



Today Is The First Day of School...

I just know that you will have an exciting and wonderful first day.

It's perfectly normal and okay to feel worried, scared or jittery. Remember everyone else is feeling this way too.

You will rock this, because you are courageous, kind, brave, and resilient.

Be a good friend and lean on each other to make this day extra-special. And, try to have some fun. New adventures await you.

If you feel scared or lonely today, take this rock and put it in your pocket. You can touch it anytime anxiety strikes and it will help you to remember I'm always with you.

Love, Mom.

