



1. Talk to an adult at home about each of these areas.
2. Tick those you agree you can do confidently and independently.
3. Think about which of these is something you might need to work on. If it is, then make it a target for one week and ask an adult at home to help support and monitor your progress.
4. Put T and the date next to it. You can pick more than one if you like or focus on just one.

After a week

How did you do? Pick one.

* I have got a little better but still need help.
* I have got better but still need to practise by myself.
* I can now do it independently and confidently.

Now review and decide which area you might need to work on next. Feel free to swap what you want to work on.