

**Exercise**  
I know how to put my shoes on and take them off.

**Healthy food**  
I am happy to try new foods even if I'm not sure.

**Healthy food**  
I can use a knife and fork or open my lunchbox.

**Independence**  
I know I will have a special place for my coat, my bag and my water bottle.

**Independence**  
I can recognise my name.

**Mental health**  
I know I can ask my teachers for help if I need it.

**Mental health**  
I know it's ok to feel nervous about new things.

**Sleep**  
I have a good bedtime routine so I am not tired for school.

**Hygiene**  
I can go to the toilet, wipe myself and flush independently.

**Hygiene**  
I know when to wash my hands.

**Hygiene**  
I can wipe my nose.

*getting ready for school the healthy way*