

Getting Ready for Reception

See if you can...

- try to put on your coat and shoes and take them off again
- use the toilet and wash and dry your hands
- eat with a fork or spoon and drink from a cup
- eat a balanced diet and if you're able to, try some new foods
- brush your teeth by yourself
- try to have a good bedtime routine so you don't feel tired at school
- have a go at physical activities or move in ways adapted to your abilities
- try to limit screen time as much as is manageable – ideally to less than an hour a day
- try going up and down steps, climbing, running, jumping or playing with a large ball, adapted to your abilities
- draw, paint and cut with suitable/adapted scissors
- experience spending time with different people
- try to share and take turns with toys
- explain how you feel using the way of communicating that you prefer – this might be through signing or using symbols
- try to understand how other people are feeling
- share songs, rhymes and experiences with others
- communicate with someone if you need help, communicating what it is you need
- stay focused on an activity that matches your stage of development for a short time
- follow some simple instructions
- know what you can do to help yourself when things go wrong



Children develop at different rates and in different ways. For example, some children will communicate through signs or symbols and other children may take longer to learn to use the toilet. Please come and talk to us if your child may need some additional support and we can give advice and put appropriate strategies in place.