

Parents & Carers Transition Activities

In the summer term, all Nursery settings will be provided with a shared book 'The Colour Monster Goes to School' to use as a transition book. This is to enable all children, regardless of the setting they attend, to have a connection with the story and shared experience before and after the summer break when they transition from ELC into P1.

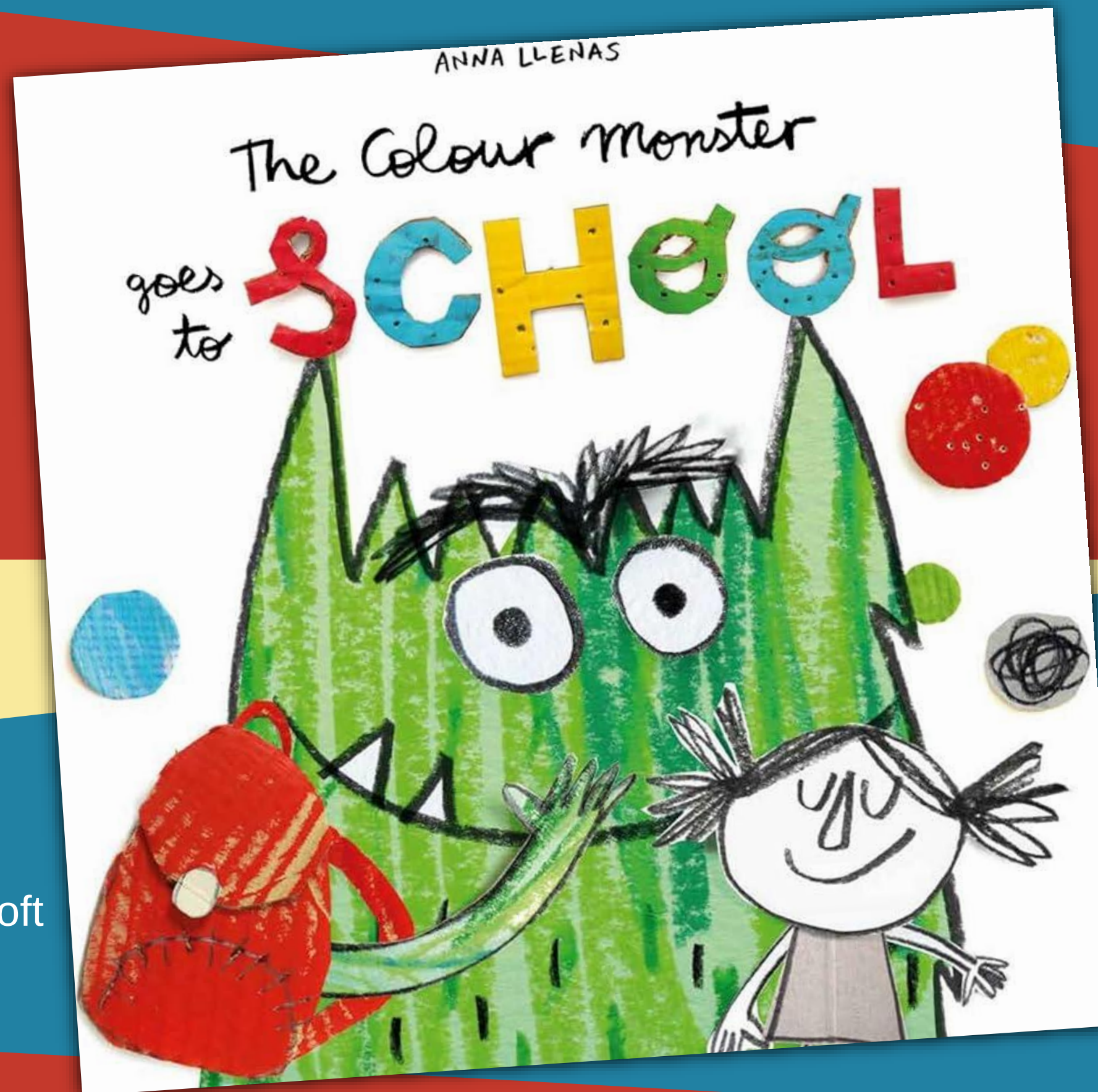
Encourage your children to carry out simple day-to-day tasks like getting dressed/undressed, fastening up coats, and managing their own personal hygiene etc. with increasing independence. Give them enough time to do these things for themselves.

 [Children and Young People's Occupational Therapy Service](#)

Try and find an online kids workout to do at home, eg. [Joe Wicks on YouTube](#).

Think about visiting places where you can exercise, like playparks, the swimming pool, soft play, local woodlands & green spaces

Encourage your children to make their own paintings or drawings using the Colour Monster's colours or representing their own emotions.



Read the book with your child / watch the video of it with your child.

Involve your child in [making your own soup](#) like the ones that the Colour Monster and his classmates have for lunch.

Talk to your child about your first day at primary or high school when you were young, or your first day starting somewhere new. How did you feel? What helped you?

Make musical instruments such as [yoghurt pot shakers](#), [elastic band guitars](#) and [a tin can drum](#) from junk you have around the house.