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Put on my own shoes.



Put on my own coat.



Use the toilet without help.



Wash my hands with soap and water.



Throw my rubbish in the bin.



Wipe my nose.



Pour a drink.



Eat my lunch without help.



Peel an orange.



Tell the waiter my order at a cafe.



Drink from a cup.



Drink from my water bottle.



Introduce myself.



Listen when others introduce themselves to me.



Share my toys.



Take turns while playing a board game.



Have a back-and-forth conversation.



Make eye contact with those I'm speaking to.



Follow instructions.



Sit and listen to a story.



Sit quietly when asked.



Pick and sing my favourite song in the car.



Tell my favourite story.



Ask for help.



Be sensitive to others.



Listen when others are speaking.



Read my own name.



Hold a pencil.



Hold a pair of scissors.



Recognise some numbers and maybe count to 10.



Finish a fun worksheet in one sitting.



Put a pile of buttons into groups according to colour.



Know basic colours.



Know basic shapes.



Turn a page in a book.



Know some of the alphabet.



Know some parts of my body.



Run in a circle.



Make a ball out of modelling dough.



Jump in muddy puddles.



Run in the rain.



Kick, throw and (sometimes) catch a ball.



Climb stairs and playground equipment.



Do a star jump.



Clap my hands.