



Rainbow
Education

MULTI
ACADEMY
TRUST



GET READY WITH TEDDY

NAME :



Watch our school
readiness video

HELLO! I'M RAINBOW BEAR

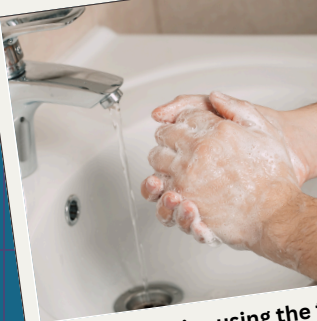


**My name is Rainbow Bear.
Let's get ready for Reception together!**

TEDDY LOVES BEING INDEPENDENT.

Starting Reception is a huge milestone! While the teachers are there to support your child, helping them master a few "I can do it myself" skills before their first day will give them a massive boost in confidence.

The more you practise, the more confident you will become!



Can you practise using the toilet and then washing your hands?



Can you practise putting your coat and shoes on by yourself?



Can you pack your bag?

Teddy Tips

Be Patient: Start having a go at these skills now, so you have lots of time to practise. It's okay if it takes you five minutes to do a zip at first!

Label Everything: Even the most independent child will lose a jumper. If it has their name in it, it will find its way back to you.

The "Wait a Minute" Rule: Encourage your child to try a task for one minute before asking for help. This helps to build resilience!

TEDDY NEEDS A GOOD NIGHT'S SLEEP.



A well-rested child is a happy, curious learner. Moving from the flexibility of summer or nursery into the structured routine of Reception can be tricky for little ones. Establishing a solid sleep routine now will help them manage this and ensure they are full of energy, ready for a day of learning and fun!

Teddy Tips

Tech-Free Zone: Turn off tablets, TVs, and bright screens at least 60 minutes before bed. The blue light from screens can trick their brain into thinking it's still daytime.

Consistency is Key: Try to keep the same wake-up and bedtimes on weekends as you do on weekdays. This keeps their internal body clock steady.

Routine: Make sure you have a calming, predictable bedtime routine that happens at the same time and includes the same things every night.

I love a bedtime story!
Can you show me your favourite book?

Then, lets get ready for a great night's sleep.



Did you know?
Reception-aged children typically need between 10 and 12 hours of sleep per night.

TEDDY ENJOYS SINGING SONGS AND LISTENING TO STORIES.

Listening to stories and singing songs might look like "just play," but these are actually the building blocks of reading and writing. In Reception, children will spend a lot of time on the carpet listening to their teacher and joining in with group songs. Helping them develop these "active listening" skills now will give them a head start in phonics and literacy.



I love singing along to songs and rhymes. Can you dance and sing along with me?
My favourite rhyme is Old McDonald had a farm!



Can you share a story with me?
Who are the characters?
What is your favourite part of the story?

Teddy Tips

Rhyme Workouts:

Rhymes are like a workout for your child's ears. If they can hear the rhythm in a song, they'll find it much easier to hear the sounds in words when they start phonics.

Add the Actions: Sing classics like Incy Wincy Spider or The Wheels on the Bus. Using your hands helps their brain "lock in" new words—plus, it's much more fun!



The "Finish the Rhyme"

Game: Read a familiar rhyming book (like The Cat in the Hat or Oi Frog!) and stop just before the rhyming word. See if your child can shout it out!
Example: "The cat sat on the..." (Wait for them to yell "MAT!")

TEDDY THINKS IT'S IMPORTANT TO TALK ABOUT HOW WE FEEL.

I'M IN THE YELLOW ZONE BECAUSE I'M SO EXCITED BUT A LITTLE BIT NERVOUS TO MEET ALL MY NEW RECEPTION FRIENDS.



Starting Reception brings a lot of big emotions! We believe that teaching children to name and talk about their feelings is just as vital as learning to read and write. Being able to express emotions builds confidence, helps with friendships, and reduces frustration.

it's okay to feel your feelings

To help children talk about their feelings, we use a simple, colour-coded system called The Zones of Regulation.

We teach the children that all zones and feelings are completely okay! The goal is simply to help them recognise their feelings and learn ways to get back to the Green Zone.

