



# Back to School Activity

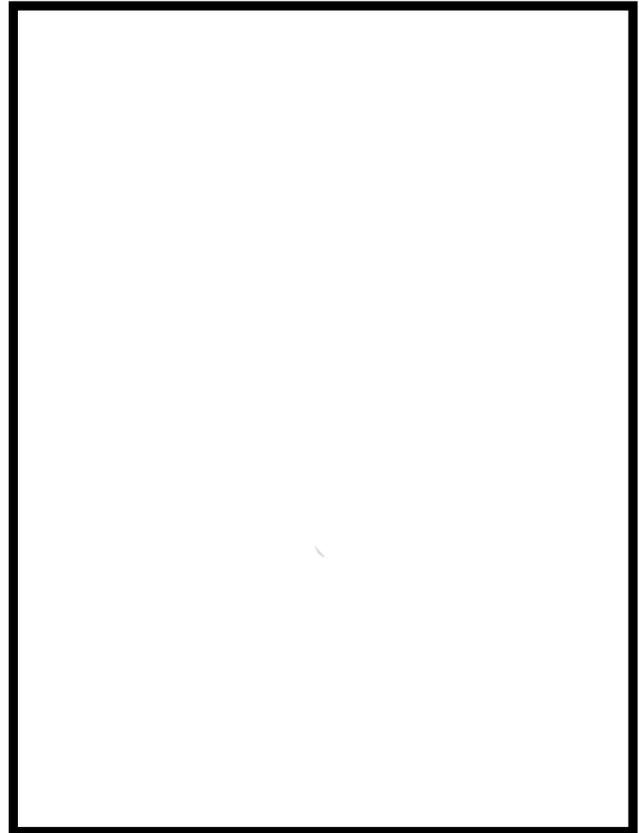
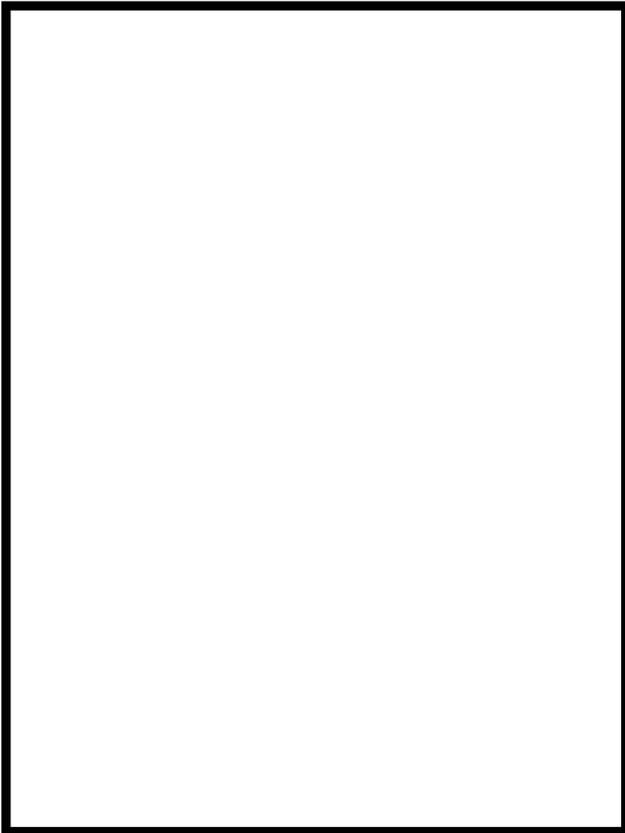


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&  
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# First Day Feelings

It's normal to feel a little nervous. A deep breath and a smile can help you feel calmer.

