

My Journey To School

This tracker helps your child prepare for school.



Sharing and turn taking

- I can share toys and take turns
- I like playing games with others
- I like interacting with other children

Communication and literacy

- I like to share stories and explore picture books
- I know how to handle and look after books
- I am able to talk about myself my needs and feelings
- I am practising recognising my name when it is written down or printed
- I join in with singing songs and rhymes
- I can ask or show if I need help with something

Listening and understanding

- I can pay attention for short periods of time
- I can follow instructions
- I understand the need to follow rules

Play creativity and curiosity

- I explore drawing, painting or other creative activities
- I enjoy counting, building and completing puzzles
- I notice numbers, patterns and shapes when exploring the world around me

Interest in the world and new activities

- I enjoy learning about the world around me, for example looking closely at the natural world
- I am interested in exploring new activities or environments
- I can take part in imaginative role play
- I like asking questions

Physical development

- I engage in physical activity for at least 3 hours a day, for example running, jumping and climbing
- I can catch a large ball (most of the time)
- I can do simple puzzles, and engage in cutting and sticking activities

Going to the toilet

- I can go to the toilet on my own, wipe myself properly and flush
- I can wash and dry my hands without any help

Routines

- I eat a good breakfast so that I have the energy I need for the morning
- I have practised putting on my uniform and getting ready to leave on time
- I have a good bedtime routine so I'm not feeling tired for school
- I'm learning to eat at the times I will on a school day
- I brush my teeth twice a day

Eating

- I can use cutlery and drink from an open cup
- I can carry my plate to the table
- I can pour water from a jug into a cup
- I can open my lunch box on my own
- I am confident at opening wrappers and packaging



Self-care

- I know when to wash my hands
- I can wipe my nose
- I can ask for help if I do not feel well

Getting dressed and undressed on my own

- I can button and unbutton my shirt and use a zip
- I can put my own shoes and socks on
- I can change into my PE kit
- I can place my uniform in a neat pile
- I can put my coat on

Independence

- I am happy to be away from my parent or carer
- I am happy to tidy my belongings and look after my things
- I am feeling confident about starting school
- I can carry on with a task when it is difficult and bounce back if something goes wrong

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