



I am growing up and learning these new skills...



☐ INTEREST IN THE WORLD

- I enjoy exploring new things & like asking questions.
- I can follow instructions & understand rules.

☐ MEALTIMES

- I can use a knife and fork.
- I can open a packed lunch by myself.
- I can open wrappers and packaging by myself.

☐ TOILETING

- I can go to the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands without help.

☐ SELF-CARE

- I can wash my hands.
- I can wipe my nose.
- I can tidy up & look after my belongings.
- I ask for help if I don't feel well.

☐ GETTING DRESSED & UNDRESSED

- I can do up buttons and a zip.
- I can put on my socks & shoes.
- I can get changed for PE.
- I can put on my coat.
- I know certain parts of my body are private.

☐ ROUTINES

- I have a regular bedtime routine, including a story, so I won't be tired at school.
- I eat at set times, just as they do at school.

☐ INDEPENDENCE

- I'm not sad if I'm away from my parents/carer.
- I'm confident about starting school.
- I can talk about myself & my feelings.
- I have practiced holding a pencil & can recognise my own name written down.

healthforkids.co.uk/buckinghamshire/school-readiness/

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

[Pre-school | Health for Under 5s](https://healthforunder5s.co.uk/preschool/)
healthforunder5s.co.uk/preschool/

