

Getting Ready For Level 1 Certificate in Caring for Children

| | | |
|-----------|--|-------------|
| Your Name | | |
| | | Summer 2025 |

We are delighted you have chosen to study Level 1 Certificate in Caring for Children at Worthing College.

Instructions: This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

- should take you **about 4 hours to complete**.
- should be handed into your teacher when teaching starts **from 8th September 2025** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at gettingreadyfor@worthing.ac.uk, telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

| Skills Focus for this Getting Ready for Pack | |
|---|---|
| Following instructions Researching Independent Learning Problem Solving Presentation/Layout | Report writing Written communication Note Taking Analysing/synthesis Interpretation |


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◆ **Section 2: Table Activity – "What Do Children Need to Grow and Learn?"**

Fill in the table below. Think about what babies and young children need to grow up healthy, happy, and ready to learn.


| Basic Need | Why It's Important | Example of How an Educator Helps |
|----------------|--------------------|----------------------------------|
| Food and Drink | | |

| | | |
|-----------------------|--|--|
| Sleep and Rest | | |
| Love and Attention | | |
| Play and Stimulation | | |
| Safety and Protection | | |

 **Tip:** Think about what a baby, toddler or young child needs every day

Section 3: Craft Activity – "All About Me Poster"

Create a colourful 'All About Me' poster to bring in on your first day!

- Include:
 - * Your name and a photo or drawing of yourself
 - * Your favourite colour, toy, or game as a child
 - * A drawing of you working with children (e.g. reading a book, helping, playing)
 - * 3 words that describe your personality (e.g. kind, creative, helpful)
 - * What you're most excited or nervous about starting this course
-  You can use paper, magazine cut-outs, coloured pens, stickers — anything creative!

◆ **Section 4: "Activity planning"**

Plan an activity to support children's fine motor skills. Complete the plan below:

| | |
|---|---|
| Age of children: | Resources needed: |
| Health and safety to be considered: | |
| Activity description: | |
| Role of the childcare practitioner during activity: | How will this support fine motor skill development? |



Final Tips:

- * Bring this workbook to your first class in September.
- * Don't worry about being perfect — just do your best and have fun.
- * We're so excited to meet you and begin your journey into Early Years Education!

