Poppy's First Day of Kindergarten

A Gentle Help Pack for Little Learners and Their Grown-Ups

Welcome!

Starting kindergarten is a big step. Your child might feel excited, worried, curious – or all three! This pack offers gentle ways to practice, talk, and prepare together.



A big step. A brave you!

How to Use This Pack

Follow the simple timeline, or pick the pages that are most helpful for your family. You do not need to complete every activity. Five calm minutes together can be enough.

Two Weeks Before

2 Read Poppy's story
3 Explore feelings
5 Begin the countdown
10 Read the grown-ups' guide (anytime)

One Week Before

4 Talk through the school-day pictures
6 Fill in All About Me
7 Practice brave tools

The Day Before

8 Complete your first-day plan
Keep the morning simple.
11 Get the photo sign ready (if your child would enjoy it).

After School

9 Reconnect using the after-school talk page
12 Celebrate a small step!

A Grown-Up Tip

Ask your school about arrival, dismissal, meals, bathroom routines, and any comfort-item rules. Each school is different.

Children Can Take Part Their Way

Grown-ups can write; children can draw, point, or dictate their answers. There is no right or wrong way to take part.

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A little place for big feelings.

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Poppy's First School Adventure

New places can feel exciting and wobbly at the same time.



Tomorrow was Poppy's first day of kindergarten.

"My tummy feels fizzy," she told Mom Rosie. "What if I don't know what to do?"

"New things can feel exciting and wobbly at the same time," said Rosie.

Poppy squeezed her soft bunny. "What if I miss you?"

"You can tell your teacher," said Rosie. "And we'll have our special goodbye. Then we'll see each other after school."

Poppy tried a slow balloon breath. In ... and out ...

"I might feel wobbly again," she said.



"That's okay," said Rosie. "You can ask for help whenever you need it."

The next morning, Miss Harper smiled at the classroom door.

"Welcome, Poppy. I can help you find your place."

Poppy held Mom Rosie's hand, took one slow breath, and stepped closer. One little step at a time.

A big step. A brave you!

Talk Together

What do you think Poppy is wondering about? What are you wondering about?

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How Do I Feel About Kindergarten?

I can feel more than one feeling at once.

Circle the faces that show how you feel.



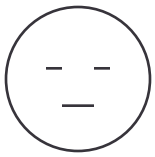
EXCITED



NERVOUS



HAPPY



SHY



UNSURE

Today I feel (or draw it):

_____

I wonder (or draw it):

_____

One thing I'm looking forward to (or draw it):

_____

GROWN-UP PROMPT:

"What part feels exciting? Is there a part you'd like us to learn more about?"

REMEMBER:

There is no wrong feeling. You do not have to feel brave every minute.

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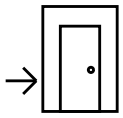
My Kindergarten Day

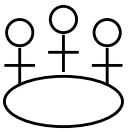
Every school is a little different. Ask your grown-up or teacher which pictures fit YOUR day.



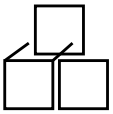
Arrive



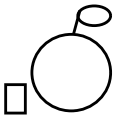
Say Hello



Morning Meeting



Centers



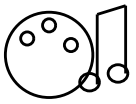
Snack



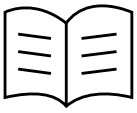
Lunch



Recess



Art/Music or PE



Story



Go Home

My day may look like this:

FIRST: THEN: NEXT: LAST:

SCHOOL TIP: Circle or number the pictures to show your day. Ask your school which activities apply and in what order. You may not do every activity every day.

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My Countdown to Kindergarten

Try one tiny practice each day. Color a star when you've tried. It's okay to skip a day!

14 Look at a picture of your school. ☆

13 Choose a place for your backpack. ☆

12 Practice opening your lunchbox. ☆

11 Try putting on your shoes. ☆

10 Practice saying, "Can you help me?" ☆

9 Find your name written down. ☆

8 Try opening and closing your backpack. ☆

7 Talk about where the bathroom is at school. ☆

6 Practice washing your hands. ☆

5 Choose a goodbye wave, hug, or special phrase. ☆

4 Pretend to say hello to your teacher. ☆

3 Practice a slow balloon breath. ☆

2 Choose tomorrow's clothes together. ☆

1 Look at your first-day plan and get some rest. ☆

GROWN-UP NOTE:

Help is always allowed. These are opportunities to explore, not tests of independence.

