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GETTING

READY FOR

SCHOOL

Being independant  
and confident

This book  
belongs to:

I am healthy



I can wash my  
own hands and  
blow my nose if I  
need too.  
I know about  
sometimes foods  
and always foods.

My favourite always food to eat is:

**I can look after my own things**



I know to put my things back into my bag when I don't need them. I can also look after my water bottle and lunch box.

What will be in my school bag:

**I understand my feelings**



I can name and know how I am feeling. Sometimes I might feel sad, cranky, excited or silly. I know things to do to help me feel calm and happy again.

Things that help me feel calm are:

I know the things I can  
do really well

I am helpful



I know the stuff I'm  
really good at.  
Grown ups let me  
know how clever and  
kind I am.  
This helps me know  
that I am able to learn  
new things even if its  
a bit tricky at first.



I can follow the  
directions of trusted  
grown ups.  
There are jobs I do at  
home to help.  
I am very good at  
making my own choices.  
I know how to keep  
myself safe.

I'm really good at:

These are the ways I am helpful:



I am a friend



I can say my name and ask to join in.  
I know how to be fair by taking turns and sharing when I'm finished.  
I'm kind and ask other children to join in if they are alone.

Some friends I know going to my school are:

I'm a great thinker!



I know ways to solve problems.  
Sometimes I have to try for a while to work it out.  
I know I can ask for help if I need it.

These are some ways I've learn to solve problems and use my thinking:

## I am curious



I like to ask lots of questions and like to explore to find out more. Sometimes its one thing I'm very interested in and other times there is lots!! My grown ups help me find out more about the world.

Things I am interested in are:

## I am playful



I like to play and use my imagination. I come up with lots of interesting ways to use my toys and equipment. I can make up stories. I like to draw and create my own pictures.

My favourite thing to play is: