



Getting dressed

Brushing my teeth

Making friends

Please

and

Thank you

Trying new foods

# stuff to know when you start School

Tying shoelaces

Left and right

How am I feeling?





# Stuff to know when you start school



Penguin  
Random  
House

**Editor** Hélène Hilton

**Design and Illustration** Charlotte Bull

**Editorial Assistance** Violet Peto

**Additional Design and Illustration** Rachael Hare

**Producer, Pre-Production** Dragana Puvacic

**Producer** John Casey

**Educational Consultant** Penny Coltman

**Jacket Designer** Charlotte Bull

**Jacket Coordinator** Francesca Young

**Managing Editor** Penny Smith

**Managing Art Editor** Mabel Chan

**Publisher** Mary Ling

**Art Director** Jane Bull

First published in Great Britain in 2018 by

Dorling Kindersley Limited

80 Strand, London, WC2R 0RL

Copyright © 2018 Dorling Kindersley Limited

A Penguin Random House Company

10 9 8 7 6 5 4 3 2 1

001-307863-May/2018

All rights reserved.

No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of the copyright owner.

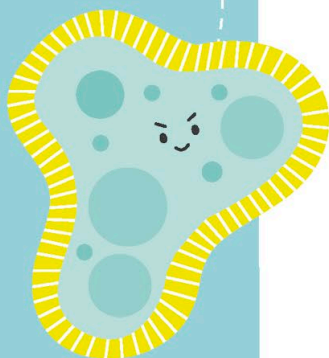
A CIP catalogue record for this book  
is available from the British Library.

ISBN: 978-0-2413-1618-4

Printed and bound in China

A WORLD OF IDEAS:  
SEE ALL THERE IS TO KNOW

[www.dk.com](http://www.dk.com)

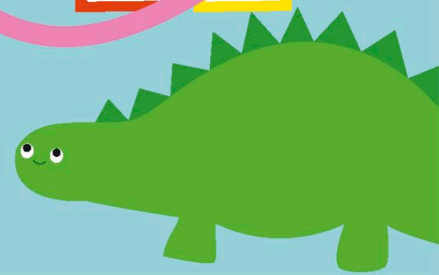






# Contents

- |    |                           |    |                                |
|----|---------------------------|----|--------------------------------|
| 4  | All about you!            | 28 | Look at all this food!         |
| 6  | Who's in your family?     | 30 | You and the Universe           |
| 8  | How do you feel today?    | 32 | Look after our planet          |
| 10 | Very important manners    | 34 | Very important living things   |
| 12 | Pants go first            | 36 | Stay safe                      |
| 14 | What will you wear today? | 38 | Sing and sign                  |
| 16 | Squeaky clean             | 40 | Sing and learn                 |
| 18 | Sparkly teeth             | 42 | How to be a really good friend |
| 20 | Toilet time               | 44 | Look at what I can do!         |
| 22 | Your first sleepover      | 46 | Hello school!                  |
| 24 | Your amazing body         | 48 | Index                          |
| 26 | Happy heart               |    |                                |



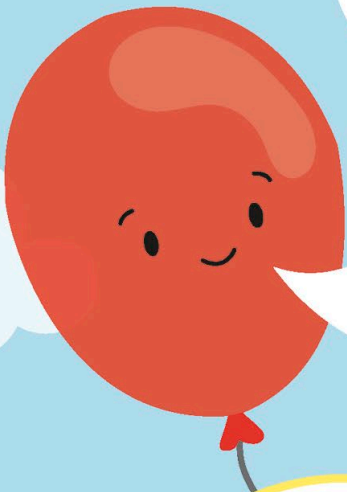
# All about you!

From the colour of your eyes to the shape of your nose, you are one of a kind from the day you are born. And every day since then, you've become even more special.

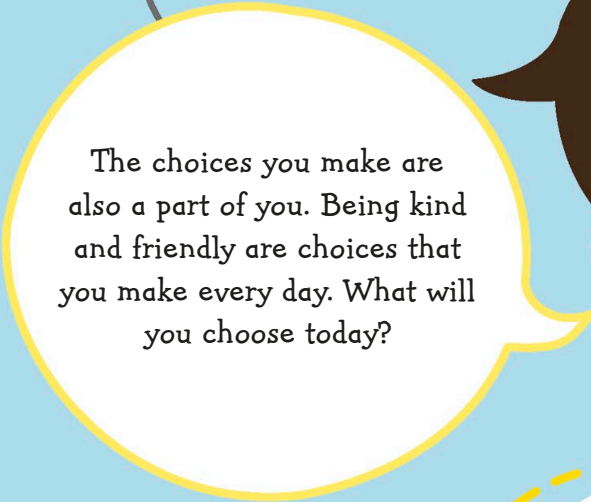
No one in the whole world looks like you. We all have different faces and bodies, as well as different hair, eye, and skin colours.

*You are completely unique, totally special, and perfectly you.*


No matter how you look, you are perfect just as you are.



All the things that you like, from  
your favourite toys to the friends  
and family you love, also  
make you who you are.

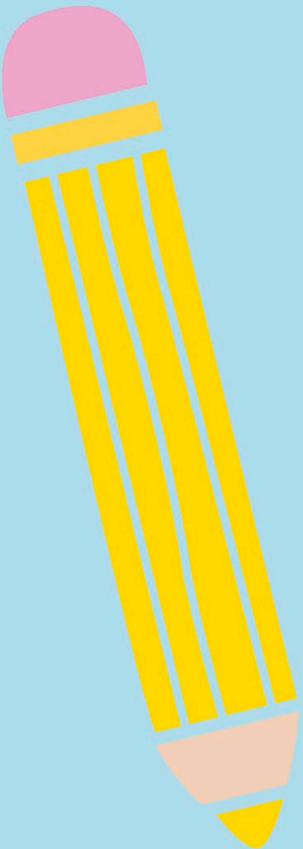


The choices you make are  
also a part of you. Being kind  
and friendly are choices that  
you make every day. What will  
you choose today?

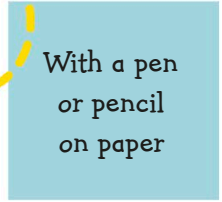


## Your name is who you are!


Practise writing the letters in your  
name to learn how to spell it.




Here are some  
ways you can  
practise.




With a pen  
or pencil  
on paper




With  
pebbles



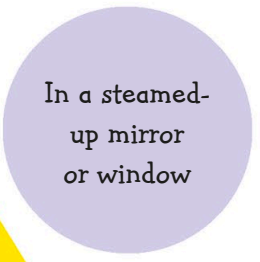
With  
playdough



In the air  
with your  
finger



With a  
stick in  
the sand



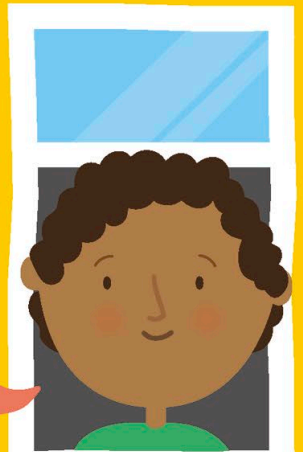
In a steamed-  
up mirror  
or window

# Who's in your family?

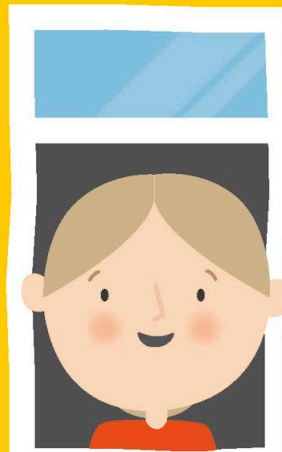
Your family is made up of the people who look after you, make you feel safe, and love you no matter what.



