

My New School

An Activity Pack for
starting Primary 1

At

Newton Primary School



This booklet belongs to

Dear P1 Parent,

Enclosed you will find a variety of activities you may wish to complete with your child ahead of starting school in August to help them prepare.

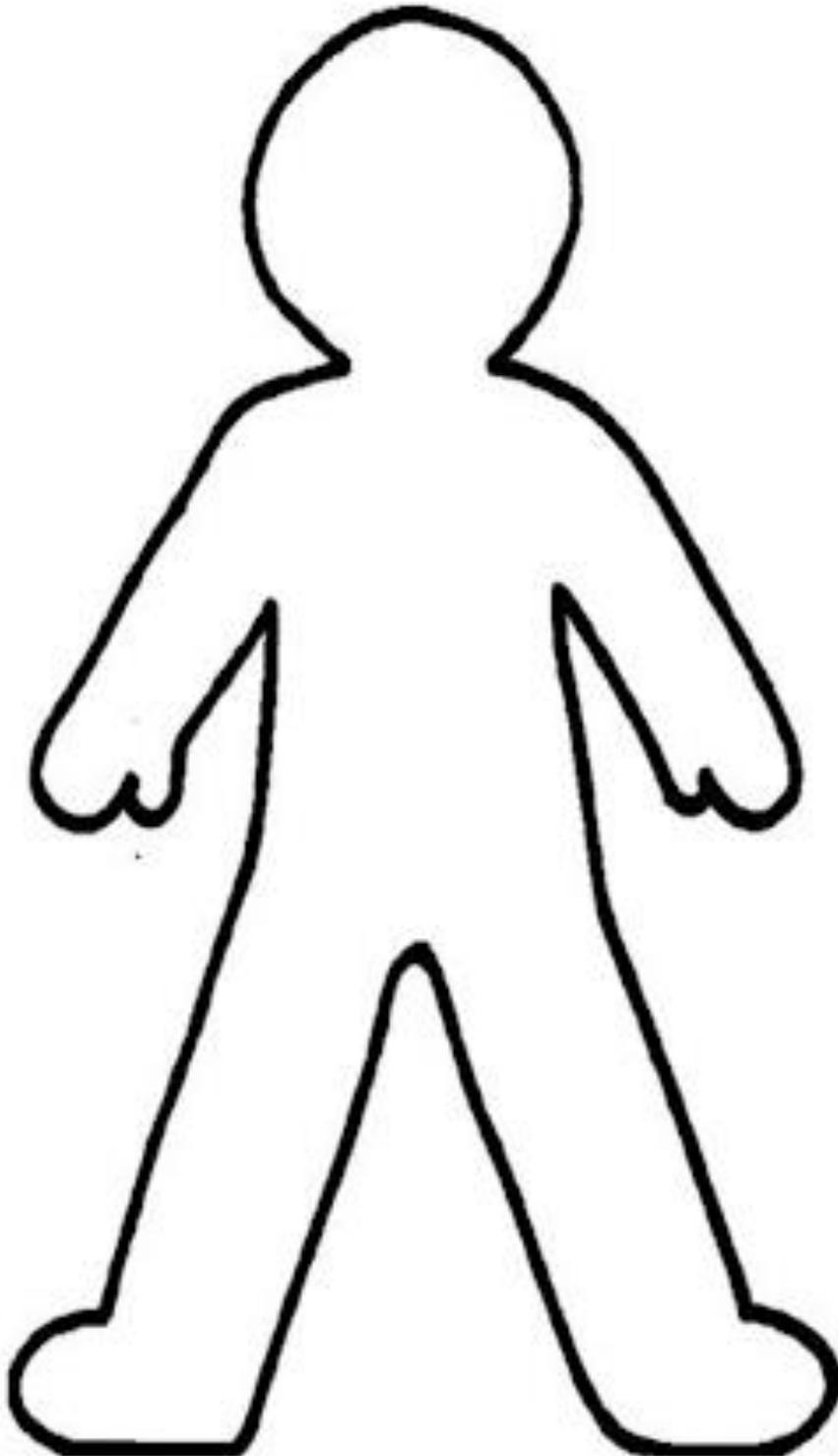
- **What will I wear at school?** - Your child can draw and colour a picture of themselves in their new Newton PS uniform.
- **My school bag-** Your child can decorate a picture of what their school bag looks like or what they'd like it to look like.
- **All about me-** Please complete this page with your child using drawings and/or photographs and captions to tell their P7 Buddies all about them. Please bring this sheet when school begins in August to share with P7 Buddies.
- **All about my child-** This page is for parents and carers to complete to tell P1 teachers important/relevant information about their child. As above, please bring this sheet when school begins in August.
- **Skills for starting school-** A list of skills that you can be practising with your child at home to help them be prepared for starting school.
- **Motor skills activities-** A list of activities to help your child develop their gross and fine motor skills.
- **Name writing practice-** Your child can practise writing their name in a variety of different ways.
- **My morning routine-** An activity to explore and discuss what the before school morning routine will be like.

