STARTING SCHOOL



MY NAME IS:

MY SCHOOL IS CALLED:



I WILL BE STARTING SCHOOL SOON! SCHOOL IS A PLACE I CAN LEARN, PLAY AND MEET NEW PEOPLE.



I MIGHT FEEL
HAPPY, NERVOUS, EXCITED,
OR A LITTLE BIT OF
EVERYTHING.



Happy



Nervous



Excited

I MIGHT NOTICE A FUSSY FEELING
IN MY TUMMY, OR MY HEART
BEATING FAST.

IT'S OKAY TO HAVE
DIFFERENT FEELINGS!

ON THE MORNING OF SCHOOL, I WILL:

1. GET DRESSED
2. EAT MY BREAKFAST
3. PACK MY BAG.



I WILL TRAVEL TO SCHOOL WITH:

I WILL GET TO SCHOOL BY:

- ☐ CAR
- ☐ WALKING
- ☐ PUBLIC TRANSPORT



WHEN I ARRIVE AT SCHOOL,
IT IS TIME TO SAY GOODBYE.
I MIGHT FEEL NERVOUS,
SCARED, OR EXCITED.
I CAN TAKE A DEEP BREATH
BEFORE GOING INSIDE.

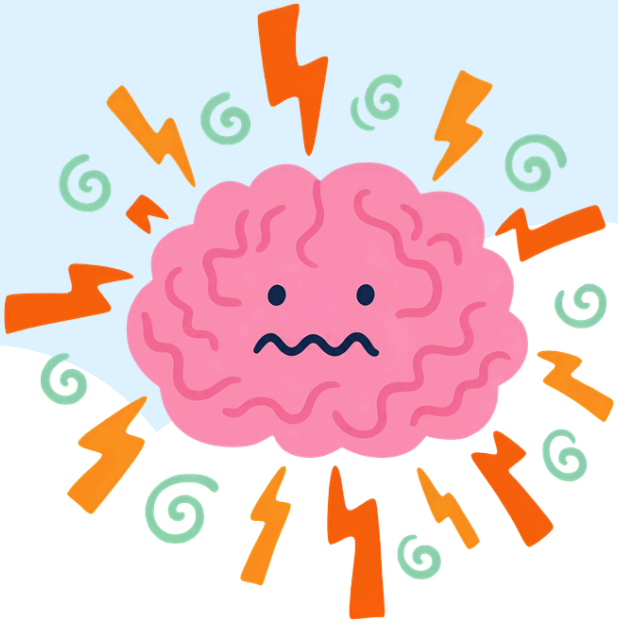






AT SCHOOL, I WILL DO DIFFERENT ACTIVITIES, LEARN NEW THINGS AND HAVE TIME TO PLAY. EVERY DAY MIGHT BE A LITTLE DIFFERENT.





SOMETIMES, THINGS AT SCHOOL MIGHT BE HARD. I MIGHT MAKE A MISTAKE OR FEEL UPSET. THAT'S OKAY!



I CAN:

- ASK FOR HELP
- TAKE A BREAK
- TRY AGAIN



WHEN SCHOOL FINISHES, I WILL GET READY TO GO HOME.





I MIGHT FEEL TIRED AFTER SCHOOL, AND THAT'S OKAY.
I MIGHT WANT TO:

- ☐ TALK ABOUT MY DAY
- ☐ HAVE SOME QUIET TIME

AT FIRST, SCHOOL MIGHT FEEL NEW OR DIFFERENT.
THAT IS OKAY!
I CAN TAKE MY TIME TO GET USED TO SCHOOL,
ONE DAY AT A TIME.

