# School Readiness Checklist

I can… — tick off what you can do. For children starting Reception (age 4–5).

**FREE — no sign-up**

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## Looking after myself

- ☐ I can use the toilet by myself
- ☐ I can wash my hands after the toilet
- ☐ I can blow my own nose

## Getting dressed

- ☐ I can put my coat on and take it off
- ☐ I can put my shoes on the right feet
- ☐ I can do up buttons and zips
- ☐ I can change into my PE kit

## Being independent

- ☐ I can open my lunchbox and water bottle
- ☐ I can eat lunch with a knife and fork
- ☐ I can carry my tray in the lunch hall
- ☐ I can look after my own things

## Listening and talking

- ☐ I can listen at carpet time
- ☐ I can follow two things, one after the other
- ☐ I can ask a grown-up for help
- ☐ I can answer when my name is called

## Playing and getting along

- ☐ I can take turns and share
- ☐ I can tidy up — roughly is fine
- ☐ I can play next to other children

## Ready to learn

- ☐ I know my own name when I see it
- ☐ I can hold a pencil and make marks
- ☐ I can listen to a whole story
- ☐ I can talk about what I did today

## On the first morning

- ☐ I know the way to school
- ☐ I can find my peg
- ☐ I can say goodbye without lingering

## For parents — health checks

- ☐ Jabs up to date
- ☐ Dentist visit booked
- ☐ Eyesight and hearing checked
- ☐ Sleeps well most nights
- ☐ Drinks water through the day

*Not sure about anything? Ask your GP or health visitor.*

**Not a test — every child develops at their own pace. “Mostly, with reminders” is ready enough.**