



Developing Independence Skills

Reception - Autumn

Each term, in addition to curriculum learning, we are focusing on some key skills in school to help children become increasingly independent. Below you will find the skills for this term for your child. Some children are already at amazingly independent, but if you child is finding something tricky then it would be great if you could help them practice at home.

A set of cutlery including a spoon at the top, a fork on the left, and a knife on the right, arranged around a central white plate. The entire set is enclosed in a red rectangular border.

I can get my own cutlery and tray and carry it. I can choose the food I want to eat.
Rec Aut

A set of cutlery including a spoon at the top, a fork on the left, and a knife on the right, arranged around a central white plate. The entire set is enclosed in a red rectangular border.

I know how to hold a knife and can pour my own drink from a jug.
Rec Aut

A set of cutlery including a spoon at the top, a fork on the left, and a knife on the right, arranged around a central white plate. The entire set is enclosed in a red rectangular border.

I know to put my knife and fork together when I have finished eating.
Rec Aut

A simple illustration of a red t-shirt with a grey collar and cuffs.

I can place the pieces together to do up a zip.
Rec Aut

A simple illustration of a pink hand, palm facing up.

I can wash and dry my hands on my own.
Rec Aut

A simple illustration of a pink hand, palm facing up.

I can use the school toilets when taken by an adult.
Rec Aut