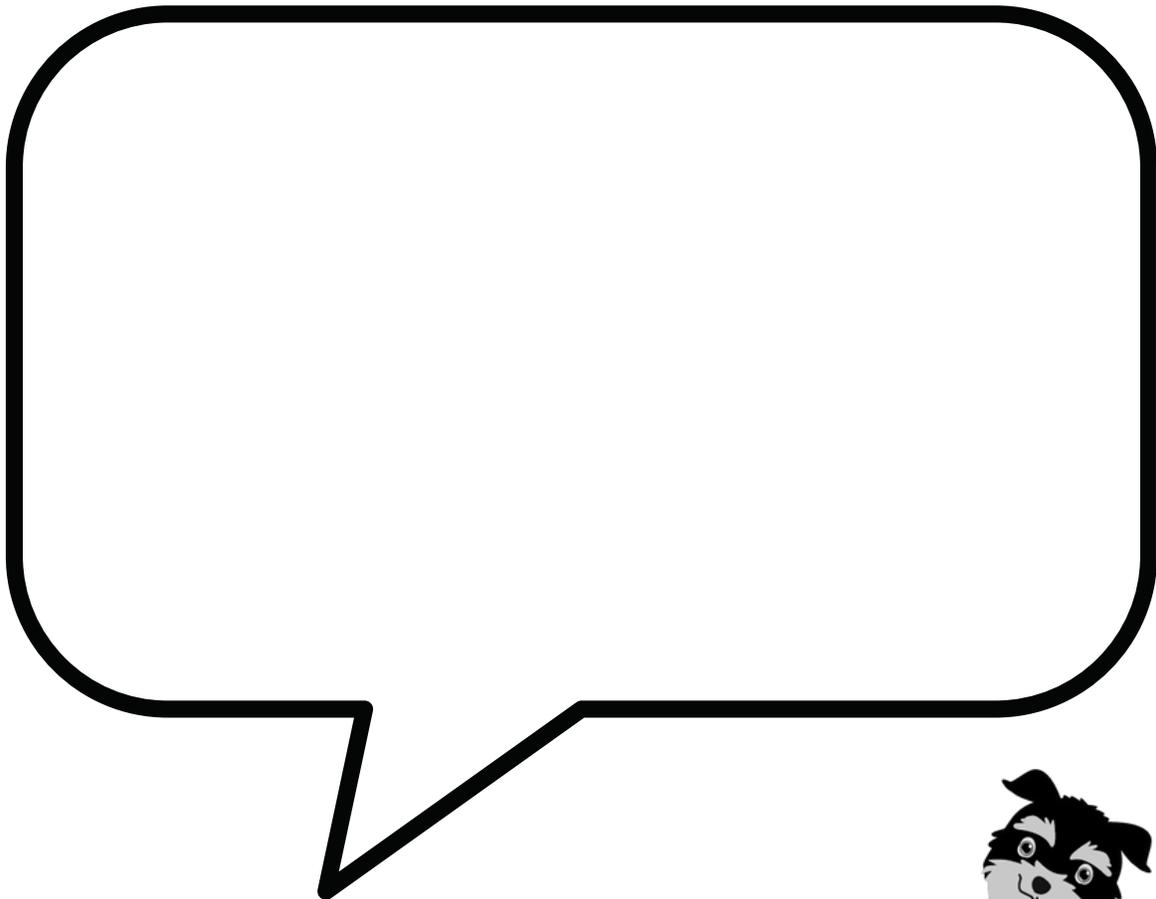
*Draw how you feel on your first day of school. Then draw one thing that makes you feel better!*



# Making New Friends

A smile and "hello" is a great way to start a friendship.

*"I can say hello to a new friend by saying..."*

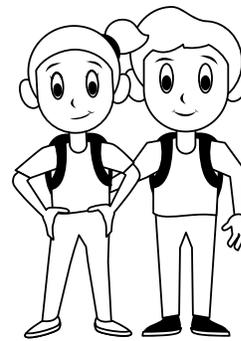


# Asking For Help

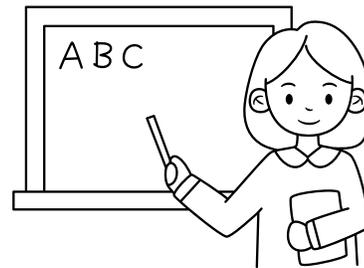
It's brave to ask for help when you need it.

*Draw a line to match the helper to the question!*

Where is my  
classroom?



Can you show me  
how to tie my  
shoe?

