

Getting ready to start school

Activity pack of 5 play based activities for parents of pre-school aged children





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Disclaimer

As with all activities we share on The SEN Resources Blog we accept no responsibility for the safety of these activities and any injury, harm, death etc. caused or any damage to property as a result of the activity. It is always your responsibility as the responsible adult to risk assess each activity based on the children in your care and ensure their safety as well as your own safety at all times.

Please note that sharing of these activities in anyway (photographing, posting on social media, photocopying etc.) and/ resale are strictly prohibited.

1. My Morning Routine

What is it?

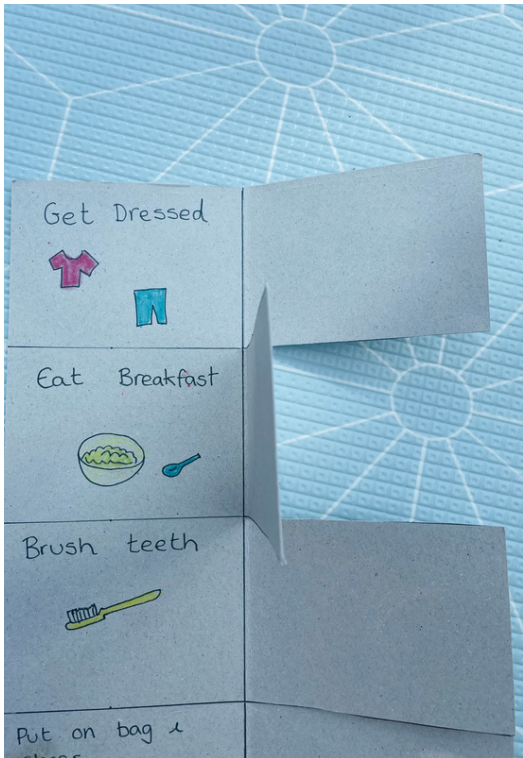
Starting school may come with a new morning routine. To help make this routine run more smoothly, why not involve your child in the planning process and make it 'their' routine. When children have ownership over something they are more likely to engage,

What do I need?

A4 piece of card, pens, scissors

How do I do it?

1. Fold a piece of A4 card in half lengthways. Holding it in portrait orientation, the left hand side of the fold is for drawing each stage of their morning routine. The right hand side is for covering up each stage once they have completed it. Cut along the right hand side of the card, lengthways so that you have 'flaps' to cover each stage.
2. Discuss the stages of the routine in the morning, for example get dressed, eat breakfast, brush teeth, go to the toilet, walk to school with dad.
3. Encourage your child to draw pictures for each stage. Or you could use pictures from the internet instead and stick them on.
4. Practise using your routine chart together on a morning before school starts, folding over the sections that they have completed in turn.



2. Recognising My Name

What is it?

Whilst not a pre-requisite for starting school, it can be useful if your child can start to recognise their own name. Sometimes their name might be on their peg at school or you may have it on the label of their school jumper, so recognising it can be really useful.

What do I need?

Paper, glue stick/PVA glue, pencil, 'bits and bobs' (these could be sequins, buttons, glitter, twigs, leaves, shells etc).

How do I do it?

1. Collect some 'bits and bobs' for the activity. You could use craft materials such as pom poms, glitter and sequins. Or go outside and collect (under supervision) objects such as leaves, twigs or shells.
2. Together with your child write their first name in lower case, nice and big on a sheet of A4 paper.
3. Encourage them to trace over the outline of each letter in turn with the glue.
4. Help them to stick their 'bits and bobs' to the outline of their name. and leave to dry.
5. Put it up somewhere on display and keep referring to it.



3. Small World School



What is it?

In my experience, one of the best ways to discover what children are worried about is not to sit them down and ask them lots of questions, but to observe their play. If you try setting up an imaginative play activity of a toy starting school, you may well get a glimpse into anything your child's unsure about. Does the Teddy seem nervous leaving mum? Is he worried about playtime? Watch and see. A great way to help children prepare and learn about what to expect too.

