



# First Day of School: A Social Narrative



Today's is my first day of school! I am excited, but also a little scared. My family will help me wake up on time, eat a healthy breakfast, get dressed, and brush my hair and teeth.



I'll bring my school bag, lunch, and my favorite comfort item. I'll drive in the car with my family or walk with them to take the school bus. We've talked about riding on the bus and I know it might make me feel nervous. The bus might be noisy and I might have to sit next to a new friend.



When we get to school, an adult will help me find my classroom. I might even know where it is all by myself! In my classroom I will listen to my teacher's directions and put all my things away.

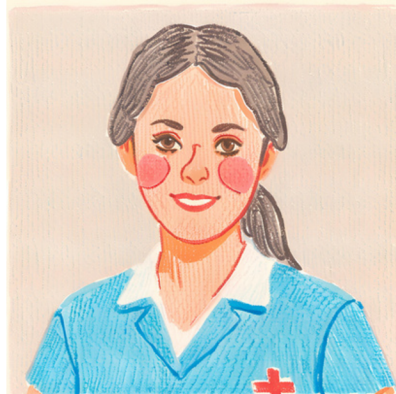




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During the school day, the teacher will show me what to do and when to do it. We will have time for learning, time for playing, time for eating, and time for resting.



If I start to get overwhelmed, I can ask the teacher for a break. I know the school nurse, counselor, and other support staff are here to help me through my struggles. If I need to, I can ask for my comfort items.



At the end of the school day, we will pack our bags to go home. I might go home on the school bus, or my family might pick me up in the car. I need to make sure I stay with my teacher until it's my turn.