

Play-based activity ideas

Skill	Activity
Uses the toilet independently and washes hands	Practise the full routine: flush, wash, dry
Puts on coat and shoes (fastening may still need help)	Try the “coat flip” trick and shoes with hook-and-loop straps
Opens lunch containers and packets	Practise at home with the actual lunchbox
Blows nose and covers coughs	Keep tissues within reach and model it
Knows first and last name	Sing it, write it on belongings
Separates from a parent without long distress	Short practice separations with trusted adults
Takes turns and shares with some reminders	Board games and turn-taking games
Follows two-step directions	“Get your shoes and put them by the door”
Can name basic feelings	Feelings picture books and naming emotions in stories
Asks an adult for help	Role-play asking a teacher for help
Speaks in full sentences others can understand	Talk about the day together at dinner
Listens to a short story and answers questions	Read daily and ask “what happened next?”
Retells a simple story or event	Ask them to tell you about a favourite book
Knows some nursery rhymes or songs	Sing and clap rhymes together
Recognises some letters, especially in their name	Letter hunts on signs and cereal boxes
Holds a book the right way and turns pages	Let them “read” picture books to you
Notices some rhyming words	Rhyming games: cat, hat, ...?
Tries to write their name	Trace, then copy, their name in large letters
Counts to 10 (or more)	Count stairs, snacks and toys
Recognises numbers 1–5	Number hunts and simple board games
Knows basic shapes and colours	Shape and colour sorting games
Sorts objects by size or type	Tidy-up sorting: big and small, cars and blocks
Holds a crayon or pencil with fingers, not a fist	Short crayons and pencil grips encourage a finger grip
Uses child-safe scissors	Snip paper strips, then cut along lines
Draws simple shapes and a person	Drawing games and tracing
Runs, jumps and climbs with confidence	Playground time and hopping games
Catches a large ball	Play catch with a soft ball

Pick one a week.