

### I can help you

Encourage me to help with simple tasks at home, like washing up, matching up the socks from the laundry, sweeping and helping you with a task to make dinner.

This teaches me about helping others, but is also helping me to learn skills so I may be able to look after myself and become more independent.



## PSHE—STEP 10

I recognise myself in the mirror as I am developing a sense of self.

I recognise myself and other familiar people in photographs.

I know which are my belongings.

Let me know when I did something great.



### Playing with others

Give me opportunities to spend time playing alongside other children. I am more interested in other children as play partners. I will still need you to help me with turn taking and sharing. This is important for me to learn how to play with others.

We could use construction toys such as Duplo/ Lego or dress up activity.

### Help me make healthy food choices

It is me! I know when I look in the mirror I am looking at me. This helps for cleaning my teeth and brushing my hair. It helps me when I am getting dressed and ready for the day.



Dressing up activities are fun now. I may enjoy looking at myself in a big mirror. I need a hats, scarves, funny glasses, a wig, dress up shoes. I could have these in a dress up box.

### Pretend play

I am interested in acting out real activities in play like having a pretend picnic with plastic play food, cooking in a pretend kitchen. I will need you to help me by being my play partner and eating the delicious pretend pizza I just cooked for you.

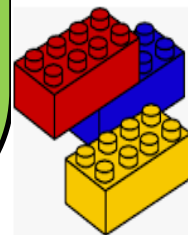
Change Please make sure I know what is happening if planned or usual routines are going to change. This way I can be okay with what is changing and I won't be worried or sad.

Turn taking games. I will need adult support so I know whose turn it is and what I need to do.

Ball games such as skittles or having a turn on the bike. Or with another toy or item.

Throwing a ball in a basket or kicking the ball into the goal. Racing games.

Say 'your turn' 'my turn' 'XXX's turn' so I get the idea I am waiting for my turn again.



Encourage me to be active and curious and explore new places but please help me by pointing out any dangers to keep me safe.

Spend a lot more time praising good behaviours.