



Getting Ready to Start School (EYFS/Reception)

Dear Children,

We have heard that you are going to start big school in September! How exciting!

Some of you may be at Nursery or Pre-School at the moment but some of you will be staying at home.

To get ready for school, we thought that you may like to complete the activities in this booklet with an adult at home.

We know that you will have a great time when you start big school!

All About Me

Note for adult: This activity aims to develop self-esteem by focusing on your child's strengths and interests. You may want to send a copy of this to the school or take a photograph and email it to the school.

My family

My pets

I can do this
by myself...

I will need help
to...

Me

My friends are...

I am good at...



WOODLANDS
OUTREACH

Nursery/Pre-School Memories

Note for adult: This activity gives your child an opportunity to spend time thinking about positive memories of Nursery or Pre-School. Ask them to draw or talk about each box. Focus on all the things that they have learned to do at Nursery or Pre-School and how they will learn even more at school!

My key worker

My friend

My group name

Something I
learned to do

The funniest thing

The best toy

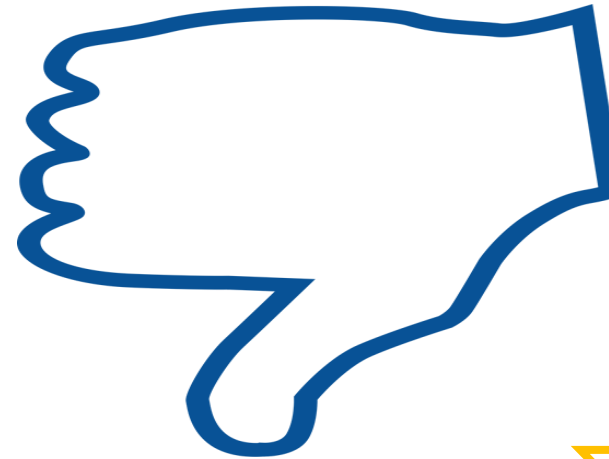


WOODLANDS
OUTREACH

My Lockdown Experiences

Note for adult: This activity gives your child the opportunity to express their thoughts and feelings about lockdown. Ask them to talk about or draw the good things, bad things and new things they have learned during lockdown.

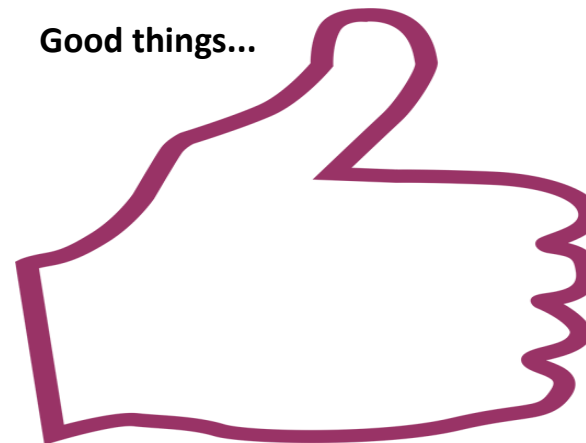
Bad things...



New things I
learned to do...



Good things...



My Feelings

Note for adult: This activity gives your child the opportunity to express their feelings and thoughts about starting school. Ask them to be honest about how they're feeling and reassure them that it is okay to feel this way. Remind them that their friends may also be feeling the same way.

Today I am feeling...



When I think about
starting school I
feel...



Draw a circle around the things that you are looking
forward to at school....



My Worries

Note for adult: Use the 5 point scale to help your child to think about the 'size' of the worry. Then use the script/ideas below to 'talk through' the worry and lower on the scale. The aim is to use the technique to lower the 'size' of the worry. Focus on one worry at a time (written on previous page).

How big is your worry?

Script/ideas for adult...

- **How big is this worry?** 1 is a tiny bit of a worry and 5 is a big worry.

- **I understand why you're worrying about this** [validating their feelings] **but we're going to sort this worry out.**

- **[Provide answers to their worry if you can]** e.g. if they are worried about not having any friends in their class, find out the name of a child who they know who will be with them.

- **[Focus on positives]** e.g. if they are worried about not making new friends, remind them that they were great at making new friends when they started Nursery.

[Work together to find solutions] e.g. if they are worried that they will miss you, plan to find a way to help. This may simply be giving them a small keyring to keep in their school bag to look after until you collect them (transitional object).

- **How big is the worry now? Can we move it down on the scale?**

5

4

3

2

1

Your child may also like to complete the following activities about worries...

