

KidsMatters COUNTDOWN TO PREP 2026

Occupational Therapy

MONDAY

5



DRAW A PICTURE
OF MYSELF

TUESDAY

6

PRACTICE
OPENING
MY
LUNCHBOX



WEDNESDAY

7

GO TO THE
TOILET BY
MYSELF



THURSDAY

8

TURN THE PAGES OF
A BOOK CAREFULLY



FRIDAY

9

LISTEN TO
A STORY
QUIETLY



SATURDAY

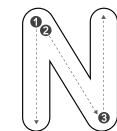
10

PRACTICE WEARING
MY HAT OUTSIDE



SUNDAY

11



WRITE MY NAME
STARTING WITH A
CAPITAL LETTER

12



PRACTICE
DRESSING IN MY
UNIFORM AND WEAR
IT FOR A FEW HOURS

13



PRACTICE
DRINKING FROM
A WATER
BUBBLER IN
THE PARK

14

OPEN AND CLOSE THE
CONTAINERS IN MY
LUNCHBOX



15



PRACTICE
CARRYING MY
PACKED SCHOOL
BAG ON MY BACK

16

UNZIP AND
RE-ZIP MY
SCHOOL BAG



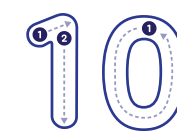
17

PRACTICE OPENING
& CLOSING MY
WATER BOTTLE
SO I CAN REFILL
IT WHEN EMPTY



18

PRACTICE WRITING
THE NUMBER 1-10



19

WEAR MY SCHOOL
SHOES AND SOCKS
FOR A WHOLE DAY



20



TELL A
STORY TO
SOMEONE
AT HOME

21

WASH MY HANDS
AFTER THE TOILET



22



PRACTICE
PUTTING AWAY
MY TOYS AFTER
PLAYING A GAME.

23

PRACTICE WAITING
MY TURN PLAYING
GAMES
LIKE UNO



24

PACK MY OWN
SCHOOL BAG-
CAN I FIT IT
ALL IN!



25



PRACTICE
INTRODUCING MYSELF
- HELLO MY NAME
IS...

26

GO TO BED EARLY



27



CONGRATULATIONS YOU ARE READY FOR
YOUR FIRST DAY OF PREP! HAVE FUN!

