



MY "I CAN" BOOK!

My name is _____.

I was born on _____.

The three positive words that best describe me are
_____, _____ and
_____.

The activities I enjoy most at pre-school are
_____, _____
and _____.

My first language is _____.

I have learned lots of things this year.....



= I can do this most of the time



= I'm nearly there



= I am still working on this

ID CODE: _____

DEAR PARENTS

The purpose of the “I CAN Book” is to share your child’s positive achievements with you by outlining the skills they have gained in a number of areas of their development.

Young children are growing and learning all the time and the “I CAN Book” provides a brief snapshot for this moment in time.

In the “I CAN Book” the skills your child has learned are grouped under the 4 *Aistear* themes.

Aistear is a curriculum framework for Ireland that describes the types of learning that are important for children from birth to six years old. *Aistear* is relevant to pre-school and to Junior & Senior Infant classes in primary school.

The 4 *Aistear* themes are:

Wellbeing

This theme is about children being confident, happy and healthy.

Identity and Belonging

This theme is about children developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community.

Communicating

This theme is about children sharing their ideas, thoughts, experiences and feeling with others.

Exploring and Thinking

This theme is about children making sense of the things, places and people in their world by interacting with others, playing, investigating, and questioning.

For more information about Aistear and how you can use it to support your child’s learning and development please see www.ncca.ie






Identity and Belonging

Social Development

I CAN

Take turns			
Express my wishes and preferences clearly			
Get along with peers			
Play with various children			
Invite others to play			
Play cooperatively with peers with adult help			
Take part in large group activities			
Demonstrate respect for adults			
Adjust to changes in routine			
Follow one step instructions			
Follow rules			

I AM

Comfortable being left at preschool by caregivers			
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Other relevant *Aistear* themes:

- ✓ Wellbeing
- ✓ Exploring and Thinking
- ✓ Communicating



Wellbeing

Emotional Development

I CAN

Identify my likes & dislikes



Identify emotions in self



Accept losing a game without becoming angry or upset



Accept being told “no” without becoming angry or upset



Continue to try when something is difficult



Seek help when experiencing difficulty, when sad, hungry



Other relevant *Aistear* themes:

- ✓ Identity and Belonging
- ✓ Exploring and Thinking

ID CODE: _____



Communicating

Speech & Language Development

I CAN

Use sentences with four or more words in conversation



Ask for things I want by name



Ask simple questions



Name siblings and friends names



Say the words of a short rhyme or song



Name everyday objects



Ask and respond to wh? questions



Follow instructions that have two parts



Initiate conversation



Pronounce words correctly



Respond to instructions that use prepositions e.g. on, under, before



Other relevant *Aistear* themes:

- ✓ Identity and Belonging
- ✓ Exploring and Thinking



Exploring and Thinking

Cognitive Development

I CAN

Identify at least 3 objects from a broad range of categories e.g. animals, food



Point to primary colours red, blue, yellow, green



Look at books, turning one page at a time, talking about story/picture



Take part in imaginative play



I AM

Eager to play with a new toy



Eager to play a new game



Other relevant *Aistear* themes:

- ✓ Wellbeing
- ✓ Communicating

ID CODE: _____



Wellbeing

Self Help Skills

I CAN

Indicate my need to use the toilet



Toilet independently



Use a tissue to wipe my nose



Operate large buttons and zippers on my own clothing



Wash my hands with soap and dry hands



Put on my own coat



Take off my own coat



Open and close my own lunchbox



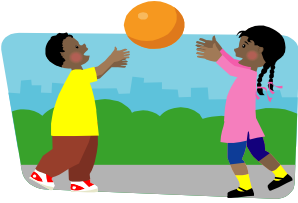
Hang up my own coat/bag



ID CODE: _____

Other relevant *Aistear* themes:

- ✓ Exploring and Thinking
- ✓ Communicating



Wellbeing

Gross Motor Skills

I CAN

Catch a ball



Move without running into or tripping over things



Throw a ball forward



Jump



Run and change direction with ease



Ride a trike/bike



Fine Motor Skills

I CAN

Thread beads on to a string



Draw a circle



Grasp and grip small objects between thumb and fingers



Build a tower of blocks



Paint with a large brush



Other relevant *Aistear* themes:
 ✓ Exploring and Thinking

ID CODE: _____

FUN IDEAS FOR HOME

The *Ideas for Home* section of the “I CAN Book” is intended to give some ideas for fun activities that can be done together at home to help your child further develop their skills.

ID CODE: _____

Comment from Parent/Guardian (optional)

Dear Parents

The “I CAN Book” can be useful for Junior Infant teachers in preparing for the students coming into school in September. If you are happy for your child’s “I CAN Book” to be shared with the school, please complete the consent section below:

I (Name of Parent)

Parent/Guardian of (Name of Child)

give consent for (Name of Preschool Service)

to share my child’s “I CAN Book” with (Name of School)

Signature:

Date:

ID CODE: _____

“I CAN Book” completed by (Name & Job Title of Preschool Staff Member):
Signature:
Date Completed:

Name of Pre School:
Address of Pre School:
Phone Number of Pre School:
Name of Primary School:
Address of Primary School:
Phone number of Primary School:

ID CODE: _____

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