

Learning Mat



Our focus is...



Becoming Independent



Self-care skills

Please use the information below to support your child's learning at home ☺

Helps children learn new skills.

Develops children's attention and patience.

Gives children confidence.

Gives children a sense of achievement.

Helps children to become self-reliant.

Allows children to develop an awareness of time, space, order and sequence, weather and occasion.



Personal hygiene skills

Going to and using the toilet, cleaning self and flushing the toilet, washing hands, cleaning teeth.



Control and Skills

Dressing and undressing, doing up and undoing fasteners all require dexterous hands and nimble fingers. Hand and finger control is the last part of our body we gain control over. This can be developed through pushing, pulling, placing, twisting, threading, lifting, tipping actions. Children need lots of practise handling and manipulating objects and tools to develop muscle control and fine motor skills. They need to develop balancing skills too and know the space their bodies, arms and legs take up.

Using cutlery and open cups

Spoon, fork, knife.
cup, mug, glass.



Dressing and undressing

Coats, jackets, hats, scarves, gloves/mittens, cardigans, jumpers, trousers, shorts, t-shirts, dresses, skirts, pants, socks, tights, belts, shoes and wellies.



Doing up and undoing fastenings

Zips, poppers, buttons, toggles, clasps, velcro, buckles, laces.

Children often learn to do up the zip on a coat and then struggle when they get a new one, especially if it is long and too far to reach to position the bottom of the zip correctly and start to pull it up.

We support this by talking about the station (zip holder) and the train (zip). The train goes into the station and then on its journey up the train track!