

Getting School Ready!

Healthy Food

I am happy to try new foods even if I'm not sure.

Healthy Food

I can use a knife and fork or open my lunchbox.

Independence

I know I will have a special place for my coat, my bag and my water bottle.

Independence

I can recognize my name.

Mental Health

I know I can ask my teachers for help if I need it.

Exercise

I know how to put my coat and shoes on and take them off.

Mental Health

I know it's ok to feel nervous about new things.

Hygiene

I can go to the toilet, wipe myself and flush independently.

Hygiene

I know when to wash my hands.

Hygiene

I can wipe my nose.

Sleep

I have a good bedtime routine so I am not tired for school.