Hello! I live with my mum and dad.

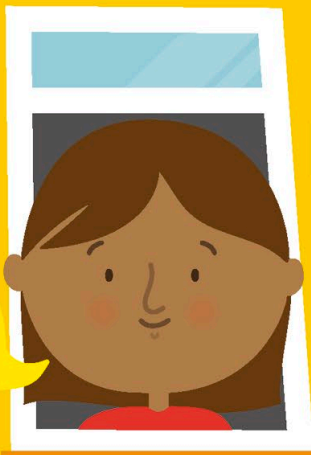


Hey! I have a mum, a dad, two sisters, and three brothers.




Hi! I was adopted by my mum and dad.






Hi! My sisters and  
I have two dads who  
look after us.

*Each family is different and special.*



Hello! My mum  
takes care of my  
brother and me.



Hey! I live with  
my mum, my stepdad,  
and stepbrother.



## New siblings

Is there a new baby  
in your family?

**Congratulations!**

Here are some things  
you can do together  
to be friends.

Cuddle the baby.

Play with the baby.

Read to the baby.

Talk to the baby.

Babies cry because they  
can't talk yet, but babies  
can understand words  
before they can speak.  
Chat to your baby to help  
them learn faster.



# How do you feel today?

Emotions are important because they tell you how you feel. All your feelings are worth listening to.



excited

## Face game

Can you guess how the people around you are feeling today?  
How can you tell?



tired



scared



## I'm all shy!

If you feel shy, sometimes words just don't want to come out. That's okay, you just need to take a deep breath. You will get more confident with some practise.



calm

nervous



angry

If I get very upset my emotions want to come out all at once! I take a breath to calm down and use my words to say how I feel.

Look at all these emotions. Can you think of things that make you feel like this?

lonely

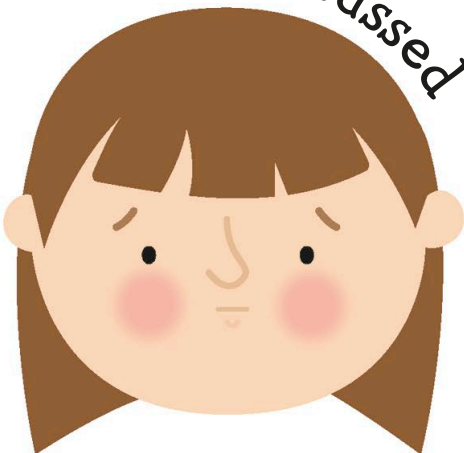


sad



grumpy

embarrassed



## What are tears?

Tears are drops of salty water that come from a pouch near the eye. People cry when they are sad or hurt, but also if they are happy and laughing. Weird!



Hello!

It's nice  
to meet you.

Saying "hello" is a nice  
way to greet someone.

# Very important manners

Being polite shows others  
that you care about their  
feelings. Your best manners  
make people smile!



Ask nicely  
by saying  
"please".

Please

can you  
help me?

Thank  
you

for my present!  
I love it!

Saying "thank  
you" shows that  
you are grateful.







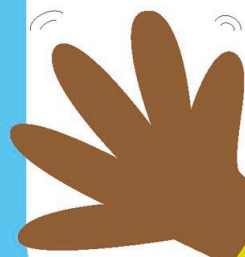
If you need  
to interrupt  
someone  
or get their  
attention, say  
“excuse me”.

**Excuse  
me!**

This is really  
important.

**Bye!**

See you later!



Don't forget to  
say “goodbye”  
when you leave.

I am really, really  
**sorry**  
I hurt your feelings.

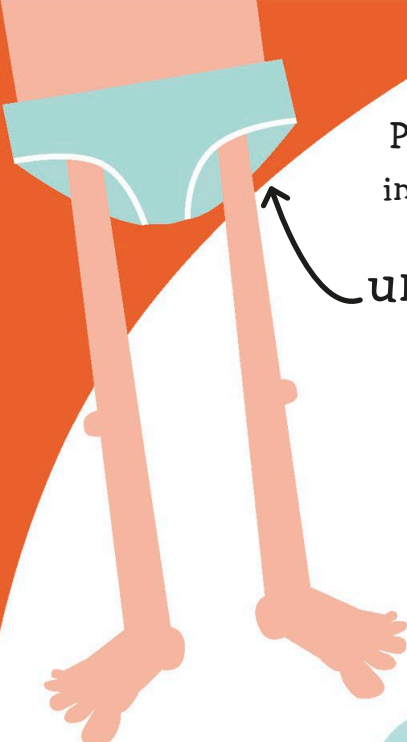


**Apologising** shows  
that you know you  
were wrong and  
won't do it again.


## Nervous giggles

Lots of children giggle when  
they are told off because they  
feel embarrassed. If this happens  
to you, try to stay calm and  
listen so that you can learn.





Put your legs  
in the two small  
holes of your  
underpants.



Socks go on your feet.

# Pants go first

Useful things to know  
when you get dressed.



Left

Shoes go on  
this way round.




Right

Put your  
feet here!




Do gloves go on your ears?  
No! Gloves go on your hands!




Shoelaces can be tricky when you start off,  
so ask someone to show you how to do it.  
If you practise lots you'll be doing  
your own laces very soon!




## Zip or buttons?




Most buttons are done  
up by putting the button  
through the **buttonhole**.



Zips are made up of little  
teeth that come together  
to close. Pull the zip up to  
bring the teeth together.



Check the label so you put  
your top the right way round.  
The label goes in the back.



Try laying out your clothes on the  
floor before putting them on to  
make sure they're not inside out.

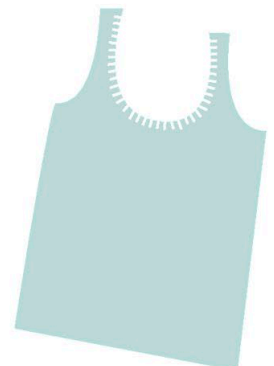
# What will you wear today?

Pick the perfect clothes for you to wear today.

## Spring

In **spring**, there are showers and rainbows.

Can you find a raincoat, welly boots, an umbrella, and a rain hat?



## Summer

In **summer**, the weather is sunny and hot.

Can you find a sunhat, sunglasses, shorts, a T-shirt, and sandals?



## Autumn

In **autumn**, the weather  
is cool and windy.

