

STARTING SOMETHING NEW

Starting something new can sometimes sound scary. I might know what to expect, and that can make me a little nervous.



When I get nervous, I remind myself that new things can be a lot of fun. There are lots of new experiences that can sound scary at first, but turn out to be a blast.

When I start school, I get to meet all of my new classmates and learn different subjects from my teachers.



When I start a sport, I have new teammates and learn to play a game with them.



When I start a new hobby, I learn new skills, and sometimes I can share those skills with others.



If I am starting something new and want to feel less afraid, I can ask an adult to tell me more about what to expect. When I have a better understanding of what might happen, I can turn my nerves into excitement.

I look forward to starting new things because they are opportunities to learn, grow, and have lots of fun!

