



My First Day at School

A little activity sheet to help you think about your first day at school. You can write, draw or ask a grown-up to help. There is no right or wrong!

My name is:

My school is called:

Today I am feeling...

(You can tick, circle or draw)



Excited



Calm



A bit wobbly



Curious



Ready



Other
(feel free to draw!)

I am looking forward to...



Something I am wondering about...



I can tell a grown-up...

(Something I want them to know)

This is me on my first day!

(Draw yourself here)



After school I would like to...

(You can tick or write your own)

☐

A big hug

☐

A snack

☐

Tell someone about my day

☐

Something fun

☐

My own idea!



There is no right way to feel on a first day. You can be excited and wobbly at the same time.



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Small steps.
Brighter tomorrows.

You've got this!