**Can you find a jumper,  
a scarf, trousers,  
and shoes?**



## Winter

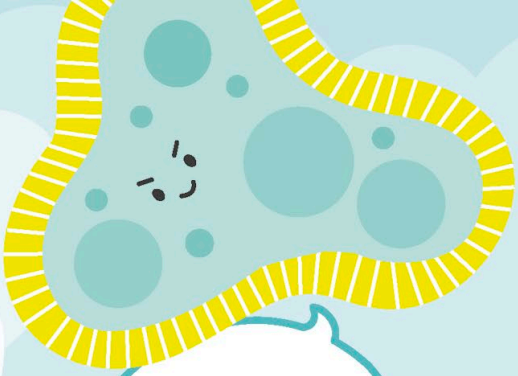
In **winter**, it's cold  
and it sometimes snows.

**Can you find snow boots,  
a coat, a woolly hat,  
and gloves?**



# Squeaky clean from head to toe

Here's a little guide to making  
sure you always feel (and smell)  
as fresh as a daisy.



**Germs** are tiny  
little things that  
can make you  
feel **poorly**.


## But WHY do I have to be clean?

Apart from making sure you don't  
become all smelly and itchy, being  
clean helps to keep germs away.



### Tissues ready!

Blow your nose by closing  
your mouth and blowing  
as hard as you can, out of  
your nostrils into a tissue.



Don't forget to  
throw tissues  
in the bin!



### Catch those germs!

Cover your mouth when  
you cough to stop germs  
spreading to other people.  
Then wash your hands.

## Wash your hands!

Keep your hands germ-free with lots of soap and water, especially before eating.



## Shower time

Take a shower or a bath to wash yourself with lots of soap. Make shower time more fun by singing as loudly as you can!



Shampoo makes your hair shiny and clean. Keep your eyes closed!

## Look after your nails

Your nails keep growing all the time. Have them clipped to keep them short and tidy.



## Brush your hair

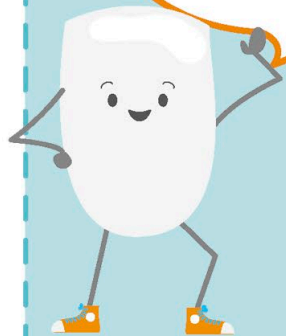
Brush or comb your hair to keep it from getting all tangled.





Hello, teeth!

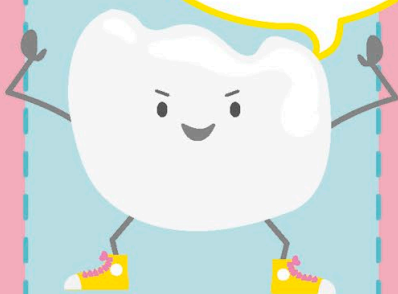
I'm a front tooth,  
an **incisor**. My sharp  
edge cuts food.



I'm a side tooth, a  
**canine**. I am pointy  
to tear food.

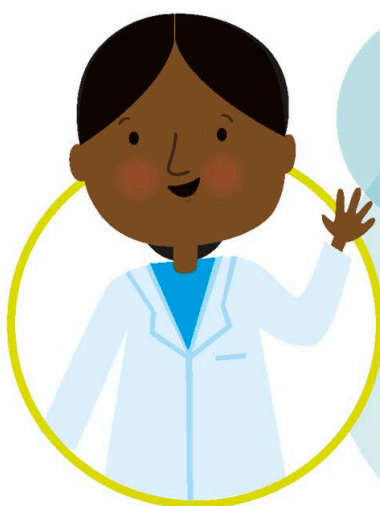


I'm a big back  
tooth, a **molar**. I mash  
food into tiny bits.



# Sparkly teeth

Your teeth need you to look after them  
so they stay **healthy** and sparkling. Brush  
them **twice a day** for **two whole minutes**.



Dentists are special teeth  
doctors. They check and  
clean your teeth to make  
sure they are healthy.

Wobbly  
tooth



When you're ready for  
grown-up teeth, your milk  
teeth get all wobbly and fall  
out. That makes a space  
for your big teeth!



## But WHY should I brush my teeth?

Brushing helps to protect your teeth against germs that make little holes (cavities) in your teeth.

Sugary things like fizzy drinks and sweets can also damage your teeth.

## How to brush your teeth (and do a really, really good job)

- 1 Squeeze a little blob of toothpaste onto your toothbrush.
- 2 Move your brush up and down over your teeth.
- 3 Keep brushing for two minutes, making sure you brush the front, back, and underneath of your teeth.
- 4 Spit out the toothpaste and rinse your toothbrush.
- 5 All done! Your teeth are sparkly clean and minty fresh.

Don't forget to clean between your teeth!

# Toilet time

If it's time to be out of nappies,  
it's time to learn what to do  
with a grown-up toilet.

If you need the  
toilet, don't wait until  
it's an emergency.

Toilets outside of houses, like  
at school or in restaurants,  
can be different to the toilets  
you have at home. If you feel  
unsure about them, check  
with a grown-up.

1 Sit on the toilet.

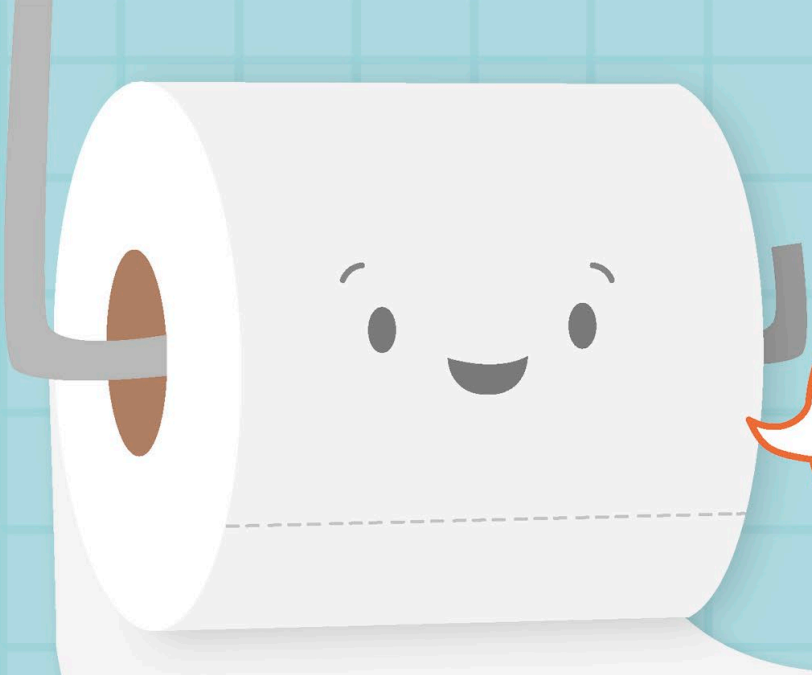
2 Do your business.

