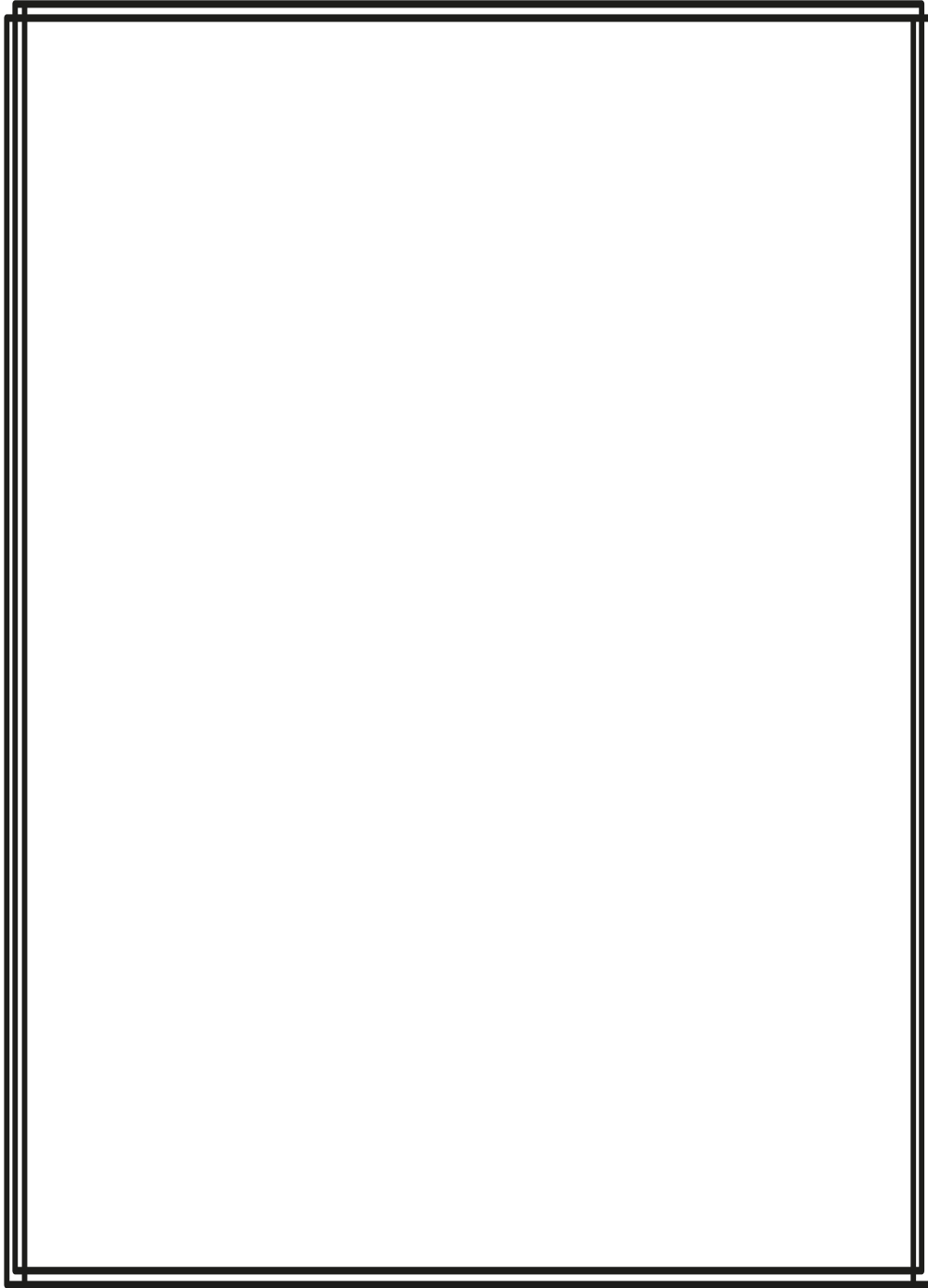


'S BACK TO SCHOOL BOOK



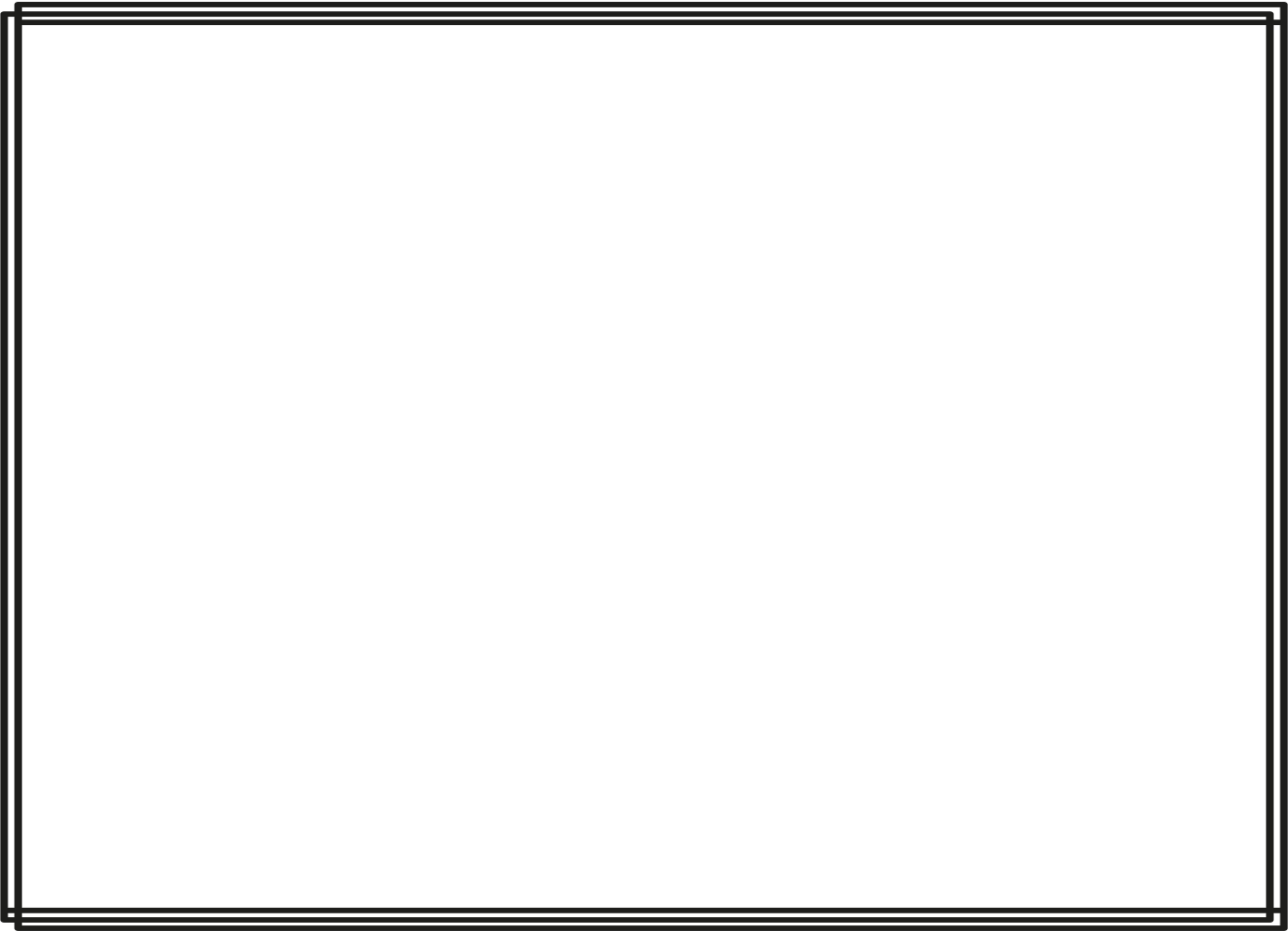
WRITTEN BY:

ILLUSTRATED BY:

Dear Sister Therapy

PEDIATRIC SPEECH AND OCCUPATIONAL THERAPY

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Hi! I'm _____

I'm going to teach you all about going to school!