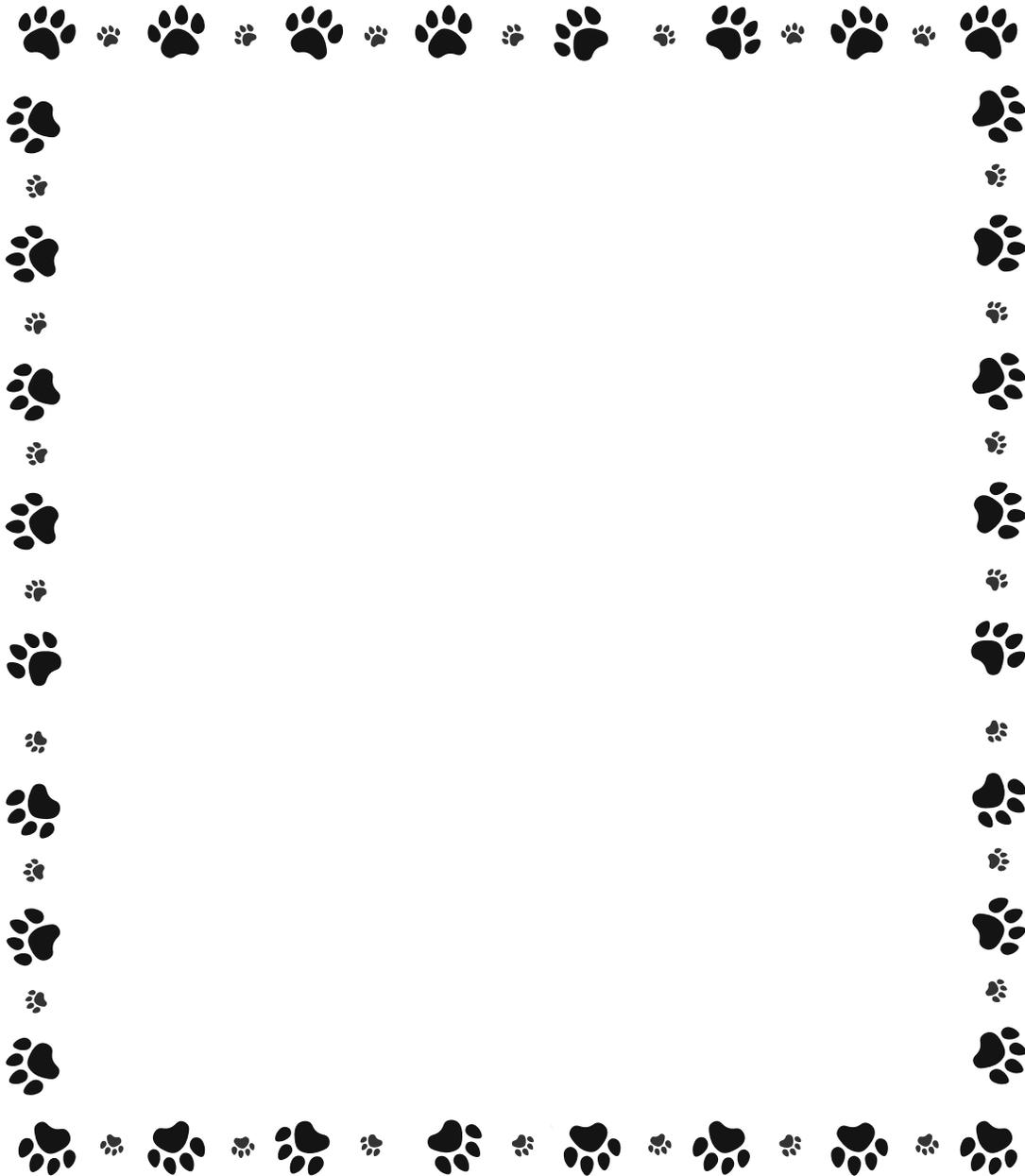


Is this the right  
bus to go home?



# Bonus Challenge

Write or draw one thing YOU will do this week to be brave, kind, or helpful at school.



GO ON ADVENTURES WHEN YOU



READ



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