3 Wipe with toilet paper  
until you're all clean.

4 Flush!

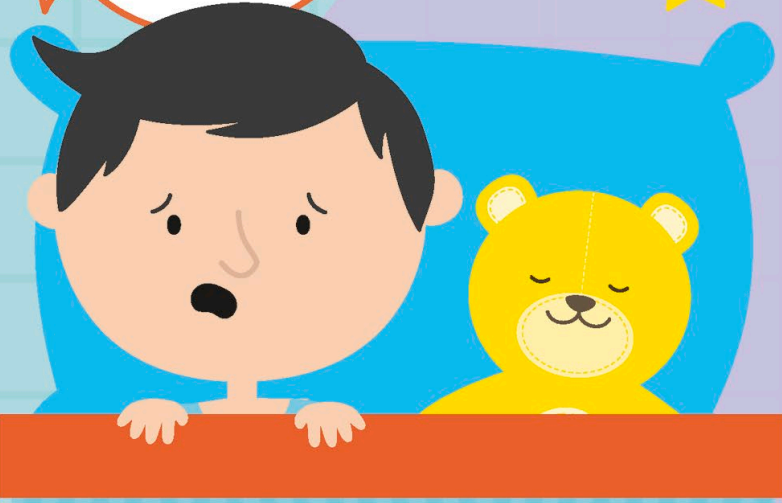
5 Wash your hands.

Carefully, with  
soap and water.  
(EVERY TIME!)



If you do have an accident, ask a grown-up to help you get clean and dry.

Everyone has little accidents from time to time, especially when you are first out of nappies. Try not to worry!



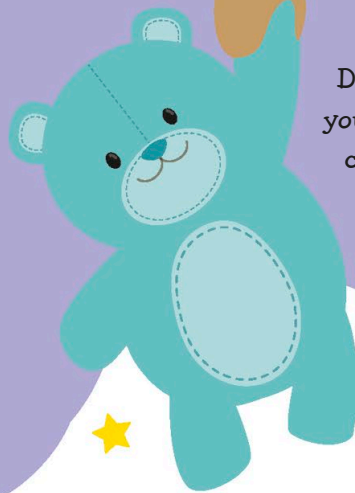
Try to always go to the toilet right before bedtime.

## Night-time accidents

If you have an accident while you sleep, it's not your fault. Lots of children wet the bed so don't be embarrassed. Bed wetting goes away all on its own after a while.

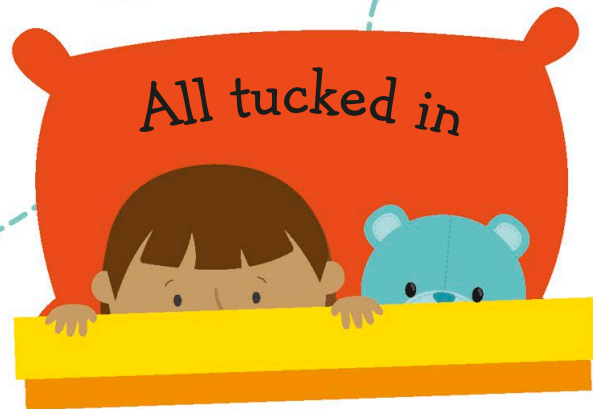
# Your first sleepover

Sleepovers are so much fun! Whose house are you sleeping at tonight?



Don't forget your favourite cuddly toy.

Follow the wiggly line to get all ready for bed.

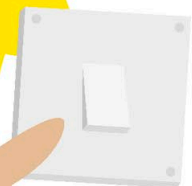


Say good night

Lights out!

Spooky dark

Not being able to see what's around you can be worrying. But if you can't have a night-light, remind yourself that you are safe in your bed.

