

# INDEPENDENCE

I can separate from a special adult with support

I can accept the consequences of my actions

I can find things I want or need

I am ready and willing to learn

I can explore my environment

I can take a lead when working cooperatively

I can try and do things for myself

I can find things I need without support

I can follow simple routines or instructions with support

I can say good things about myself

I can try new things with support

I can start and complete my work independently

I can try new activities confidently

I know when I need help

I can talk about my ideas and listen to ideas

I can organise myself for learning

I can organise what I need

I can ask for things I need

I can accept responsibility for my actions

I can find a way to solve a problem

I can learn from my mistakes

I can say good things about myself in a group session





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## *Ideas to try at home*



Give your child responsibilities at home e.g. laying the table, feeding the cat.

Organise playdates with other children.

Complete homework on a particular day. On a Monday I practice my spellings.

Make a weekly visual schedule of activities so your child can see what they are doing and on what day..

Discuss current news stories over dinner encouraging your child to have their own opinion.

Rewards for getting dressed independently, getting their shoes and coat on, packing their own school bag.

Let your child choose what they would like to wear at the weekend? Is it suitable for the weather?

Acknowledgement and praise for when they have attempted to be independent even if it hasn't gone quite to plan.

Try not to do things for your children that they can do themselves, even if you are in a hurry.

Ask your child to help plan the family meals for the week and write the shopping list.

Tidying up their toys. Put labels on toy boxes so your child can put their toys and resources back in the right place.

Set small independent challenges. Can you tie your own shoe laces? Can you do up your zip?

Use the language of choice. Would you like to read your reading book before dinner or after dinner?