

## STORY LINE

# Get through those first day jitters

**Materials:** Worksheet copies, chalkboard or whiteboard, paper, markers, pens or pencils

**Directions:** Read the worksheet, complete the activity and discuss as a group.

Moving and attending a new school can generate a swirl of emotions. Some up, some down.

Why? Because we're uncertain about things.

## It's especially emotional on the first day of school with all those "unknowns."

As a group, we're going to take turns writing a story line-by-line about what happens on Blake's first day at his new school. For example, we could start the story with the following, beginning with Line 1:

*(Line 1)* On the first day of school, Blake was nervous about being the new kid.

*(Line 2)* Blake walked to the bus stop, but almost turned around to go back home.

After Line 2, the next person would write Line 3 and so on. Remember, these are just examples; be sure and think of your own ideas. Include feelings you might experience, as well as skills to successfully make it through those first day "unknowns"!

### ACTIVITY INSTRUCTIONS

- 1 Select someone to begin the story and write the first line on the board.
- 2 Take turns adding lines. Use your paper to write down the story after each person's turn.
- 3 When the story is complete, choose someone to read it aloud.
- 4 We'll discuss skills that helped Blake successfully maneuver through his first day. Share some of your own real-life experiences of being new. Or, if you're moving soon, describe something you learned and will use on your first day. If you're not moving, describe how you could help a new student feel welcome.

