Essex County Council
Early Years and Childcare

12 steps to starting school

Starting school is an exciting time but can also feel like a big step to take.

Have a go at exploring each footprint with your family. We hope these activities will help you to feel more confident stomping your way to school. Hope you have fun!

Sign up
to your local library and take part in the summer reading challenge

Share
a book together every day

Play
some turn taking games with your family and friends

Practice
putting on your school uniform, shoes and coat

Practice
the walk to school and look out for familiar signs, numbers and letters on the way

Make a map
of your walk to school and draw the things you can see on the way

Go to the park
to practice climbing, running and jumping

Complete
the 50 things to do before you're 5 challenge

Fill a bag
with the things that make you feel happy

Play
following instructions games like 'Simon says'

Learn
some nursery rhymes

Practice
self-care routines like going to the toilet, washing your hands and brushing your teeth

Talk Listen Cuddle