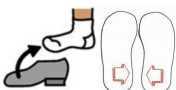







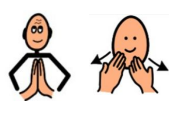







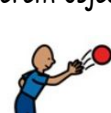

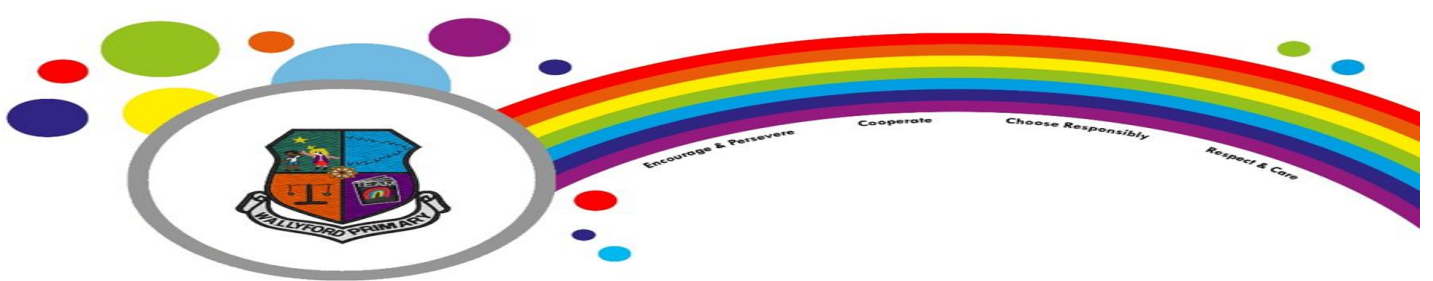


Promoting independence & preparing for starting school

A large part of a child's nursery experience is developing independence to become a confident learner, responsible citizen, effective contributor and a successful learner. Take time to look at the grid and try some of the skills listed. Repetition is key, encourage and persevere and you will achieve. Remember children develop at different rates and achieve milestones at different times.




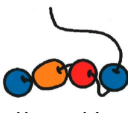


Self-help skills:					
 I can put my shoes on the correct feet and take them off.	 I can put my jacket on and take it off.	 I can fasten my jacket.	 I can put my sweatshirt on and take it off.	 I can brush my teeth.	 I can blow my nose with a tissue.
 I can ask for help, if I need to, when I go to the toilet.	 I can wash my hands with soap and water then dry them.	 I can say please and thank you.	 I can pour a drink.	 I can use a knife and fork to eat my meals.	 I can wash my plate and cup.
I can follow a 1 and 2 step instruction.		I can open wrappers and packaging.		I can open wrappers and packaging.	
Gross motor skills:					
 I can run.	 I can skip.	 I can jump.	 I can hop.	 I can throw different objects.	 I can catch different objects.
I can balance.	I can manoeuvre myself well round objects.		I can climb.	I can gallop.	

Useful Guides to Support Children (Click on the word to see)				
Getting Dressed	Folding Clothes	Going To The Toilet - Female Going To The Toilet - Male	Washing Hands	Brushing Your Teeth



Promoting independence & preparing for starting school




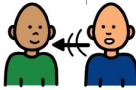

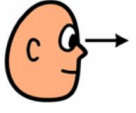
Fine motor skills

 <p>I can build a tower of 10 or more blocks.</p>	 <p>I can roll dough into a ball and a sausage shape.</p>	 <p>I can pick up small objects with my thumb and index finger.</p>	 <p>I can thread beads on a lace.</p>	 <p>I enjoy making marks and have practised holding a pencil.</p>	 <p>I can use scissors safely,</p>
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Health and Wellbeing:

<p>I can tell you what I want and need.</p>	<p>I can express and communicate how I'm feeling emotionally. E.g. happy, sad, scared</p>	<p>I can express and communicate how I'm feeling physically. E.g. Hot, tired, hungry</p>	<p>I can take part in a conversation-verbally or other ways e.g facial expressions, PEC</p>	<p>I can show consideration to others.</p>	<p>I can tidy up and I look after my things.</p>
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Listening & Talking:

<p>I can share and take turns.</p> 	<p>I enjoy listening to stories and looking at books.</p> 	<p>I like singing counting songs. E.g. 5 little ducks</p> 	<p>I like interacting with others.</p> 	<p>I am able to sit and listen for a short while.</p> 	<p>I can recognise words that rhyme.</p> 
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Useful Guides to Support Children (Click on the word to see)

<p>Fine Motor Activities</p>	<p>Gross Motor Activities</p>	<p>Feelings</p>	<p>Our Youtube channel has a range of songs and books.</p>
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