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All About Me

My name is:

You can call me:

My favorite thing to play is:

Something that makes me smile:

When I need help, I might:

Something that helps me feel calm:

I would like my teacher to know:

Draw me at school

FOR MY GROWN-UP:

Share this page with the teacher if helpful. You may add pronunciation, communication preferences, or important practical information privately rather than on a displayed sheet.

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My Brave Tools

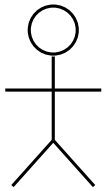
WHEN MY FEELINGS GET BIG, I CAN ...

1 BREATHE LIKE A BALLOON.



Put a hand on your tummy. Breathe in gently ... breathe out slowly. Try it a few times.

2 LOOK FOR A HELPER.



Find your teacher or another trusted grown-up.

3 SAY WHAT I NEED.



"Can you help me?"

"I need to use the bathroom."

"I miss my grown-up."

MY BRAVE WORDS: "One little step."

GROWN-UP TIP:

Practice the words through play. A child who uses gestures or another communication method can practice that instead. Check school rules before sending the token.

POPPY'S LITTLE STEP

I CAN ASK FOR HELP

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My First-Day Plan

My school is:

My teacher's name (if I know it):

I will get to school by:

☐ WALK ☐ CAR ☐ SCHOOL BUS ☐ OTHER

My grown-up and I will say goodbye with:

☐ HUG ☐ WAVE ☐ HIGH-FIVE ☐ OUR OWN PLAN

Our goodbye words: "_____"

At school, I can ask _____ for help.

For lunch, I will:

☐ BRING A LUNCHBOX ☐ EAT SCHOOL LUNCH ☐ NOT SURE YET

I will go home by:

☐ SCHOOL BUS ☐ CAR PICKUP ☐ WALK ☐ OTHER

The grown-up meeting me or arranging my pickup is:

GROWN-UP NOTE:

Confirm all transportation and pickup arrangements with the school. Never rely on this worksheet as the school's official dismissal authorization.

Goodbye for now. See you after school!

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Let's Talk About My Day

AFTER SCHOOL, FIRST CONNECT.

A snack, a cuddle, some quiet play, or time outside may come before questions.

TRY ASKING:

"What made you smile today?"

"Was anything tricky?"

"Who helped you today?"

"Would you like to draw something from school?"

If your child doesn't want to talk yet, that's okay.

MY LITTLE MOMENT TODAY:

GROWN-UP TIP:

Big feelings after school can happen when children are tired or overwhelmed. Offer connection and rest before trying to solve everything.

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A Little Help for Grown-Ups

The first weeks can include excitement, tears, tiredness, clinginess, or changing feelings. Children settle at different speeds; there is no fixed deadline.

WHAT HELPS

- Keep goodbyes short, kind, and predictable.
- Tell your child when and how they will be reunited with their grown-up, using language they understand.
- Ask the teacher about classroom routines and how the school supports children who need extra reassurance.
- Make space for rest, food, play, and connection after school.

WHEN TO REACH OUT

Contact the classroom teacher if your child remains very distressed, struggles with a particular routine, or you are unsure what is happening at school. The school counselor or your child's pediatrician can help if worries are persistent, intense, or interfere with everyday life.

HELPFUL US RESOURCES

- HealthyChildren.org (American Academy of Pediatrics)
- CDC.gov (development and family resources)
- ChildMind.org (Child Mind Institute)
- Your local school district's kindergarten information

These are general supports, not a diagnosis or substitute for individualized advice.

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MY FIRST DAY OF KINDERGARTEN!

Name: _____

Date: _____

I am ___ years old.

When I grow up, I might like to:

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I DID IT!

A COLLYVALE KINDERGARTEN CELEBRATION

This certificate celebrates

_____

for taking a little step on their kindergarten adventure!



Every little step counts!

My brave step was: _____

Date: _____

From: _____

GROWN-UP NOTE:

Give this after the first day or first week – whenever it feels meaningful. Trying, asking for help, and showing up all count.

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