

Skills For School 30 Day Challenge

stick me up

Try a task a day to help prepare your child for starting school

1 Bring stories to life with sounds	2 Play hopscotch	3 Chat about what you did yesterday	4 Play a rhyming game	5 Play I Spy with sounds	6 Get ready together	7 Pack a bag together
8 Practise using the potty	9 Cook together	10 Play with and share toys	11 Play pass the ball	12 Have a teddy bears picnic	13 Try using the toilet	14 Play memory games
15 Play 'Teddy Says' together	16 Play 'Red light, Green light' game	17 Make a cardboard telescope	18 Have fun drawing	19 Play ball games together	20 Make a feelings tree	21 Make faces and guess the emotion
22 Have a dance party	23 Have fun at the park	24 Play in the sand	25 Make homemade skittles	26 Create a bedtime routine	27 Brush your teeth together	28 Explore nature together
29 Talk about feelings	30 Try brain-boosting snacks	Scan the QR code to find out how to do these FREE activities and more with CBeebies Parenting 				