**It's almost time for school to start!
Wow! It's a wonderful time of year!
But, going to school can be a little
stressful now too! But not to fear,
_____ is going to school and
_____ is going to tell us what to
expect at school this year!**

**child draws a picture of the hero of the story:
themselves* *Dear Sister Therapy*

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Here is a picture of my school



**Let me first start by telling you all
about my school. It's called _____
_____ and it's a great
place to be. I don't know much about
my classroom yet, but when I get to
meet my teacher, I will draw it here
for you to see!**

**child draws a picture of the outside of the
school, the playground, the cafeteria, their
classroom, etc.*

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I am in the _____ grade

Here are my classmates.

I am now in the _____ grade.

I will get to do cool things in this grade. I sure am proud of myself and all that I can do now! My classmates are really great too! I don't know all of my classmates yet, but once I do I will draw them here for you to see!

**Child draws a picture of themselves. Then after school starts and they start meeting classmates, they can add them to the book.*

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Here is my teacher



I have a new teacher. Soon I will meet him or her and learn all about them. I will go to Meet the Teacher on _____ there I will get to see them for the first time and introduce myself. I will say: “hi, I’m _____ what is your name? It’s great to meet you!”

**After meeting, child will draw their teacher here. Until then, they can draw a smiley face because their teacher is going to be great!*

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What I will do at school

I will be doing lots of things at school!

**I will be
LEARNING
READING
DRAWING
PLAYING
TAKING TURNS**

** Have your child draw one, all, or a few of these things.*

Dear Sister Therapy

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** You can draw lines to separate the picture frame to allow multiple pictures in one page. or add additional pages as needed!*

What I will do at school

I will be doing lots of things at school!

I will be

LAUGHING

LISTENING

SHARING

ASKING FOR HELP

MEETING NEW FRIENDS

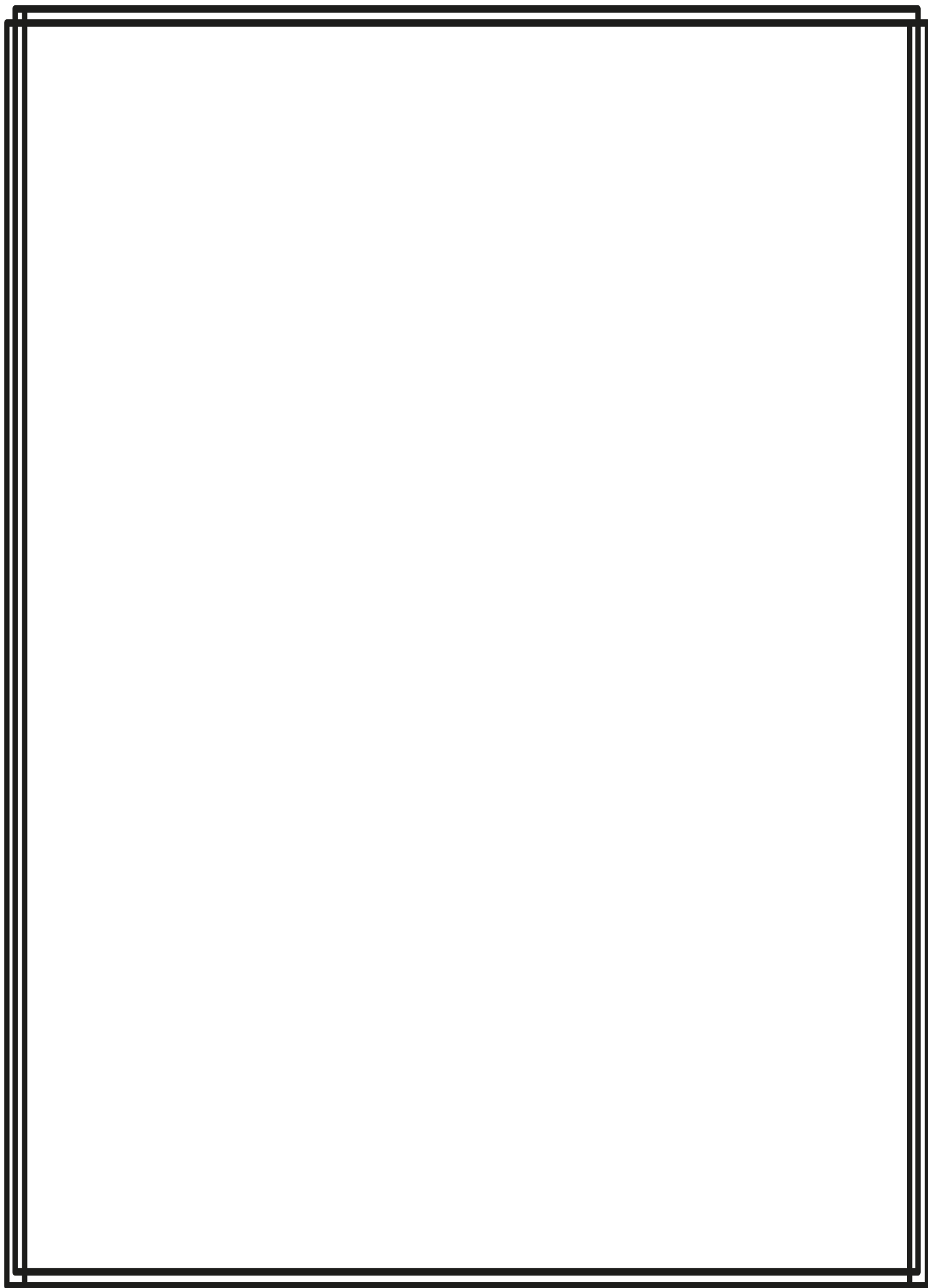
**Have child draw one, all, or a few of these things.*

