

*Getting school
ready the
healthy way*

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

Independence

I can recognise my name.

Mental Health

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

Mental Health

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

Sleep

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

Hygiene

I can wipe my nose.

Hygiene

I know when to wash my hands.

Hygiene

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

Exercise

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