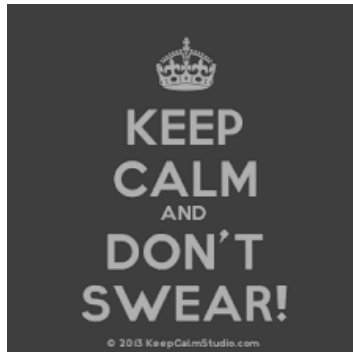




## School Is a Place to Try New Things



Most of the time, I think new things are scary. I don't know what will happen if I try them. I might "fail". I don't like new things!



When I am scared, I say unkind words to myself and to others. When I am scared, sometimes I swear.



Saying unkind words and swearing makes me more scared, and frustrated. I am afraid I will get in trouble.



Here's the good news! I don't have to say unkind words or swear. I don't have to get in trouble. I can just try new things!



I can say "Hey - this is new! Let's try it! I might do really well!" I can decide to not be afraid.



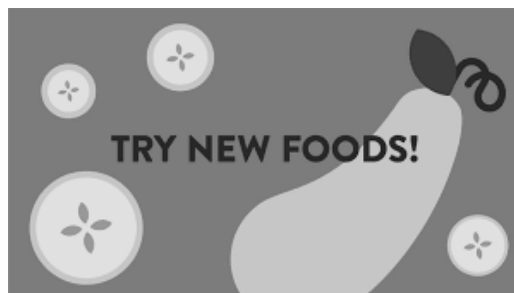
I can say “Hey – this is new! It’s a little scary.  
Would you help me learn it?”



Doing clave beat is new. I’m afraid I will “fail”. But  
– if I listen, and practice, and do my best, I will do  
very well! I tried and I did great yesterday!



Drawing on the sidewalk with chalk is new. It's a little scary. But - yesterday, Olivia and I drew with chalk and played hopscotch. It was FUN! I did very well.



Trying new foods is a little scary. It might feel weird on my tongue, or taste different. But - when I try new food, I might find out it's YUMMY!



Most of the time, when I try new things, I find out I'm really good at it, and I enjoy myself.



Instead of using unkind words or swearing, I will say "Hey! This is new! I'm a little scared but I'll try it!"



Instead of thinking I will “fail”, I will listen, practice, let my teachers help me, and find out how great new things can be.



Being good at new things makes me feel great. I am proud of myself when I try new things. Let's see what new things I can try today!