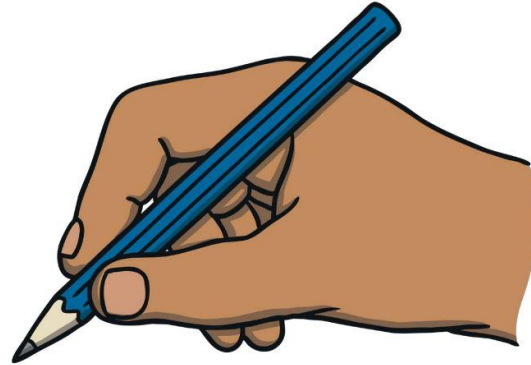


### Key Vocabulary

Squat	Balance
Spoon	Fork
Knife	Grip
Step	Move up
Move down	Hold
Stand	Steady
Independent	Awareness
Pincer	Movement



### Skills that I am going to learn

I can squat down and stand up.

I can pick up and hold objects by fist or pincer grip.

I can use a spoon and/or fork.

I can move up and down a step and/or a small slope.

I can try to be aware of when I need the toilet and tell my needs to an adult.

### Why are we learning this?

#### To know how to :

- Balance when moving around.
- Hold and control objects properly.
- Feed myself.
- Ask for the toilet when I need it.

### Why is it important?

So we understand how to be steady on our feet when moving around.  
So we understand how to be more independent.

