



- I can open my packed lunch box and eat independently
- I can use a knife and fork
- I can sit at a table when I eat
- I have practised getting my uniform on and being ready to leave on time
- I have a good bedtime routine so I get enough sleep
- I am making sure I have breakfast before I leave for school



- I am able to engage for a short while eg listening to a story or at an activity of my choice
- I can follow simple instructions
- I am understood when I talk
- I am able to talk about myself, my thoughts and feelings
- I enjoy interacting with others
- I enjoy sharing stories



- I am able to use the toilet independently
- I can wash my hands
- I can get dressed and undressed
- I can move around confidently (walk, run, jump)
- I have good muscle control in my arms, hands and fingers
- I have good balance
- I am confident within climbing, jumping, and running



- I am able to share with others
- I am able to take turns
- I am good at making friends with others
- I enjoy interacting and playing with others



- I am confident being away from my mummy, daddy or main carer
- I am able to identify how I feel and share it with others
- I am willing to have a go at new activities
- I keep trying when I find things difficult
- I know who to ask for help if I'm unsure



- I can recognise my own name
- I am aware of numbers and counting
- I join in with counting, number songs and number play
- I experiment with emptying and filling sand/water containers
- I can recognise some numbers (up to 5)