



I can use the toilet on my own and wipe myself properly with toilet paper

I can close my mouth when I blow my nose into a tissue

I can ask for help if I do not feel well



Me and my Body

I can wash my hands properly with soap and rinse them well with water

I can listen to my body and can tell a grown up when I need to use the toilet

I do not need an afternoon nap any more

I can flush the toilet on my own