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** Print as many additional picture/drawing pages as needed.*

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The best version of me at school

**I will do lots of things to be my best
version of myself at school. I will:**

LISTEN TO MY TEACHER

WORK HARD

BELIEVE IN MYSELF

ASK FOR HELP WHEN I NEED

TREAT OTHERS WITH KINDNESS

** Have your child draw one, all, or a few of these
things.*

Dear Sister Therapy

** Print as many additional picture/drawing
pages as needed.*

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This is my morning routine!
My routine helps me to learn at school:

Part of being my best version is my morning routine at home before I get to school. This is what I do every morning to get ready to learn at school! Sometimes mom and dad help but I can do a lot of these things by myself! I am strong and smart!

** Help your child draw the steps of their morning routine in a numbered list.*

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** Print as many additional picture/drawing pages as needed.*

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**This is how I say goodbye to my parents
at drop off!**

**It's hard to say goodbye to mom and
dad sometimes. But I know I can do
hard things! Some things I can do to
help me feel better when I say
goodbye are:**

**Do a
secret
handshake**



**Make a plan to do
something fun together
after school.**



**Do a
special
hug**



** Help your child draw the options they have for
saying goodbye at drop off.*

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** Print as many additional picture/drawing
pages as needed.*

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**Sometimes these things at school
can make me feel nervous:**

**Sometimes I get nervous at school
and that's ok. We ALL feel nervous
sometimes, it's normal. I know that I
can do hard things because I have a
list of strategies I can use to help me
when I feel nervous!**

