

# Get ready for school!

Try our 30 day challenge with your parent or carer

1. Play a game which you have to take turns in like Snakes and Ladders.
2. Go for a walk or bike ride with your family.
3. Help laying the table or washing your plate after a snack.
4. Talk about what you are looking forward to about starting school.
5. Try on your new school uniform.
6. Practice your trip to school with a parent or carer - if possible walk or scoot.
7. Notice your favourite cloud or flower when you are outside, can you draw it when you get home?
8. Look at the pictures of your new school online.
9. Look up your new school on google maps.
10. Go to your local library and sign up for the free Summer Reading Challenge.



turn  
over



11. Go outside to your garden or local park and find 5 things that feel different, talk about them with an adult.



12. Stand on one leg for 10 seconds then switch to the other leg - which one was harder?



13. Draw a picture of you going to your new school.



14. Draw how you are feeling today.



15. Breathe in and count to 3 then breath out for 3 seconds. Can you do this 5 times? How do you feel?



16. Carry a tray across the room with a teddy on.



17. Carry a tray across the room with an empty plastic cup on.



18. Carry a tray across the room with a plastic cup with some water in.



19. Have a go at dressing yourself - using fancy dress costumes is a fun way of doing this!



20. Put your shoes on by yourself.



21. Wait in a line - at the shops is good practice.



22. Put your coat on by yourself - you could look up the flip trick online!



23. Go to the toilet by yourself.



24. Wash your hands and sing Happy Birthday twice!



25. Use a knife and fork by yourself.



26. Have a go at pouring water from a jug to a cup.



27. Practice packing a bag with books.



28. Tidy up your toys after playing.



29. Practice doing your zip up on your coat.



30. You're ready for school! Draw yourself a super star badge and have a go at cutting it out.