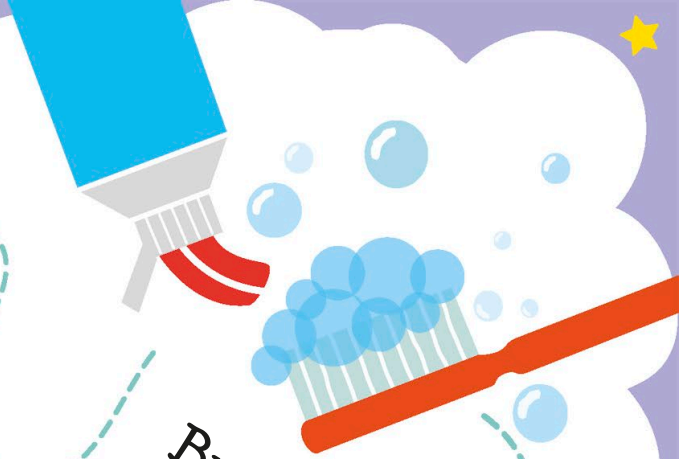




Put your  
pyjamas on



Brush your  
teeth



Bedtime  
story



Go to the  
toilet

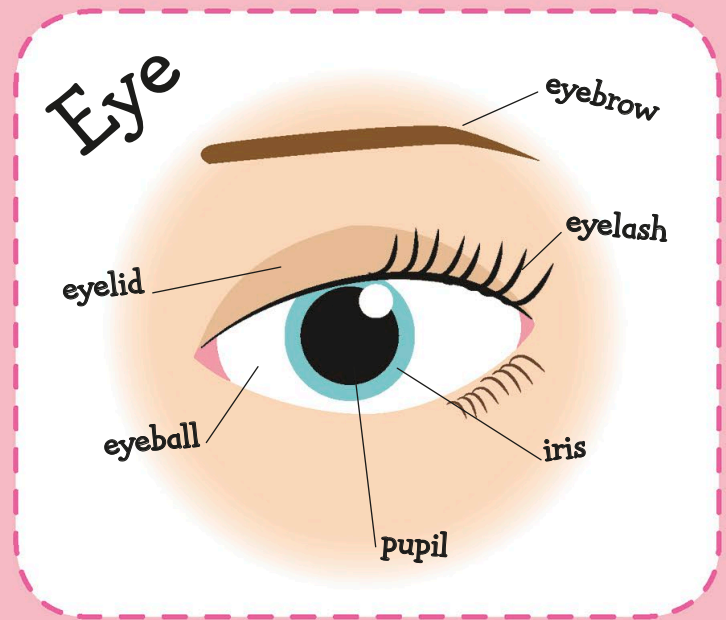
Sweet dreams



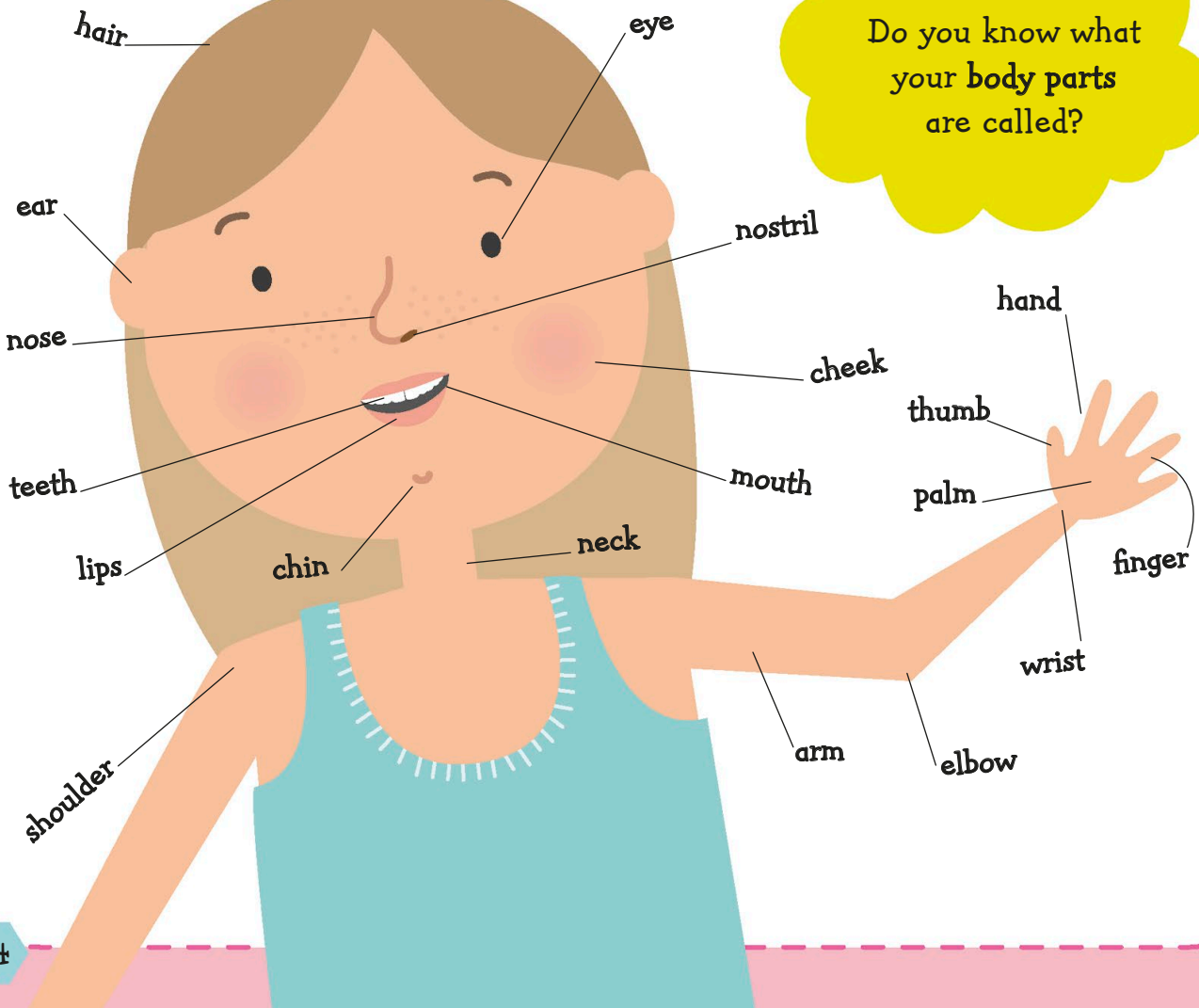
I love sleepovers  
at my grandparents'  
house. I always get  
a bedtime story.

# Your amazing body

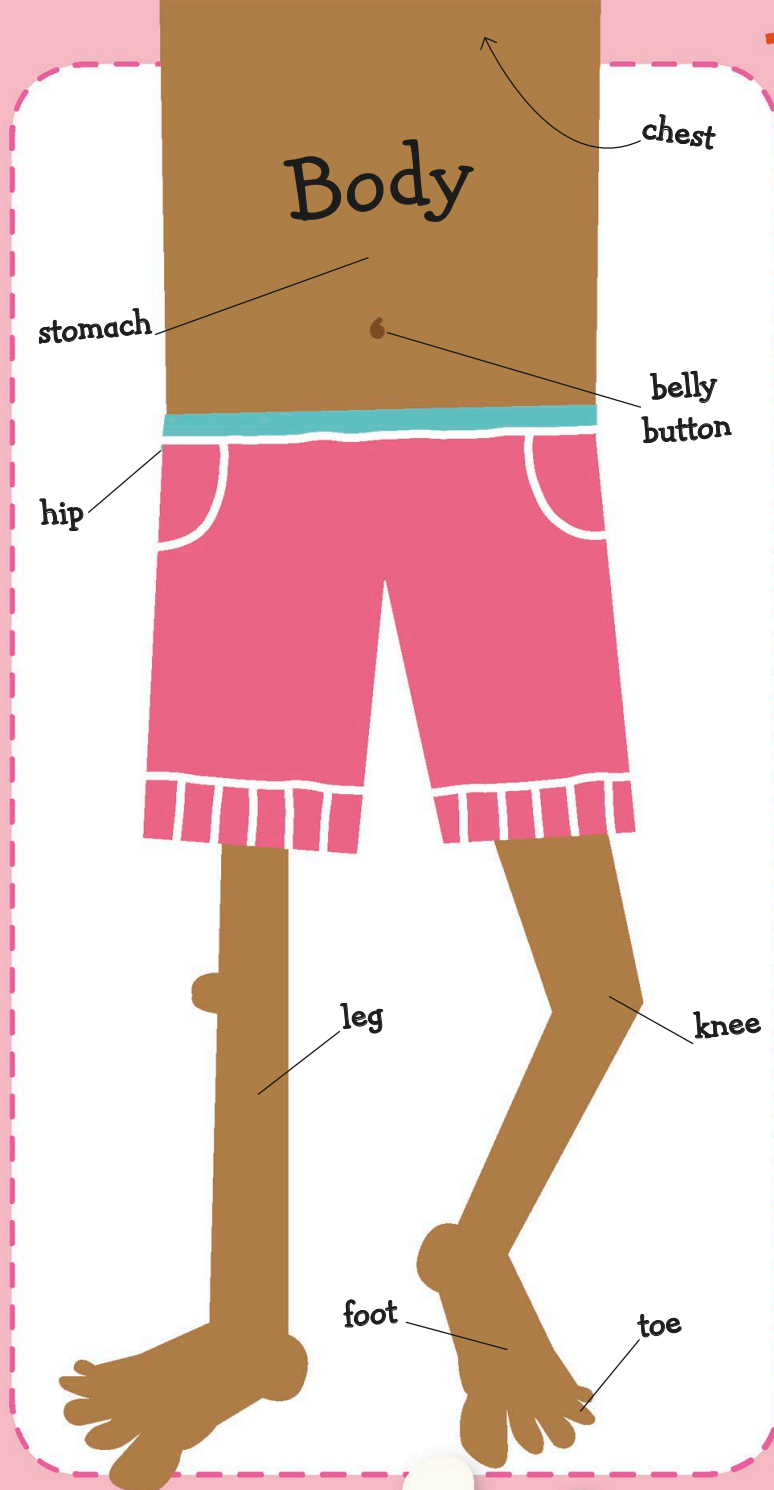
From the top of your head,  
to the tips of your toes,  
your body is perfect.



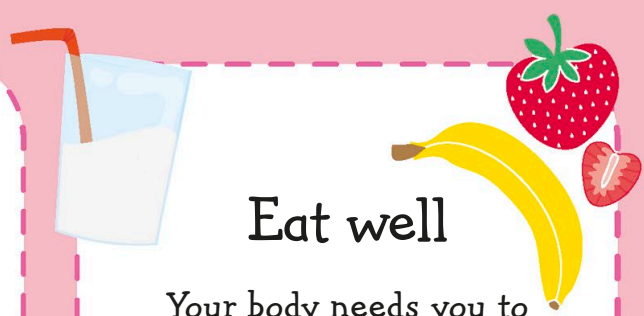
## Head



Do you know what  
your body parts  
are called?



Some of your body parts,  
like your skeleton and  
your heart, are hidden  
away inside of you.



