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| Early | Gold | **School:*** Write or draw a picture about a book you enjoyed
* Hand in all of my homework on time
* Be a good classroom helper
* Bring my gym kit to school on gym days

**Home:*** Take responsibility for one household chore
* Represent a club or group, showcasing a talent
* Dress and undress myself in my school uniform independently
 | **School:*** Know the Zones of Regulation to explain how I am feeling
* Take part in Health Week
* Have at least 2 pieces of fruit for break over 1 week
* I can use different tools to help me when I am stuck in my learning

**Home:*** Use the Green Cross Code when crossing roads with an adult
* Practise riding my bike or scooter
* Take part in an after school club
 | **School:*** Take on a speaking role in a school show/assembly
* Show good sharing skills when playing with toys and games
* Follow the classroom charter consistently
* Take on a role within an enterprise project

**Home:*** Take part in and follow rules of a game
* Learn how to make a bed
* Help bake or cook something with a family member
 | **School:*** Serve my lunch/snack within nursery
* Make a bird feeder or bug hotel
* Take part in a litter pick
* Participate in walk to school week

**Home:*** Donate old clothes or toys to charity or someone younger
* Put all of my litter in the bin
* Help make dinner for you and your family
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| Silver | School/Nursery: * Talk about my learning
* Recognise my own name
* Retell a story that I know well
* Select and drag items on a computer or tablet

Home:* Tie laces independently
* Learn to ride a bike
* Know who to ring in an emergency
 | School/Nursery:* Talk about people who can help us and how they help us
* Name the Wellbeing Characters and explain what we could do to be like them
* Take a speaking part in a nursery performance
* Recognise my feelings and say why I am feeling happy, sad or angry, etc.

Home:* Take part in a club or group
* Gather the items I need to go outside – coat, shoes, etc.
* Fasten buttons on my clothes
 | School/Nursery:* Have a teddy bear’s picnic, making sure your bear is looked after
* Share news at ‘huddle time’
* Work with a friend to make something, for example a junk model
* Help look after the nursery garden

Home:* Help make a snack or meal
* Look after Bertie Bear
* Set the dinner table
 | School/Nursery:* Represent the nursery while taking part in an excursion
* Take part in a fundraising day to raise money for charity
* I can travel safely when at nursery
* Create a piece of art from recycled materials

Home:* Always turn the taps off after washing hands or brushing teeth
* Take some responsibility in caring for an animal
* Sort recyclable rubbish
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| Bronze | School/Nursery:* Take turns, with support
* Follow daily routines within the nursery
* I can listen to a story or instructions
* I can recite popular rhymes or songs within nursery

Home:* I can drink from a regular cup
* I can use a knife a fork correctly
* Dress myself with minimal support
 | School/Nursery:* Say why it is important to look after my teeth and demonstrate how to brush my teeth properly
* Identify people who can help me – police officer, fire fighter, Dr, nurse, etc.
* Name the wellbeing characters
* Tell an adult how I feel – happy, sad or angry.

Home:* Try new foods
* Fasten my coat zip
* I can say ‘please’ and ‘thank you’
 | School/Nursery:* Share news at ‘huddle time’
* Help tidy the nursery at tidy up time
* I can share my learning with others
* Help tidy the nursery at tidy up time

Home:* Set the table for lunch or dinner
* Look after Bertie Bear
* Help clear table after a meal
 | School/Nursery:* Take part in a fundraising day to raise money for charity
* I can be responsible for my own belongings (bag, coat, etc.)
* Make something out of recycled materials
* I can pack my bag with my pictures and letters from nursery

Home:* Wash hands after going to the toilet
* Tidy my bedroom
* Put my rubbish into the bin
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