



What to do...

Cut out each challenge card.
Each week encourage your child to attempt an experience as a way of supporting their transition to school.

Eat your lunch out of a lunch box this week.



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Pack your own school bag.

Take a walk past your local school and see what it looks like.

Ask an adult to tell you a story about their childhood.



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Choose a job and do it every day this week.

Help sort the laundry and put it away.

Go shopping with an adult to buy something.
Talk about how much it costs and how much change you will receive.



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Identify signs in your neighbourhood.



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Go with an adult to the doctor and have your eyes checked.



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Have an adult check your immunisation status.



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Make a morning schedule to follow using pictures and words.



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Ask an adult to help you write a story with a beginning, middle and end. Post it to a friend.



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Look at your local schools website. Ask an adult to read some of the schools newsletters.



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Does your local school have a 'Starting School Expo Day' or a 'Working Bee'? Maybe your family could attend!



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Count and record how many shapes you can find in your lounge room.



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Play a playground game outside without the use of "toys".



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Practice putting on and taking off your jumper.



Make a pattern using colours. Then make a pattern using objects.



Make a book about the things you are good at.



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Practice slow, deep breathing as a way to calm your body.



See if you can do something all by yourself that you would usually get help with.



Play a board game with another person.



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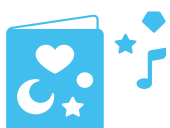
Look at books and study the cover, pictures and words. Can you recognise some of the letters in the words? Make up a story using the pictures.



Make a calendar of the month with help from an adult. Write outings and events on it to refer to.



Practice opening food wrappings and food containers.



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Use a drink bottle
this week and refill
it when it is empty.



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Practice ball
games outside.



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Look for landmarks
in your community.



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Ask an adult to help
you make a map of your
local community.



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Attend a local
community event.



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Attend a fete at
your local school.



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Have a play date
with a friend.



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Follow a recipe and
cook a simple meal
with an adult.



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Take a ride on a
public bus.



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Look at family photos of people from the past and present.

Set up a drawing and writing station at home with a variety of stationery supplies.

Make a list or take pictures of the things you like to do to calm down and relax.



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Attend a story time at your local library.

Draw a picture of how you feel about starting school.

Practice crossing the road safely using a zebra crossing.



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Make bookmarks for everyone in your family.

Try dressing yourself including putting on your shoes.

Plant a plant and take care of it. Talk about what it needs to grow and survive.



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Talk to an adult about how to make a new friend.



Play a game of dominoes. Use dots instead of pictures to challenge yourself.



Play a game of I-spy using letters or an object characteristic.



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Practice eating your lunch in 10 minutes.



Try eating a whole apple with the skin on or peeling a banana.



Cooperate with someone to get a job done.



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Take a walk with an adult past your local school to watch the children being collected in the afternoon.



Use a public toilet. Look at the boys and girls signs and practice using the locks.



Visit your local library. Become a member and borrow a book.



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