These are optional suggestions but we hope you find them helpful in helping to prepare your child for starting P1.

We are looking forward to welcoming them to school in August

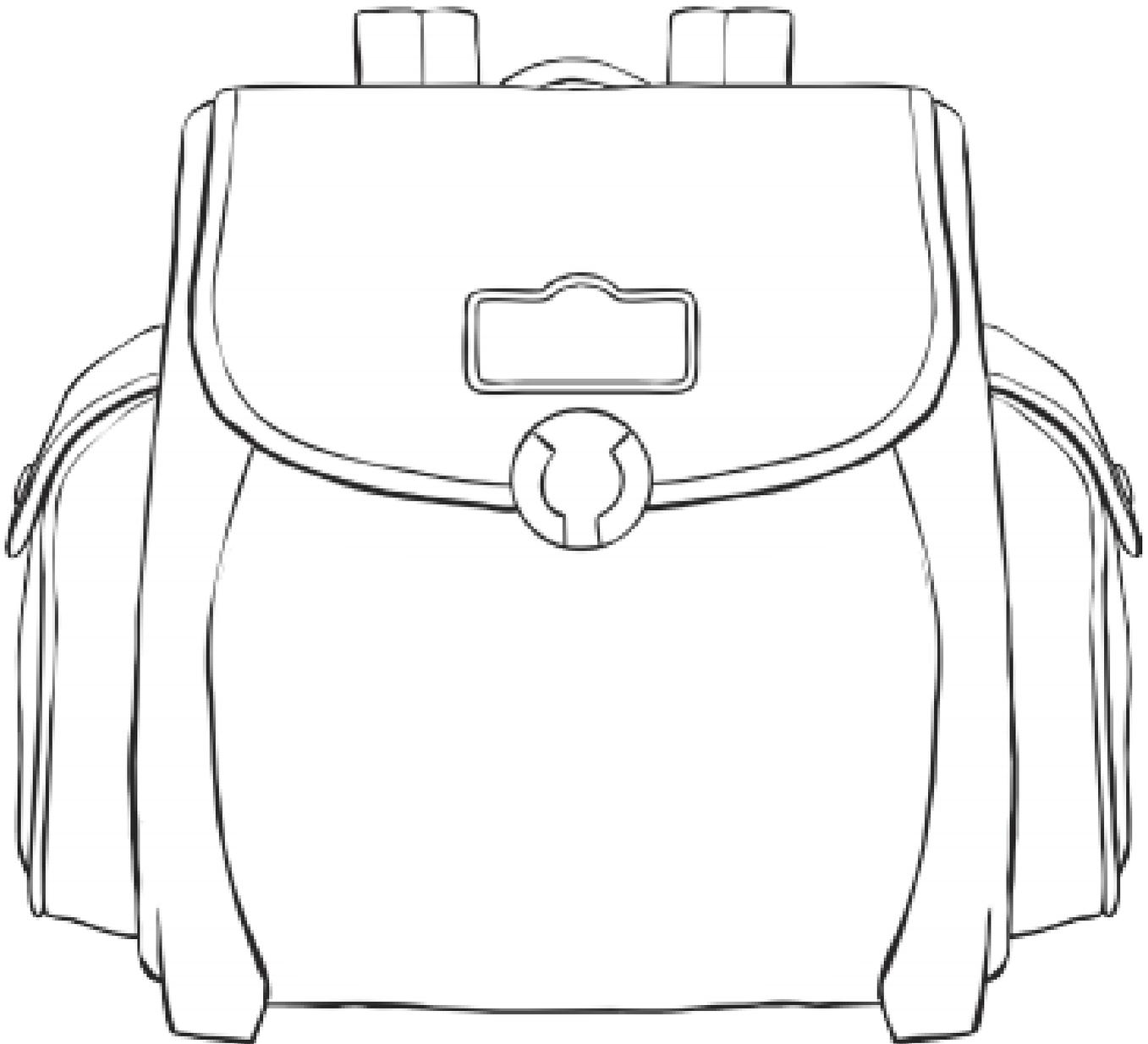
What will I wear at school?

Draw a picture of yourself in your Newton PS school uniform.



My school bag

Decorate this picture showing what your school bag looks like or what you hope it might look like.



Name _____

'All About Me'

Your buddy is really looking forward to meeting you! To help them learn a little bit more about you, fill in the boxes below with some drawings/photos of your favourite things. Please label the drawings/pictures too.

My Family

My Friends

Me

My Favourite Activity at Nursery

My Favourite Toy

All About My Child

Child's name _____

Transition to Primary 1 can be a very exciting but also daunting time for children and families and we aim to make it as smooth and enjoyable as possible! To help teachers get to know your child a little bit better, use the prompts below to identify any important information you feel they should know about your child.

