



★ My School ★ Worries & Wonders

It's normal to have questions, worries
and big thoughts about starting school.
You can tick, circle, draw or write.
There is no right or wrong!

Small
steps.
Brighter
tomorrows.
♥

Things I'm wondering about...

(You can tick, circle or add your own)

- ☐  Who will I sit with?
- ☐  Where is the toilet?
- ☐  What happens at lunchtime?
- ☐  What will I learn?
- ☐  Who can I ask for help?
- ☐  What will my classroom be like?
- ☐  Will I make new friends?
- ☐  Something else I'm wondering about...



Things that might make me wobble...

(It's okay to feel like this)

- ☐  Saying goodbye to my grown-ups
- ☐  Lots of noise
- ☐  Getting something wrong
- ☐  Not knowing anyone at first
- ☐  Finding my way around
- ☐  Not knowing what happens next
- ☐  Feeling a bit shy or nervous
- ☐  Something else that might make me wobble...



Things that might help me...

(You can tick, circle or add your own)

- ☐  A grown-up explaining what happens next
- ☐  Knowing who will collect me
- ☐  Thinking about the fun parts
- ☐  Taking a deep breath
- ☐  Asking a teacher like Miss Harper
- ☐  Remembering home time will come
- ☐  Having kind and friendly people around
- ☐  Something else that might help me...



My own worry or wonder...

(You can write or draw here)



♥ It's okay to wonder. ★
Asking for help is a brave thing to do.



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You've got this! ♥

