

GOING BACK TO SCHOOL



Sometimes, I take a break from school.



Breaks can be fun!



But after a break, it's time to go back to school.



Going back to school means I will see my new classroom.



I will see my new teacher and some friends too.



That can feel exciting, or a little nervous—and that's okay.



At school, I do lots of things I know how to do.



There are rules and routines that help me know what to expect.



If I feel unsure, I can ask for help.



I can take deep breaths.



I can look at my schedule.



I can use my calm-down tools if I need them.



Every day, I get better at being back at school.



And each day, I can feel proud of myself.



Going back to school is a part of my growing. I can do it!