

# *Becoming Independent*

Skills to practise  
before I start school

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Practise cutting with scissors, hold them like this:



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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:*



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*Practise doing up your buttons.*



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*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.



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Practise tying up your shoelaces or have Velcro fastening shoes.



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



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