



First Day



The first day of school can be filled with lots of emotions.



Maybe you are starting school



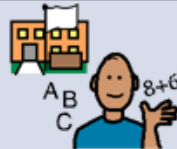
Maybe you are starting high school



Maybe you are starting a new school



Maybe you are starting a new class



Maybe you have a new teacher



Maybe you are in a different class from your friends



You might feel



excited



nervous



scared



sad



overwhelmed



something else



Remember



Your feelings are normal.



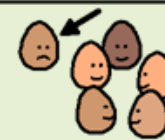
Be kind to yourself.



Use your support strategies.



Tell someone how you are feeling.



You are not alone.

