

Starting Reception

Things I'm learning to do



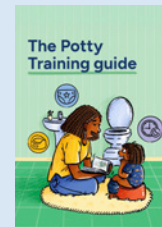
Print and stick it on the fridge or family noticeboard. Encourage and support your child to practise the skills listed frequently throughout the week. They can earn stars for their effort! Tick them off, colour them in or use stickers - whatever excites your child the most.

Looking for ways to practise the skills with your child? Download our Starting Reception Activity Ideas booklet to get started.

www.startingreception.co.uk/activity-ideas

WHAT IS STARTING RECEPTION?

Starting Reception is a single, shared definition of the practical skills children need to thrive from their very first day in Reception. It was created by the early years sector and can be accessed online www.startingreception.co.uk.



Download The Potty Training Guide for practical tips and advice to support with getting your child school ready.

→ www.pottytrainingguide.co.uk



Download The Children's Toothbrushing Guide that includes guidance to support children's oral health from the earliest years.

→ www.toothbrushingguide.co.uk



My name is

At home I can...



Put on and take off my own coat and shoes



Go to the toilet and wash my hands by myself



Get dressed with just a little help



Use cutlery and drink from an open cup



→ In Reception, this will help me: get changed for PE, go to the toilet when I need to and eat lunch with my friends.

Catch a large ball



Walk up or down the stairs one foot at a time



→ In Reception, this will help me: take part in different activities, play outside and get around the school on my own.

Sing along to nursery rhymes



Recognise my own name



Listen to simple instructions and keep trying even when a task is tricky



→ In Reception this will help me: join in with songs and rhymes, find my own coat peg.

Take turns and share my toys



Talk about how I am feeling



Choose my favourite story book, look at the pictures and talk about the characters with my family



→ In Reception, this will help me: make and play with new friends, tell my teacher if there is something wrong.

Draw a picture of something that makes me happy



Do a jigsaw puzzle or build a tower with building blocks



Explore shapes with different media and materials



→ In Reception, this will help me to take part in the classroom activities.

Brush my teeth twice a day



Go to bed at about the same time each night



Try new foods



→ In Reception, this will help me: by giving me plenty of energy and helping me to enjoy my lunch.

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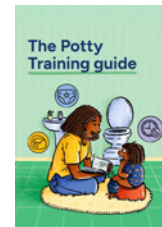
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