

My first day of school



A photo or a drawing of me

My name is _____



Soon I am starting school. My school is called _____.



My teacher is _____. Teachers are there to help me.



If I need the toilet, I ask my teacher. Then my teacher knows where I am.



Draw our goodbye: a hug, a high five, a word

**In the morning we do our goodbye, and
then my grown-up goes.**



After school, my grown-up picks me up at

_____.



Some days I play with other children. Some days I play on my own. Both are OK.



After school I might feel tired. I can rest and have a snack.

For the grown-up

When to read it

A week or two before. Read it as a story first, and use it to start a conversation if they bring school up, rather than every night.

Why each line is worded this way

heroofyou.com/social-stories/starting-school

Sources

Raising Children - Primary school: preparing children

raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting-school

Parentkind - Top tips to prepare your child for their first day of school

parentkind.org.uk/about-us/news-and-blogs/blog/top-tips-to-prepare-your-child-for-their-first-day-of-school

Both sources were read on 21 October 2026. The Raising Children page was last reviewed on 19 July 2024, and the Parentkind page was published on 18 October 2024. We name them to identify their advice and imply no affiliation.

Free to print, copy and share at home, in class or in clinic. The pictures come from My First Day of School, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: first day of school

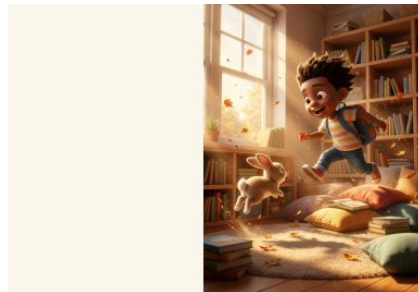
Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



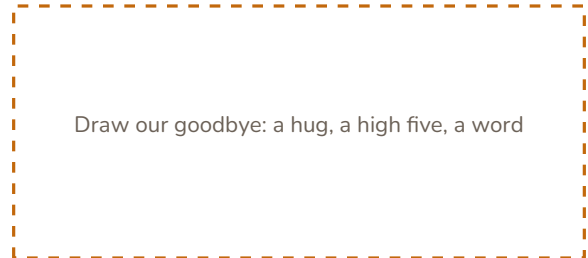
1 Starting school



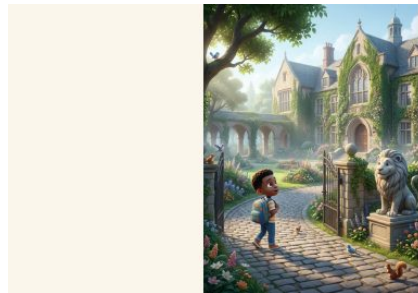
2 My teacher helps me



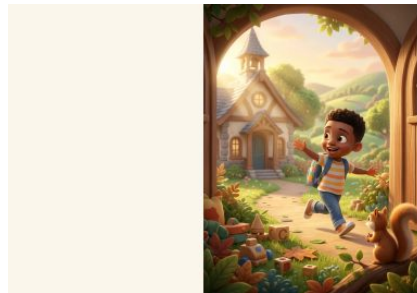
3 Ask for the toilet



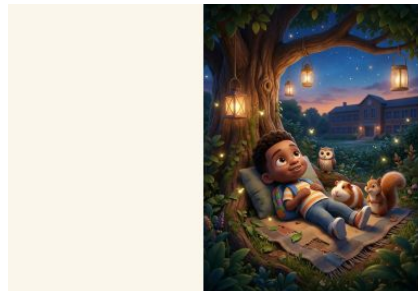
4 Our goodbye



5 Where I get picked up



6 Playing



7 Rest and a snack