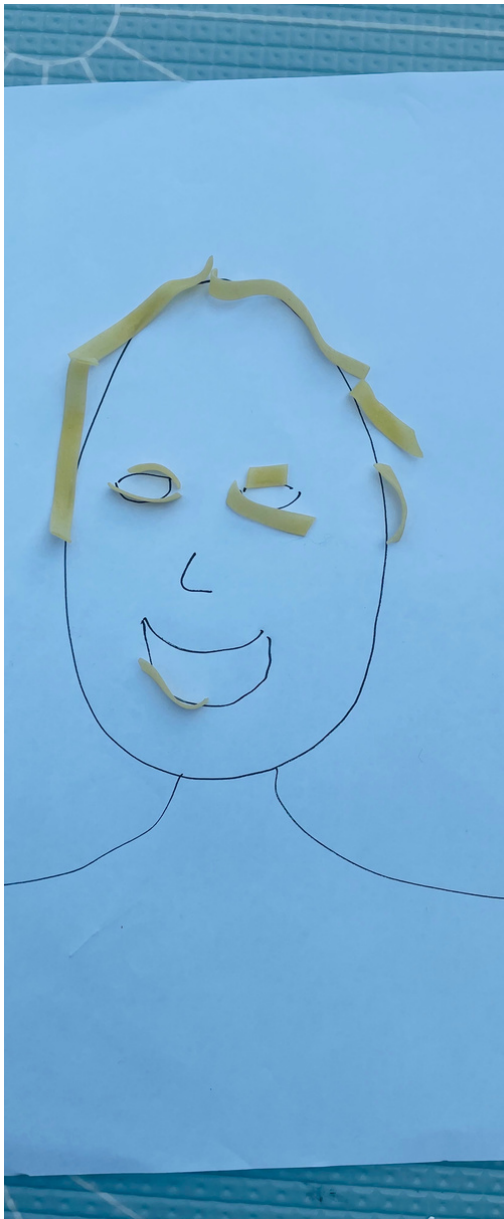
What do I need?

Any toys (could be small characters or teddies) and something to be the school building (could be a cardboard box or made from building blocks together).

How do I do it?

1. Chat together about what their school looks like - if they've not yet visited you could look online at some photos.
2. Decide together how you're going to build a school together and which toys will be the children and which the teacher.
3. Make your school together.
4. Encourage them to play with it. You may need to help them understand the routine of being dropped off, being looked after by their teacher, playing, learning, break times and home time.
5. Observe and play along - keeping an eye out for any clues about what they may be nervous about (if anything). Provide reassurance, showing that the toys are ok for example, when they leave their dad at drop off and see their friends.

4. Pasta Me



What is it?

This is a lovely activity to help children think about who they are, what they like about themselves and what they are good at. Great for building self-esteem ready for starting school and making new friends.

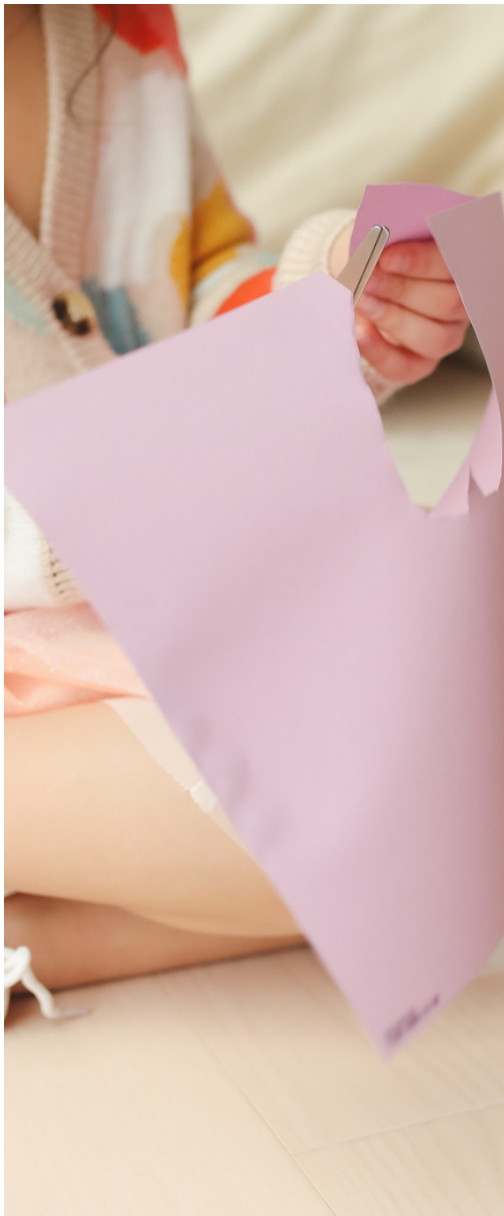
What do I need?

Piece of paper, glue, left over dry pasta.

How do I do it?

1. Show your child what they look like either with photographs or a mirror.
2. Encourage and support them to draw an outline of their face and features on the paper.
3. Help them to cover the outline and features in glue and stick the left over dried pasta shapes to it in order to create a picture of themselves.
4. Chat about what they are good at, what they are like, how to describe them such as 'kind' 'fast at running' etc. You could even write some of these key words around the picture with them.

5. School Collage



What is it?

There's a lot to take in when you first start school so why not complete this lovely little activity to help build a picture of what their school will be like before they start.

What do I need?

Scissors, paper, glue, photographs of their school belongings (bag, uniform etc.) and photographs of their school (either from the school's website or by asking the teacher if they can email some).

How do I do it?

1. Talk together about their school, what they will be wearing, where it is etc.
2. Look through the photographs, explaining what each of them shows. For example, 'this is the outside of school - that's where I drop you off and we meet your teacher.'
3. Help them to cut out the pictures and stick them (however they would like) onto the paper.
4. Display it at home so you can refer back to it.