## Eat well

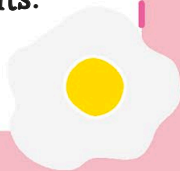
Your body needs you to  
eat different types of food  
to stay strong and healthy.  
Here are some things you  
should eat every day:

Lots of **fruit**  
and **vegetables**.

Some starchy food,  
like **bread** or **rice**.

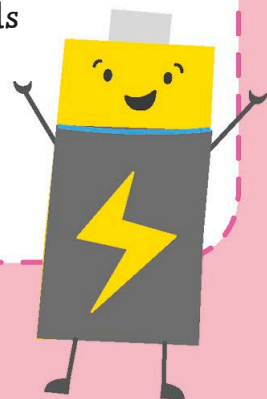
Some protein, such as  
**meat**, **eggs**, or **beans**.

Some healthy oil,  
like **avocados** or **nuts**.



## Move your body

You are meant to move,  
run, jump, dance, and  
use lots of energy.  
Your body needs  
to exercise to  
stay strong.



# Happy heart

Feeling happy is one of the best things in the world!

What makes you happy?

*being read to*



*cuddly toys*



hugs



*Painting*



Sleepy time

Your body and your mind need sleep to feel ready for a new day. Children need to sleep for around 10 or 11 hours every night.



family

pets



making  
friends

Draw a picture of all the  
things that make you happy.  
Think about the people who  
make you smile and the  
things you love doing.

playing

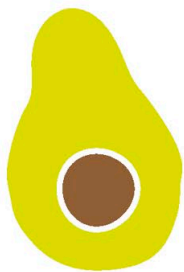


sports



No one can be happy  
all the time. The best you  
can do is to keep trying  
to be happy as often  
as you can!





# Look at all this food!

noodles

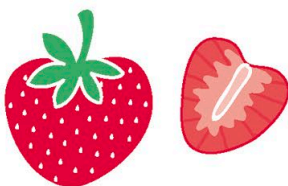


There is so much food to try and taste. Which of these are your favourites?

tomatoes



courgette



beetroot



cauliflower



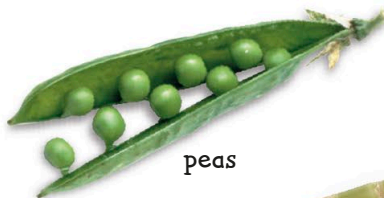
carrot



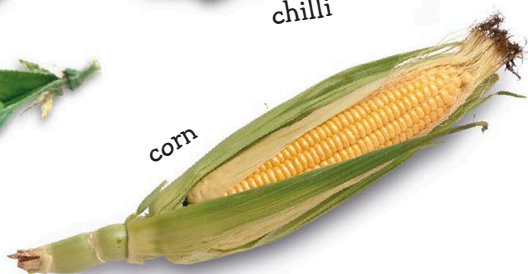
broccoli



chilli



peas



corn



potato



sweet potato

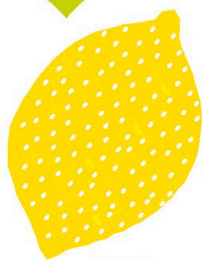
bread



rice



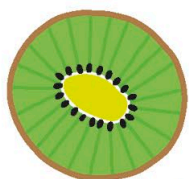




olive oil



milk



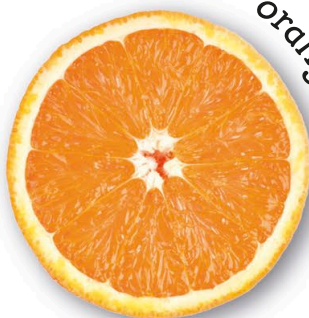
pineapple



blackberries



honey



orange



apple



kiwi



meat



strawberries



grapes



watermelon



fish



eggs



All the food that we eat either comes from a plant or an animal.

# You and the Universe

Our planet Earth is just one tiny weeny little planet in the whole big wide Universe!

Sun

Mercury

Venus

Earth

Mars

The Moon is not a planet.

That's where we live!

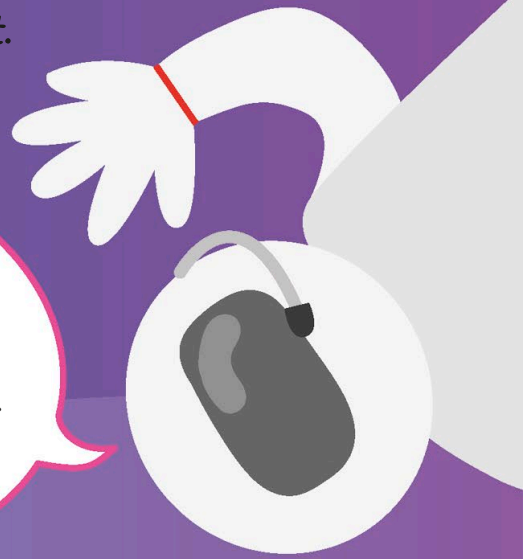
Our sun is actually a star, a big ball of burning gas.

Look at the sky at night to see far away stars and planets. No one knows how big the Universe is. It might go on forever and ever.



The Universe is **EVERYTHING**. It's all of time and space and everything in it.

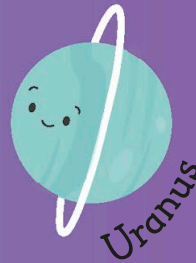
Sometimes you can spot Mars and other planets in the sky at night. They look tiny because they're so far away.



Jupiter



Saturn



Uranus



Neptune

Earth is the only planet we know of in the whole Universe that has living things (like you) on it.

## Our Solar System


Earth is one of eight planets that spin around the Sun. Together they make up the Solar System.

A stylized illustration of the Earth with a human-like face, including eyes, a nose, and a smiling mouth. The Earth is blue with green continents. Thick black smoke is coming out of the top left, and smaller black spots are scattered across the blue oceans.

# Look after our planet

Our planet Earth looks after us by giving us food, water, and energy. But we also need to look after the Earth before it becomes too damaged.

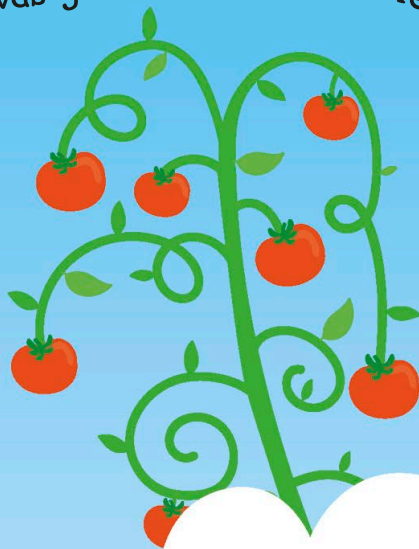
You can help save our planet Earth.

A blue recycling truck with a large white recycling symbol on its side. A recycling worker is standing on top of the truck, waving. The truck is on a grey road with green grass on either side.

Paper, cardboard, glass, some metals, and some plastics can be recycled.

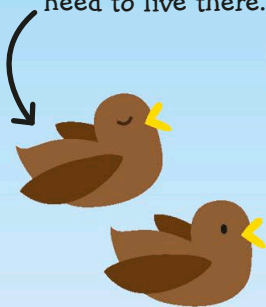
That means they can be reused instead of just being rubbish! Isn't that great?

