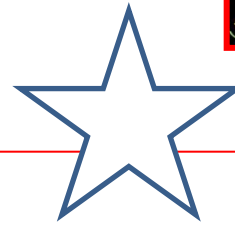
I can use a knife and fork



I can carry my plate with food on



I can scrape food from my plate into a bin





There are some other things that you could practice at home. These things help you to develop your very small muscles and movements and some of your bigger muscles and movements. Try these challenges!

Practice:

- Using scissors to cut
- Using a pencil or pen to draw or make marks with
- Throwing and catching a ball
- Hopping and jumping
- Playing with playdough or clay if you can
- Using construction such as lego or duplo



Anything that helps develop your skill and strength in your fingers, arms, shoulders and legs is really good to do! You could take a photo and send it to your teacher when you try one or more of these things!



Once you have completed a challenge colour in the star.



I can talk about how I feel. ☆

I know questions I can ask my new friends. ☆

I know that I need to take turns in a game and that I might not always be the winner. ☆

I know how to ask an adult for help when something is tricky. ☆

I can go for a wee all by myself. ☆

I can go for a poo all by myself. ☆

I can use a knife and fork. ☆

I can carry my plate with food on. ☆

I can put my coat on and take it off on my own. ☆

I can put my wellies and shoes on and take them off on my own. ☆