



Starting Primary School

with **BBC** Bitesize

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All about me

Guidance for Parents and Carers

Thanks for downloading our free **BBC Bitesize Starting Primary School** poster. It's designed to help children develop some of the skills and independence that will come in handy when they start school, as well as to record their thoughts and feelings as they enter this exciting new stage. We also hope it will look great on the family fridge! These notes will give you lots of ideas on how to use each section.

For more free, expert resources that you can use as your child starts school, including games, videos, articles and advice, check out our website at bbc.co.uk/startingprimaryschool

My name is

Using the poster: Write or print out some of your family's forenames, mix them up and support your child to identify theirs. Help them stick their name on the space on the poster, or to try writing their own name if they choose to.

More ideas: Encourage your child to recognise their name using a sign on their bedroom door, alphabet fridge magnets or homemade letters. Say their name together, sounding each syllable out with a clap. Repeat the first sound – can you identify some other names or words that start with the same first sound?

This is me

Using the poster: Help your child to take a selfie, print it out and stick it onto the poster, or use an existing photograph. They could also draw or paint a simple self-portrait, if they are ready to.

More ideas: Talk about the similarities and differences between your child and their friends. Look in a mirror together and explore your facial features, making faces and talking about your expressions. What does a happy or sad face look like?

I am years old

Using the poster: Support children to write the number that represents their age.

More ideas: Try some number games to develop your child's awareness of numbers, like Musical Numbers. Lay out numbers on the floor and when the music stops, shout out a number for your child to find. Or go on a number hunt at home or while you're out, looking out for numbers on houses, in shops or at the park.

I love

Using the poster: Chat with your child about their favourite things and people and write down their words in the heart using the quotation marks.

More ideas: Record your chat on your smartphone and listen together. Explore the idea of love. How can it connect us to our friends and families when we are apart? What does it feel like? Does it have a colour or shape?

My favourite book

Using the poster: Discuss how your child would like to represent their favourite book and support them to add it to the poster using words, pictures or even a feeling or colour.

More ideas: Visit a library together and let your child choose a book for bedtime – don't worry if it's always the same one! Identify a cosy place at home where your child likes to look at books. Let your child see you reading and tell them about your favourite stories. Act out stories together using your child's toys.

My favourite meal

Using the poster: Represent your child's favourite meal with cut-and-stick food pictures or a photo of a mealtime.

More ideas: Talk about different mealtimes and support your child to say what they prefer – at school they will be encouraged to make choices and say what they do and don't like. Practise using a knife and fork during meals or during play with plasticine or sand. Work together to plan or make a healthy meal or snack, thinking about numbers, shapes, colours and textures by counting simple ingredients together or looking at the colours and shapes on a plate of food.

I'm practising

Using the poster: In the box there are pictures representing washing hands, putting shoes on, putting a hand up in class, getting dressed, blowing noses and using the toilet. Support your child to colour in the picture representing each activity, or to use small stickers to mark each one, as they have a go.

More ideas: Encourage your child to attempt the self care activities on the poster as part of their daily routine, or when you have a few spare minutes and are not in a rush. Let your child dress and undress themselves, borrow some school uniform and try it on, or set up a 'sniffle station' with tissues within reach. Ask them to help you wash and dry your hands by showing you how it's done.