Grow some of your own food or buy food that was grown close to home.



Turn switches off to save energy.

Make your garden friendly to little animals that might need to live there.



## What can I do to help?

Plant a tree.  
Trees make the air cleaner.



Recycle your rubbish.



Walk or cycle rather than drive to save fuel.





# Very important living things

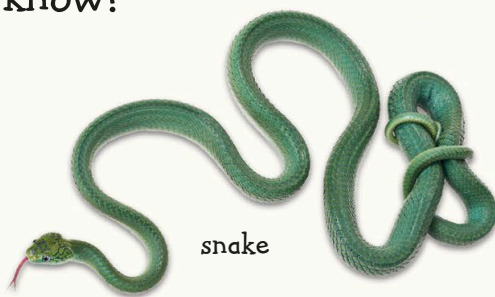
There are so many different animals and plants in the world that we still haven't discovered all of them.

Which of these do you already know?

hippopotamus



bee



snake

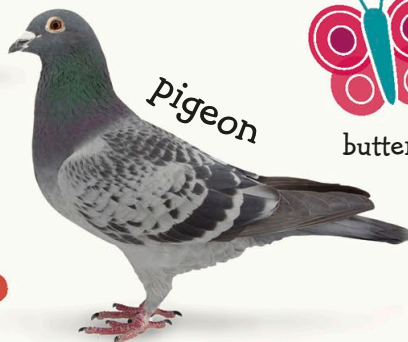


butterfly

dog



pigeon



worm



chicken

polar bear



sunflower



seed



cat

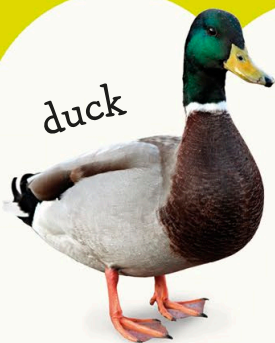
shark



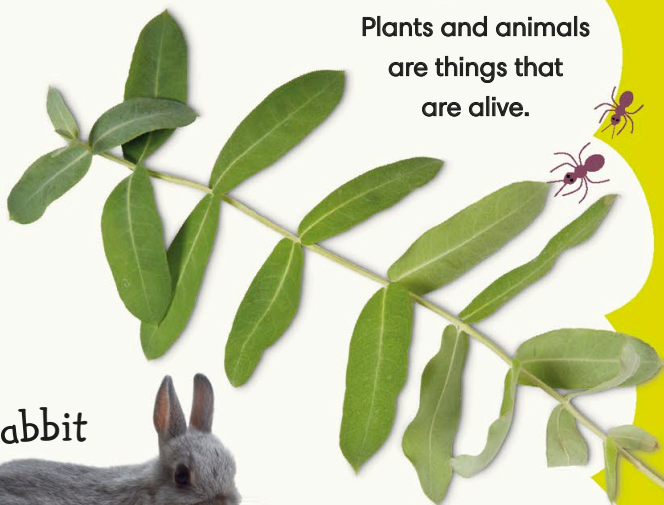




flower



duck



Plants and animals  
are things that  
are alive.



snail



crab

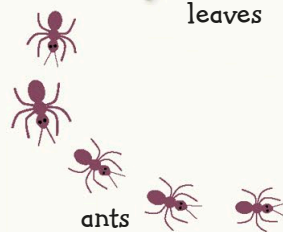


rabbit

leaves



tiger



ants



tree

elephant



dragonfly



goldfish



horse

human



frog



Living things need to  
be looked after. Animals  
can't talk, but they can  
feel pain so it's important  
to be nice to them.

# Stay safe

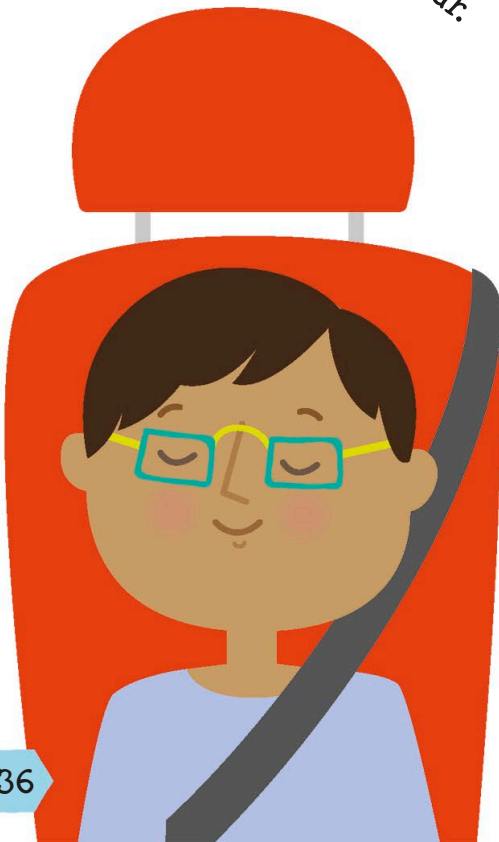
You are a very special person  
so learn to keep yourself  
safe and sound.



Be careful  
around water.

To **cross the road**,  
hold a grown-up's  
hand, use a pedestrian  
crossing, and check  
both ways for cars.

Wear a **seat belt**  
when you're in  
the car.



Watch out  
for cars!

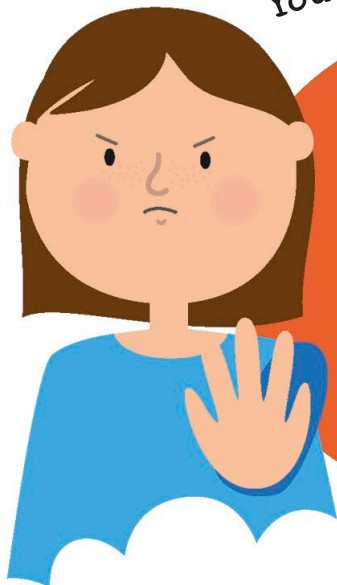
Don't touch  
electricity.



Never speak to **someone you don't know**  
**on the Internet or in real life** without  
checking with a grown-up first.



Your body belongs to you.



No one should ever ask or make you do anything with your body that you don't want to do.



Don't **keep secrets** that make you sad or worried.

If you see anything on a **computer, phone, or tablet** that upsets you, walk away and go and tell you a grown-up.



Don't play near railway lines.

What number should you call in an emergency?



Always talk to someone you trust if you are feeling sad or worried.

**Here are some people you can talk to:**

someone in your family you trust  
a police officer  
a doctor  
a nurse  
someone at nursery or school



# Sing and sign

Here are some fun songs you can sing  
and act out with your hands.

---

Itsy bitsy spider climbed up the waterspout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain  
And itsy bitsy spider climbed up the spout again.

---

Round and round the garden  
Like a teddy bear.  
One step, two step,  
Tickle you under there.







This little piggy went to market.