How do you feel today?



Starting Reception can make us feel worried or nervous. That's ok. We are all here to help!



TEDDY NEEDS TO BE ACTIVE AND STRONG

Rainbow Bear loves to keep fit and healthy.

Can you prepare a healthy snack?

Let's go to the park to hop, skip and jump!

Can you eat a food for each colour of the rainbow?

Can you create an obstacle course?



Active bodies = Active brains!

When children crawl, climb, or spin, they aren't just burning energy—they are actually building the "highways" in their brain that help them learn to read and write. Physical activity literally helps their brain grow!

The Playground Gym: Climbing the frame, swinging, and sliding aren't just fun—they build "core strength." This helps them sit upright at their desk without getting tired.

Animal Walks: Can they hop like a bouncy frog, crawl like a heavy bear, or stand still like a flamingo? It's great for balance (and very giggly!).

Tiny Muscle Magic: Squeezing playdough, using clothespins to "snap" socks, or even popping bubble wrap helps strengthen their fingers. This makes learning to write much easier!



Did you know?

According to the NHS, children aged 1 to 5 years (which includes those starting Reception) should be physically active for at least 180 minutes (3 hours) every day.

TEDDY CHALLENGES

EXPLORING WITH YOUR SENSES

Visit your local park with Rainbow Bear.

Talk about what you experience together using your senses.

What can you see?
What can you hear?
What can you smell?
What can you feel?



EXPLORING THE WORLD AROUND US

Go on a walk or explore the garden with teddy. Collect interesting natural objects like leaves, twigs, or stones.

Once home, create a nature collage or try painting with leaves.

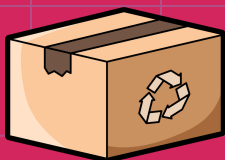
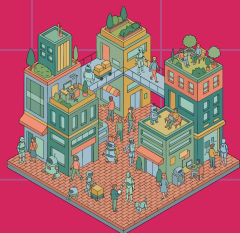


BEING IMAGINATIVE AND CREATIVE

Build a cardboard world for your Teddy Bear to explore.

Use recycled boxes and some craft supplies to build 'Teddy's World'.

You could make different buildings such as a school, shop or castle.



FINE MOTOR SKILLS

Teddy would like to make something for their friends. Can you use some objects to make a bracelet or a keychain for Rainbow Bear's friends?

You could use pasta or beads for your creation.



TEDDY CHALLENGES

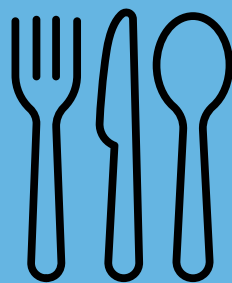
LISTENING AND ATTENTION

Play a game of 'Simon Says'.
Make sure you and teddy
listen carefully to the
instructions!



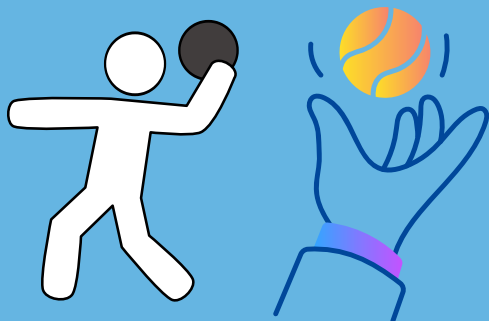
HEALTHY ROUTINES

Can you practise using cutlery
(e.g. a fork and spoon)?
You can practice on playdough
food too!



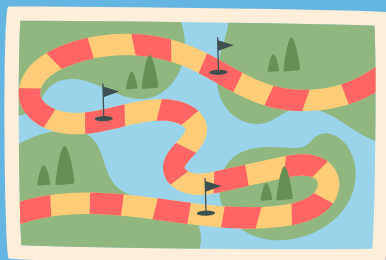
GROSS MOTOR SKILLS

How many different
games can you play with
a ball?
You could catch, kick, roll
or throw the ball.



WORKING WITH OTHERS

Teddy loves to take
turns. Can you show
Teddy how you take
turns playing a board
game or a puzzle with a
family member or
friend?





Share your Teddy
Journey with us!





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