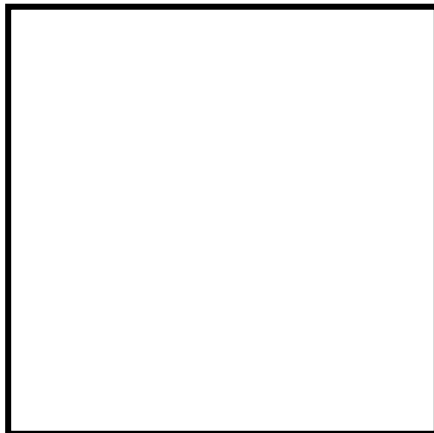
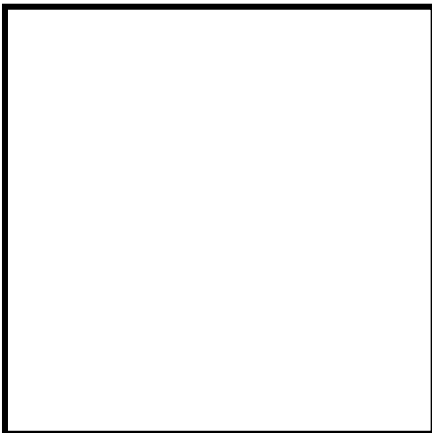
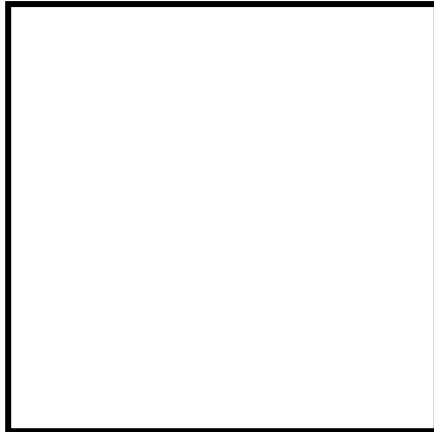
Making a worry monster: <https://www.elsa-support.co.uk/worry-monster-craftivity/>

Making a worry jar: <https://www.elsa-support.co.uk/worry-jar/>

My Worries

Note for adult: This activity focuses on worries and aims to reduce those worries using simple techniques. Ask your child to draw any worries that they may have about starting school in the boxes. The next page will focus on reducing the worries.

I am worried
about...

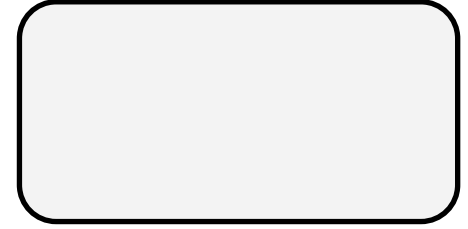


What I Already Know

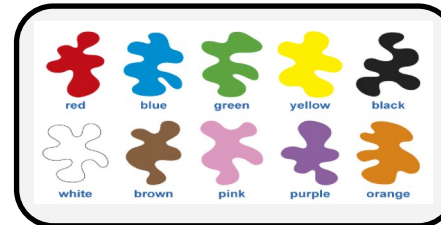
Note for adult: This aim of this activity is to help your child prepare for changes in their new school. It will also help to show them that there are quite a few things that they already know—helping to reduce worries of the unknown. Ask your child to draw or tell you about the different things below. Try to focus on the positives of some things being different, e.g. you need to wear a uniform but it is your favourite colour. If not sure about something, talk about how to find out the answer, e.g. asking an older sibling, checking the school's website.



My teacher



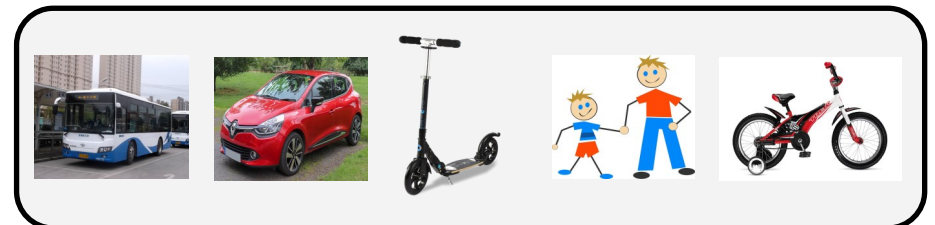
Friends in my class



What colour is my school jumper?



Will I take a lunch box or have
school dinners?



How will I get to school?

Starting School

Note for adult: These activities are focused on helping your child to understand that they are not alone and that others have also gone through this experience. This can help to reassure them. The activities below are suggestions for discussions that you may want to have with your child.

Watch this video clip about what this year's Reception children have enjoyed about school...

<https://www.youtube.com/watch?v=z8hKmJINnY#action=share>

Ask an older brother, sister or friend what their **favourite** thing about school is...

Ask an adult who looks after you how they **felt** when they started school...

Do you know any children or adults who **go to or work at the school**?

Lunch Time

Note for adult: Staying at school for lunch time is often a new experience for many children. The thought of lunch time at school can be very exciting but also quite daunting for some children. School staff will help your child with the routines etc. when they start school but it may also be a good idea to prepare them for it now. The following links provide fun and engaging activities to support your child.

<https://www.pacey.org.uk/SSTMicrosite/media/Website-Files-SST/SST%20fact%20sheets/Pacey-School-Lunch-Game.pdf>



This game involves helping children to understand how to use a school dinner tray, which are used in a lot of schools.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#make-your-own>



This shows photos of healthy choices for lunch boxes, enabling your child to make selections.

If your child is taking a packed lunch, you may want to talk to them about what lunch box they would like...