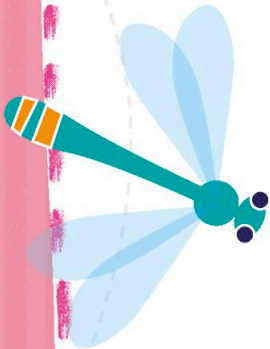
This little piggy stayed at home.

This little piggy had roast beef.

This little piggy had none.

And this little piggy went...

“Wee, wee, wee,” all the way home.



If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it,

and you really want to show it.

If you're happy and you know it,

clap your hands!





# Sing and learn

Learn some super-useful things  
as you sing your little heart out!

You can sing  
the Alphabet Song  
to the tune of Twinkle,  
Twinkle, Little Star.

## Alphabet Song

A B C D E F G


H I J K L M N O P

Q R S T U and V

W X Y and Z

Now I know my ABC,

Next time won't you  
sing with me?



The Alphabet Song teaches  
you the names of all the  
letters. Do you know what  
sound the letters make  
when they are in words?



# Fish and count to 10

1, 2, 3, 4, 5,

Once I caught a fish alive.

6, 7, 8, 9, 10

Then I let it go again.

Why did you let it go?

Because it bit my finger so.

Which finger did it bite?

This little finger on my right!



# How to be a really good friend

Friends are so much fun!  
Here are some tips to make  
lots of new friends.

If someone looks sad  
or lonely, ask them if  
they want to play.

Share your toys  
or treats with others.  
Then maybe they will  
share with you too.


Playing nicely  
means being kind  
to each other.



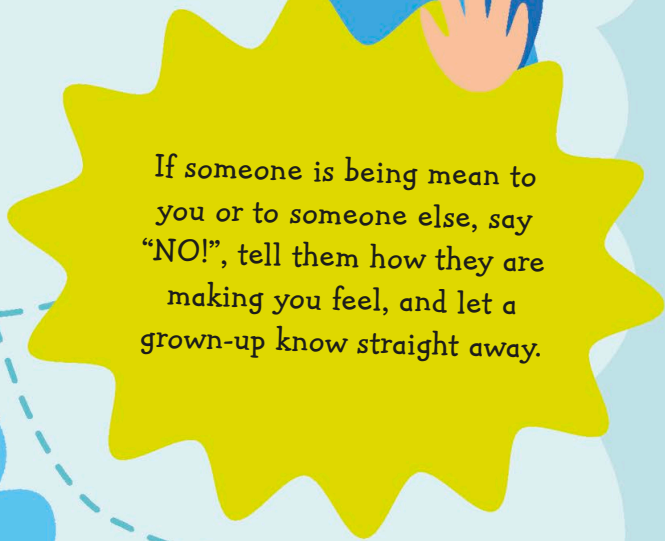




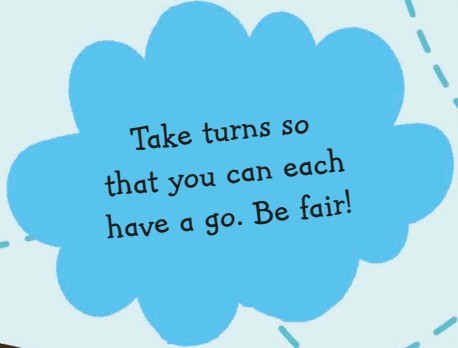
NO!



If you've upset someone, try to understand what you have done wrong, and say "sorry".



If someone is being mean to you or to someone else, say "NO!", tell them how they are making you feel, and let a grown-up know straight away.



Take turns so that you can each have a go. Be fair!



## What's a bully?

Bullies pick on others. Often bullies are people who don't know how to make friends so they act mean to feel included. If someone is bullying, you should tell a grown-up, but you could also show the bully how to be kind and play nicely.




# Look at what I can do!

Here is a whole bunch of **awesome** stuff  
you can try, too. **You can do it!**


















- ☐ Ride a bike or scooter
- ☐ Swim with swimming aids
- ☐ Make an obstacle course
- ☐ Climb a tree (carefully)
- ☐ Build a nature den
- ☐ Make mud art
- ☐ Play catch
- ☐ Go on a colour hunt





Whichever activity  
you choose, remember  
to be careful!

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- ☐ Roll down a hill
  - ☐ Practise counting as high as you can
  - ☐ Learn the letters in your name
  - ☐ Splash in a big rain puddle
  - ☐ Look at the stars at night
  - ☐ Get dressed all by yourself
  - ☐ Make up a great story
  - ☐ Finish a jigsaw puzzle
  - ☐ Help someone without being asked
  - ☐ Look through a book all by yourself
  - ☐ Hunt for minibeasts (but don't hurt them!)

# Hello, school!

It's your first day  
of school! There are  
so many new things  
to say "hello" to.



Hello,  
playground



Hello,  
classroom







Hello,  
friends

Hello,  
coat peg



Hello,  
head  
teacher



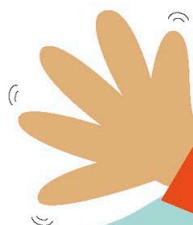
Hello,  
teacher



Say "see you later" to  
Mum and Dad. They'll  
be back after school.



Hello,  
toys



# Index

## A

Accidents 21  
Alphabet 40  
Animals 29, 33,  
34-35, 38-39

## B

Baby 7  
Bedtime 21, 22-23  
Body 24-25, 26, 37  
Bully 43

## C

Clean 16-17, 18, 19  
Clothes 13, 14-15  
Counting 41, 45

## E

Earth 30-31, 32-33  
Emotions 8-9  
Exercise 25

## F

Family 5, 6-7, 27  
Food 18, 25, 28-29,  
33  
Friends 5, 7, 27,  
42-43, 47

## G

Germs 16

## H

Heart 25, 26

## I

Internet 36

## L

Left and right 12  
Letters 5, 40, 45

## M

Manners 10-11

## P

Pets 27  
Planet 30-31, 32-33  
Plants 29, 34, 35  
Playing 27, 42

## R

Recycling 32-33

## S

Safety 36-37  
School 20, 46-47  
Seasons 14-15  
Shoelaces 13  
Sleep 21, 22-23, 26  
Song 38-39, 40-41  
Stars 30, 45

## T

Teeth 18-19, 23, 24  
Toilet 20-21, 23

## U

Universe 30-31

## Acknowledgements

The publisher would like to thank the following for  
their kind permission to reproduce their photographs:

(Key: a-above; b-below/bottom; c-centre; f-far; l-left; r-right; t-top)

**28 Dreamstime.com:** Leszek Ogradnik / Lehu (c, cr); Tracy Decourcy / Rimglow (c/Carrot); Pichet Boonpanchua / Khumthong (br). **29 Dreamstime.com:** Leszek Ogradnik / Lehu (ca). Getty Images: Burazin / Photographer's Choice RF (cra). **34 123RF.com:** Eric Isselee / isselee (crb/Polar bear cub); Ievgen Kovalev / genjok (cb). **Dreamstime.com:** Irochka (cb/Sunflower); Isselee (crb). **Fotolia:** Eric Isselee (cl). **35 Dreamstime.com:** Liligraphie (cl); Natalya Aksenova (tc). **iStockphoto.com:** Taalvi (crb)

All other images © Dorling Kindersley  
For further information see: [www.dkimages.com](http://www.dkimages.com)