Things my child is good at

Things my child enjoys

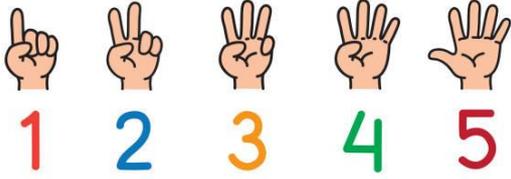
Things my child does not like

Things my child might need help with

Things that help my child

Things my child liked in nursery

Below are some skills that you can be practising with your child at home to help them be prepared for starting school. Please remember, all children learn at different rates so this is just a guide and it is okay if your child finds some skills difficult or is not yet at the stage to do them.

<p><u>Self organisation/independence</u></p> <ul style="list-style-type: none"> ○ I can put on my socks ○ I can put on my shoes ○ I can put on my coat ○ I can do up the zip/buttons ○ I can dress/undress myself (this will help for P.E.) ○ I can eat with a spoon, knife and fork ○ I can open my lunch box ○ I can open/attempt to open snack wrappers ○ I can go to the toilet by myself ○ I can wash and dry my hands ○ I am practising how to use scissors safely 	<p><u>Being responsible</u></p> <ul style="list-style-type: none"> ○ I can tidy away my toys ○ I can clear away things I've used ○ I look after equipment (e.g. put lids back on pens) ○ I say please and thank you ○ I wait my turn to talk ○ I can follow rules and routines ○ I can follow simple instructions (e.g. put your coat on) 
<p><u>Literacy skills</u></p> <ul style="list-style-type: none"> ○ I can recognise my name when it's written down ○ I can attempt to write my name ○ I can hold a pencil using tripod grasp ○ I am able to sit still for a short amount of time and listen ○ I enjoy listening to stories and rhymes ○ I am understood when I talk or have strategies to help me (e.g. gestures) ○ I am able to talk about myself, my thoughts and feelings ○ I am able to recall and sing some nursery rhymes 	<p><u>Maths and Numeracy Skills</u></p> <ul style="list-style-type: none"> ○ I am aware of numbers and counting ○ I can count a small number of items ○ I join in with numbers, words, songs and play ○ I can recognise some written numbers ○ I am aware of numbers in my environment ○ I can recognise and name colours ○ I can recognise and name some shapes ○ I can recognise dice patterns 
<p><u>Social and Emotional skills</u></p> <ul style="list-style-type: none"> ○ I am beginning to feel confident being away from my mummy, daddy or main carer ○ I am able to express my emotions, thoughts and needs to be met ○ I am able to ask for help if I need it ○ I am willing to try ○ I am able to take turns and share ○ I can interact and play games with others ○ I try to be a good friend ○ I have resilience- I keep trying ○ I know that making mistakes is okay and that I can learn from them 	

Motor skills Activities

Gross motor skills are big body movements and fine motor skills require small movements these enable us to do things like sit on a chair and hold a pencil. Below are some activity ideas you might want to try at home to support motor skills development.

Gross motor activities

- Construct obstacle courses that require crawling and climbing
- Jumping on a trampoline
- Rolling out dough or pastry with a rolling pin
- Pressing cutter shapes into dough
- Drawing/painting on an easel or on paper pinned to a wall
- Playing with balls/beanbags whilst your child is sitting, kneeling, squatting and standing



- Play Twister or Simon Says requiring odd movement like balancing on one leg and one hand

- Making your own body look like different shapes
- Dancing



Fine motor activities

- Lacing and threading activities
- Using tweezers or tongs to pick up small objects (e.g. pasta pieces, pompoms)
- Helping to hang up the washing with spring loaded pegs
- Finger painting
- Drawing shapes and patterns in sand, shaving foam, paint
- Water painting on a brick wall or on the ground using a paint brush and water or even a water gun
- Craft activities involving cutting, gluing, sticking
- Family games such as Jenga, Kerplunk and Operation
- Playing with playdough or Plasticine
- Playing dress up with clothes that have zips, buttons, press studs etc.
- Playing with construction toys such as building blocks and Lego
- Copying basic shapes and patterns using playdough, paint etc.
- Sticker books
- Popping bubble wrap
- Making paper clip chains
- Using felt tip pens, chalks and crayons that are thicker and shorter
- Jigsaw puzzles



I am learning to write my name

Encourage your child to practise copying/writing their own name. Only capitalise the first letter.

Parent to write child's name in this box

I can write my name using crayon



I can write my name using a coloured pencil



I can write my name using a writing pencil



I can write my name using a felt tip pen or highlighter pen



Other ideas for name writing practice-

- Writing outside on the ground with chalk
- Writing it in sand, shaving foam or in bath bubbles
- Using magnetic letters or letter cut outs
- Writing outside on the ground using a paintbrush and water

My Morning Routine

Getting back into a morning routine and being able to leave that house at the same time each day might be tricky for some of us. Below, draw pictures/use photos to plan what your morning routine might look like. You can use the pictures at the bottom to help you. You might even act it out or have a trial run.

