

Lesson 1 Worksheet: Emotional Readiness & Confidence

1. Understanding Emotional Security

****Reflection for Parents:****

- What daily routines help your child feel safe and understood?

(Write here)

2. Building Independence Through Small Steps

****Try these at home:****

- Let your child choose between two outfits
- Ask them to help with a tiny task (toys, cereal, shoes)

****Which independence skill will you practise this week?****

3. Preparing for Positive Drop-Offs

****Quick ideas:****

- Keep drop-offs calm and short
- Tell your child who is picking them up
- Practise 5–10 minutes of independent play

****What routine will you introduce to make drop-offs easier?****

4. Talking About School Positively

Use warm, simple language when mentioning school.

****What positive message will you share with your child today?****

5. Parent Notes

Anything you want to remember from this lesson?
