|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| https://scontent-lhr8-1.xx.fbcdn.net/v/t1.0-9/43471391_488029148378879_5128639723966824448_n.jpg?_nc_cat=101&_nc_sid=09cbfe&_nc_ohc=JDK58EMI56IAX9PYOlK&_nc_ht=scontent-lhr8-1.xx&oh=15921528614730dadd0555d7d805d2e2&oe=5EFC4725 | **Preparing for Primary 1**  We know that every child starts school with different abilities and that every child learns at different rates. As in nursery, we encourage the children to be as independent as possible. Here are some ideas to help your child prepare for school. | | | | |
| Getting Dressed  At school you need to be able to take your school clothes off, change into your P.E. clothes and get dressed again, all by yourself!  Can you fasten any buttons you have on your trousers or top?  Can you make sure your clothes are not inside out?  Can you put your socks / tights on by yourself?  Can you fasten your own shoes / gym shoes? Please avoid lace up shoes unless your child can tie laces independently - velcro is best!  \*\*IMPORTANT: PLEASE **NAME** ALL ITEMS OF CLOTHING AND FOOTWEAR.\*\* | | Fasten your coat  On cold or wet days we need a coat on when we go outside to learn and to play.  Can you put your coat on by yourself?  Can you fasten the buttons / do up the zip independently?  C:\Users\gmwhite3\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\170B3A2A.tmp | Wash your hands  Washing our hands correctly is very important. Practise washing your hands thoroughly and in the correct way. Remember to use soap and to dry them properly.  Cleaning free hand washing clip art clean hands clip art image search | Hand  washing poster, Hand hygiene, Hand washing | Eating  At school we have a morning and afternoon break. You can bring a small snack to eat at both of these times. Practise opening packets of snacks that you might bring to school such as cereal bars or crisps.  Can you open your lunchbox yourself?  Can you use a knife and fork to eat lunch? | Toilet  Practise going to the toilet on your own.  Can you wipe yourself properly and remember to flush?  Always wash your hands well with soap when you are finished. |
| Strong hands and fingers  These activities will help us before we learn to write:   * pick up small objects with a pincer grip – thumb and pointing finger – or use a clothes peg to pick up objects * play with play-dough * pop the bubbles on bubble wrap * screw and unscrew lids of bottles/jars or use nuts and bolts * build with Lego/Duplo * use threading and lacing cards or make your own by punching holes round a piece of paper and use a lace to thread in and out the holes | Keep moving   * stay active every day – go for a walk, ride your bike, bounce on the trampoline! * play with a ball (or soft object) – rolling, throwing, catching * kick a ball in the park or in your garden – can you score a goal? * hitting – use a balloon or a soft ball - if you don’t have a bat or a racquet, use your hand * bounce a ball and catch it with 2 hands * can you balance on 1 leg? can you walk along a straight line without wobbling off it? | Daily Numeracy ideas   * practice counting often – objects, stairs, plates, cutlery, anything you see! * look for numerals when you are out for a walk – can you read them? * sort numbers into the right order- what number comes next? * learn a number rhyme or number song like Singing Walrus Count to 10 [(1) Funky Counting Song | Numbers 1-10 | The Singing Walrus - YouTube](https://www.youtube.com/watch?v=HkkYaj0m6cg) * play a game using a dice – can you read the numbers on the dice? * recognise shapes in the environment | My name  Can you recognise your own name? This will be helpful when finding your coat peg and tray. If you want to practice writing your name at home, remember only the first letter is a capital one. | Read a story every day  Choose a book and ask an adult to read it to you.  Which way up does the book go?  What is the title of the book? Who is the author?  Can you turn the pages the right way?  Can you talk about what happened in the story?  Who were the characters in the story?  How many thumbs up would you give the story and why?  What was your favourite part of the story and why? | |
| Scissors  Being able to use scissors is a great skill to have. Practise cutting up old magazines, supermarket leaflets or newspapers. Ask an adult to help you hold the scissors properly – your thumb should be on top.  C:\Users\gmwhite3\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3D1A4129.tmp | Nursery Rhymes  Practise saying the nursery rhymes that you know. Can you hear any rhyming words? These are words that sound the same, such as *wool* and *full, dock* and *clock, hat* and *mat.*  Mother Goose Nursery Rhymes Clipart and Digital Paper Set | Etsy Ireland | Tidy up  We need to look after all belongings at school so keeping our class tidy and putting away toys and games is important.  Practise at home putting away your toys when you are finished playing with them or help an adult tidy a room in the house. |