











Getting Ready for Starting School



Activities to work on when preparing for school. You know your child best; select the tasks you think would benefit them most. Try all or some but these skills will help your child's independence and confidence when in Primary 1.

<p><u>Literacy</u></p> <p>Do they recognise their own name? Make a sign for their room and/or where they hang their coat at home</p>	<p><u>Literacy</u></p> <p>Learning to write their name. Remember only the first letter of their name should be a capital, all the other letters should be lowercase.</p>	<p><u>Independence</u></p> <p>Encourage them to open their own snacks. Teach them how, practise opening small Tupperware boxes for snack time at school</p>	<p><u>Self Care</u></p> <p>Learn to put shoes on and off. Learn to fasten them by themselves. Velcro shoes are best! Learn left from right (different stickers in each shoe?)</p>	<p><u>Self care</u></p> <p>Can they put on their own jacket and zip it up?</p> 	<p><u>Self Care</u></p> <p>Can they use the toilet independently? (Including wiping their own bottom). Can they wash and dry their hands themselves?</p> 
<p><u>Independence</u></p> <p>Practise carrying a tray or something similar as this is how they will get their lunch.</p> 	<p><u>Independence</u></p> <p>Learn to put straws into drinking cartons by themselves.</p> 	<p><u>Self Care</u></p> <p>Practise changing from one set of clothes into another independently. (PE days) Time doing it for a challenge – can they do it in 5 minutes?</p>	<p><u>Independence</u></p> <p>Can they use a knife and fork to eat their food? Practise cutting.</p> 	<p><u>Co-operation</u></p> <p>Play games that involve turn-taking e.g. snakes and ladders. Let your child lose/be last sometimes.</p> 	<p><u>Literacy</u></p> <p>Share lots of stories together. Talk about the front cover and make predictions. Discuss the events and make links to what they already know. Read stories about starting school. Discuss feelings and share your own positive stories about school days.</p>
<p><u>Literacy</u></p> <p>Develop and strengthen fine motor skills. Build Lego models. Practise using scissors. Thread beads or pasta onto string. Play with playdough.</p> 	<p><u>Literacy</u></p> <p>Provide lots of opportunities to mark make in a variety of different ways. Chalk on the ground Pens and pencils on paper. Paintbrushes dipped in water used on the ground Squirt shaving foam into a tray and use their finger Flour, lentils, oats in a tray.</p>	<p><u>Numeracy</u></p> <p>Awareness of number Hunt for numbers on a daily walk. Count objects in the house e.g grapes for snack, cups at the dinner table, pasta shapes for dinner Help to set the table. Share out the forks, knives etc to each member of the family. Sing counting songs together</p>	<p><u>Concentration</u></p> <p>Do extended activities together that have a clear end e.g. creating something in an art kit, building a Lego model kit, make a puzzle with several pieces, colour in the whole picture. Bake together following the recipe from start to finish</p>	<p><u>Co-operation</u></p> <p>Tidy away toys when they have finished playing and before moving on to a new activity.</p> 	<p><u>Sing simple nursery rhymes!</u></p> <p>You can find many rhymes on these sites.</p> <p>https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwgdgw</p> <p>https://www.scottishbooktrust.com/songs-and-rhymes</p> 