

Becoming Independent

Skills to practise
before I start school

Practise cutting with scissors, hold them like this:



Make sure you take a yummy, healthy lunch to school every day and drink lots of water.



Practise opening containers, packets and items that are packed in your lunch box.



Make sure you do not pack too much food!

Practise holding your pencil, like this:



Practise doing up your buttons.



Put a special key ring or label on your school bag too as there may be a few of the same bag.



Label all of your clothing, containers, drink bottles and items you take to school. That way they will go home with you.



Practise putting your socks on.



Practise tying up your shoelaces or have Velcro fastening shoes.



Practise how to work a zipper, it can be a little tricky but keep trying.



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