I can:

take a break



**get a drink
of water**



ask for help



use a fidget



** Help your child draw the steps of their morning routine in a numbered list.*

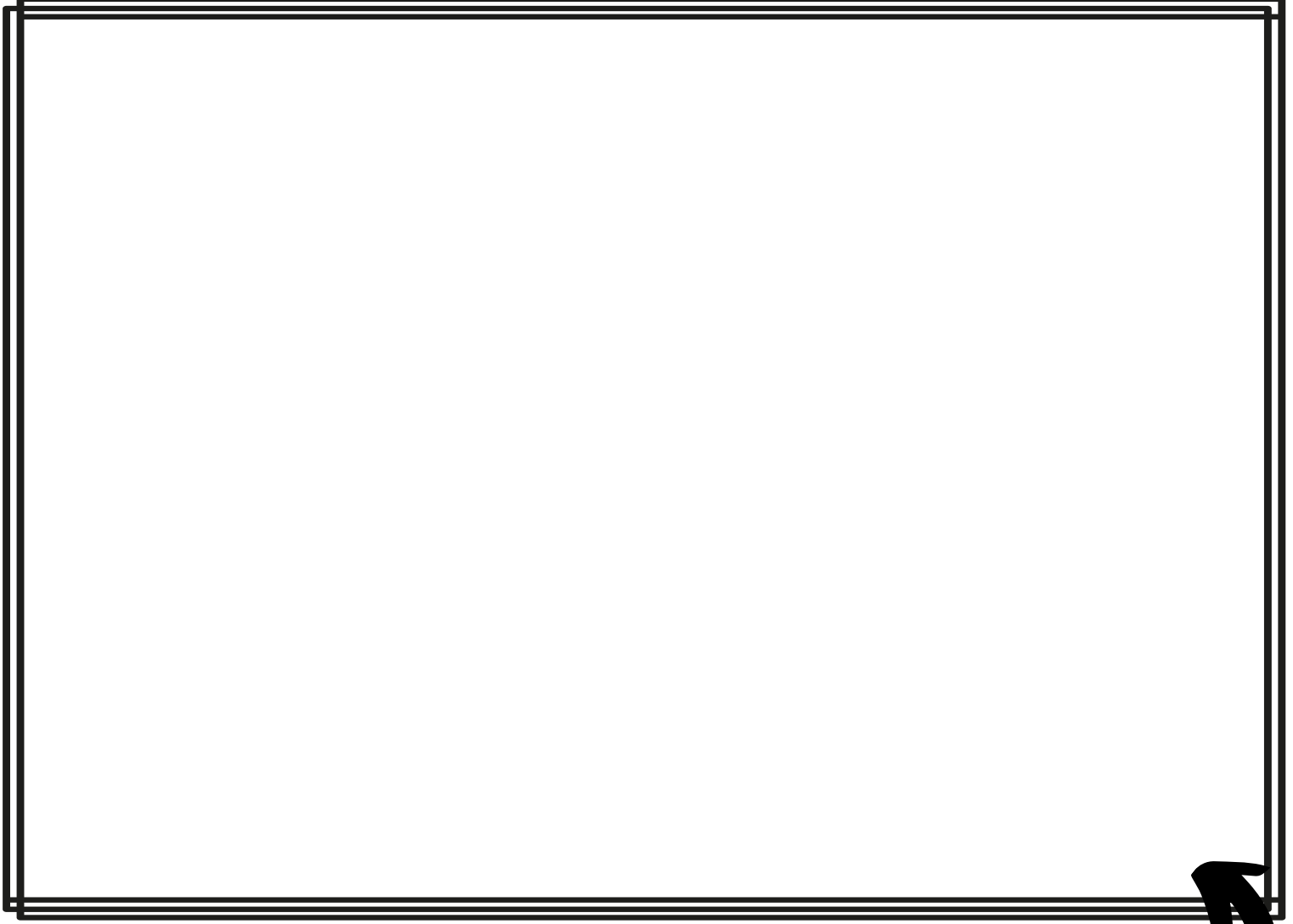
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**Here are some of the things that I can
do to help my body feel better when I
get nervous.**



**These are my favorite strategies to use
to make me feel a whole lot better when I
get nervous!**

* *Help your child draw all of the things that they
like to do to feel better when nervous.*

