

Ready to thrive
before I am

5

Building childhood memories together.



This is me!

My name is

How to play

- Search for the **#thrivebefore5** banners in your local area.
- Scan the QR code on the banner for lots more fun ideas.
- Make childhood memories together.
- Take to school in September to celebrate and receive your medal.

Tick off when you complete



#1 Run through
long grass



#2 Plant and
grow seeds



#3 Roll down
a hill



#4 Care for a
living thing



#5 Visit the
beach



#6 Make petal
perfume





#7 Dance in the kitchen



#8 Take a bus ride



#9 Dig for worms



#10 Feed the ducks



#11 Make playdough



#12 Wash up in the sink



#13 Visit the library



#14 Make a play shop



#15 Make potions in the bath



#16 Paint with water outside



#17 Make and explore ice cubes



#18 Bake a cake



#19 Collect natural treasure



#20 Make cards for friends



#21 Play with pots and pans

‘We didn’t realise we were making memories, we just knew we were having fun.’

Ready to Learn when I start Reception



Six Steps to Success

Starting school is such an important and exciting milestone in your child's life. Your child doesn't need to know how to read or write (yet). It is much more important that they have the skills shared below to make sure that they are 'ready to learn'.

Your child should be able to do the below steps before they start school. You may need to practice some of these things over the summer holidays.



"I can communicate my wants and needs"

Your child should be able to communicate and have back and forth conversations with adults and other children. This means being able to listen and wait their turn to speak. Some children may communicate with sign, visuals or non verbal language.



"I can follow simple instructions"

Your child should be able to follow simple requests, for e.g. "put your toys away please." Make it clear that your child must follow the instruction of an adult and give them help to achieve this if necessary.



"I am aware of my own feelings and I am kind towards others"

Young children are still learning how to manage their emotions and need adults support them. Help your child to understand when they feel angry or sad and show them how to cope, for e.g. taking some deep breaths or cuddling a soft toy.



"I can play with other children and share toys with them"

At school, your child will need to share a learning space with up to 30 other children and being able to wait patiently for a turn is an essential skill they need to learn.



"I can listen and join in with an activity"

Your child should be able to listen and maintain attention for about 10 - 15 minutes. This is how they will learn and thrive when they start school.



"I can go to the toilet by myself and I have good self-care skills"

This is a key skill for young children which is essential for them to be able to learn and thrive at school. Your child should be able to use the toilet by themselves independently.

All children grow and develop at different rates. If your child is struggling with the above steps, please don't wait. Speak to your health visitor, GP, nursery, childminder or school for support.

How I can help my child with the Six Steps?



Read every day



Turn off screens



Go outside every day



Talk together



Play together



Stick to routines