

# School readiness checklist



## My health:

Any health issues have been seen and addressed by a doctor	<input type="checkbox"/>
I have had all my immunisations and boosters	<input type="checkbox"/>
I regularly see a dentist	<input type="checkbox"/>
I am active every day	<input type="checkbox"/>
My eyesight and hearing have been checked	<input type="checkbox"/>

## My social skills:

I can take turns and share	<input type="checkbox"/>
I can follow instructions	<input type="checkbox"/>
I can join in with other children	<input type="checkbox"/>
I can follow rules	<input type="checkbox"/>
I can express how I feel using words like 'sad' or 'excited'	<input type="checkbox"/>

## Being independent:

I have talked to my parent(s) about what school is like	<input type="checkbox"/>
I can use a pencil	<input type="checkbox"/>
I know my own name and can recognise it	<input type="checkbox"/>
I know I can talk to an adult or a parent if I worry about school	<input type="checkbox"/>

## Looking after myself:

I can wash my hands well with soap and water	<input type="checkbox"/>
I blow my nose on a tissue	<input type="checkbox"/>
I tell an adult when I don't feel well	<input type="checkbox"/>
I brush my teeth twice a day	<input type="checkbox"/>

## Getting dressed and undressed:

I can put on my uniform by myself	<input type="checkbox"/>
I can put my coat and shoes on	<input type="checkbox"/>
I know that some parts of my body are private	<input type="checkbox"/>

## Meals:

I eat a variety of healthy foods	<input type="checkbox"/>
I can open food packaging by myself	<input type="checkbox"/>
I can use a knife and fork	<input type="checkbox"/>
I drink lots of water every day	<input type="checkbox"/>

## Using the toilet:

I can use the toilet, wipe myself and flush the toilet	<input type="checkbox"/>
I wash my hands after using the toilet	<input type="checkbox"/>