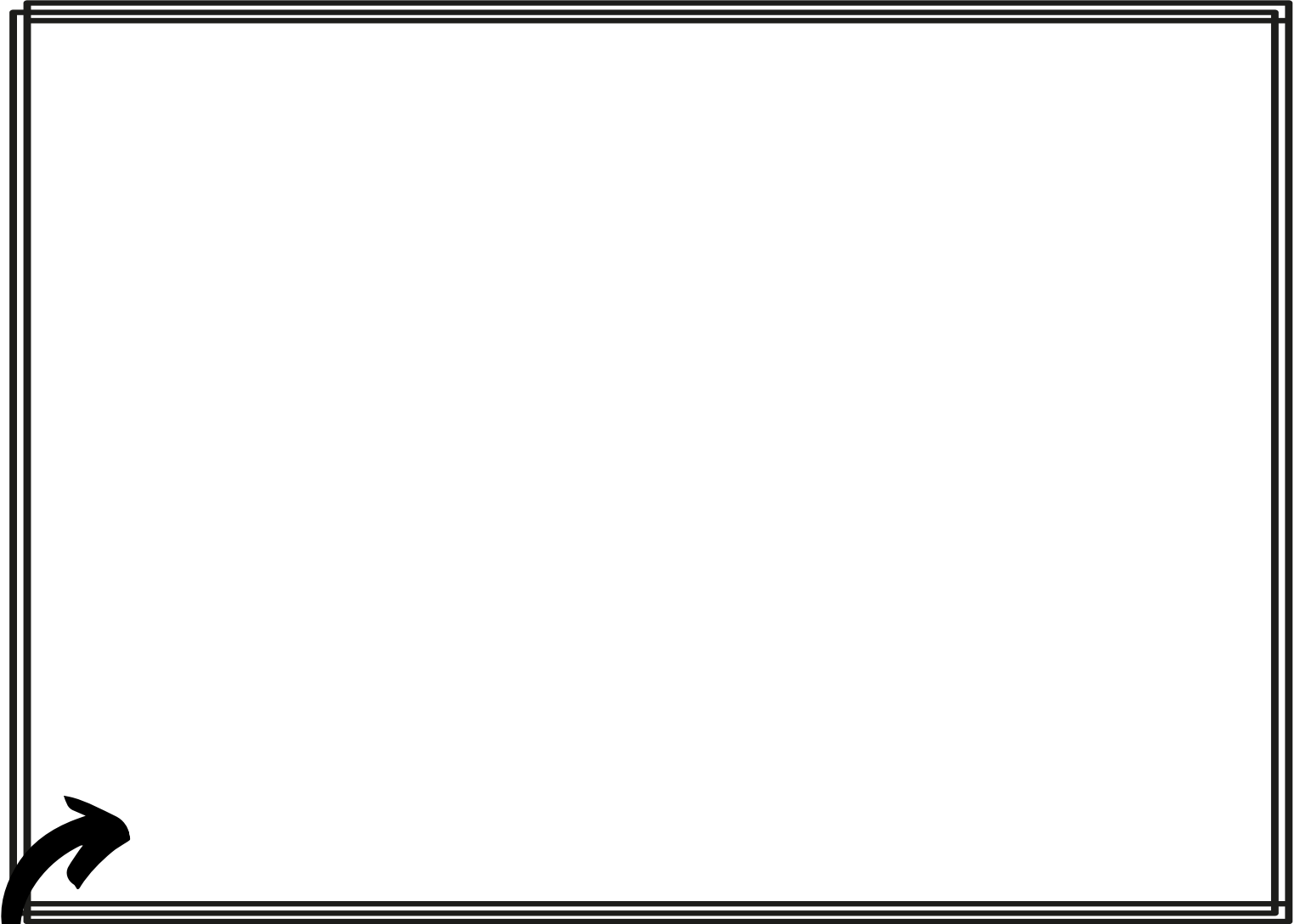
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* *Print as many additional picture/drawing
pages as needed.*

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**Thanks for coming with me to school
to learn all about it! I know I am going
to have a great school year ahead!**



**This is me doing all of my favorite things at
school! I am rocking _____grade!**

I am so proud of myself!

** Help your child draw all of their favorite
things to do at school.*

Dear Sister Therapy

** Print as many additional picture/drawing
pages as needed.*

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