

Getting ready for school

Healthy Food

I can use a knife and fork or open my lunchbox.

Healthy Food

I am happy to try new foods even if I'm not sure.

Independence

I can get my coat on and off and zip it up independently.

Independence

I know I will have a special place for my coat, my book bag and my water bottle.

Independence

I can recognise my name.

Independence

I am aware of other children and I am beginning to share and take turns.

Hygiene

I can go to the toilet, wipe myself and flush independently.

Hygiene

I know when to wash my hands.

Hygiene

I can wipe my nose.

Mental Health

I can sit still and listen for short periods of time.

Mental Health

I can ask my teachers for help if I need it.

Mental Health

I know it is okay to feel nervous about new things.

Sleep

I have a good bedtime routine so I am not tired for school.

