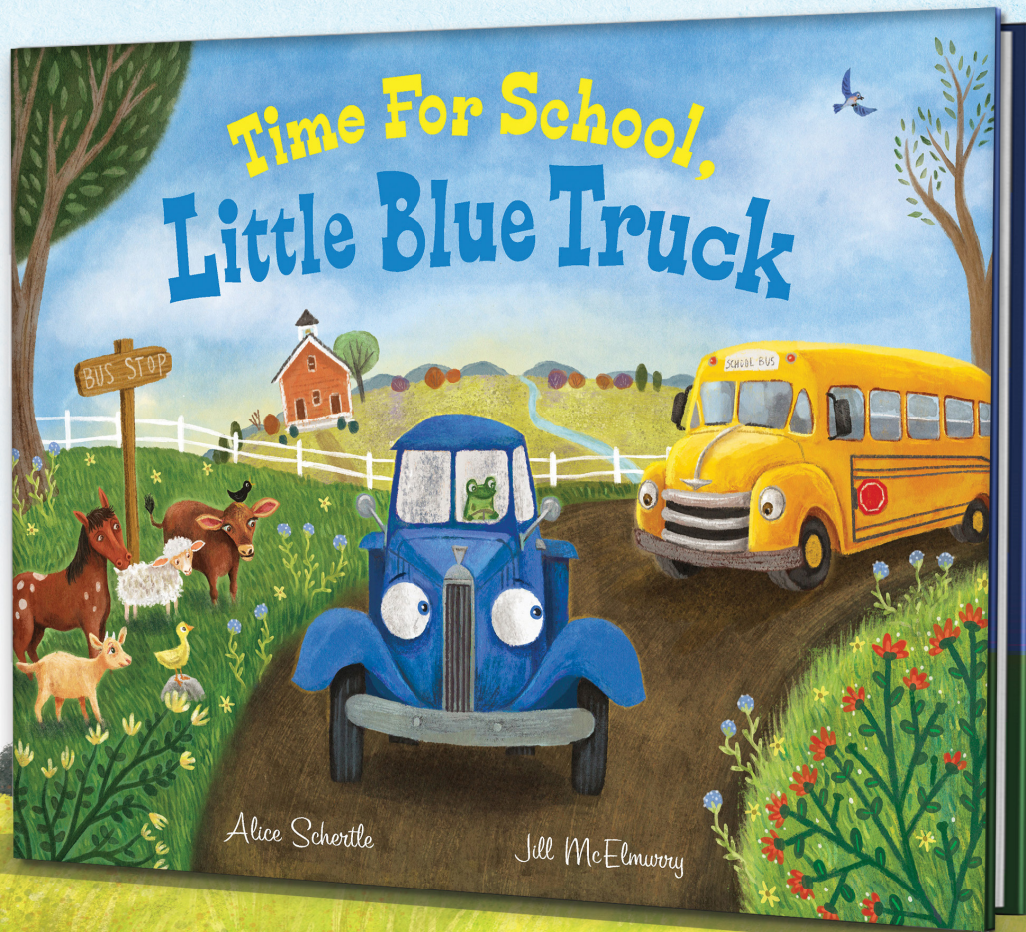


Time For School, Little Blue Truck



Activity Kit

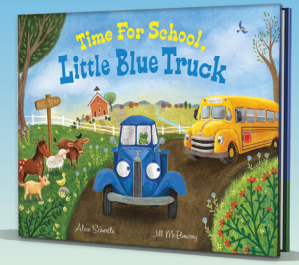


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Time For School, Little Blue Truck

From Alice Schertle and Jill McElmurry



Back-to-School Tips

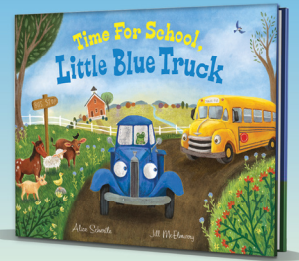
Get ready for school with these preparedness tips!

- **Visit your school.** Before the first day, take a trip to your child's school to see the building and playground so they are familiar with the setting. You can also ask if your child's teacher can meet him or her beforehand, either in person or on a video call.
- **Practice!** Learn how to get ready for school in the morning by pretending it is a school day before the actual first day. Wake up on time, eat breakfast, get dressed, and gather your school items.
- **Use a checklist.** Remembering tasks in the morning can be difficult! Use a checklist or routine chart, like the one in this booklet, to help your child accomplish everything that needs to be done.
- **Talk it out.** Ask your child about their feelings. Are they excited, nervous, unsure? Set aside some quiet time so your child can share how they are feeling and you can list and offer any solutions.
- **Be a friend.** Remind your child that being kind to their classmates and asking if others need help are great ways to be a good friend to their peers. What would Little Blue Truck do? Try his best to help, of course!
- **Follow safety rules.** Your child may be asked to social distance, wear a face mask, and sanitize their hands throughout the day to keep themselves and others safe. Remind your child to follow the rules and prompt them to ask their teacher if they do not understand.
- **Rehearse self-help skills.** Along with practical tips to develop dressing and eating skills, also equip your child with mental health skills. Deep breathing techniques, like inhaling through their nose for five counts and exhaling through their mouth for five counts, can help your child to calm down if they start to feel upset or anxious.
- **Read books.** Celebrate the upcoming big day by reading books like *Time for School, Little Blue Truck*.



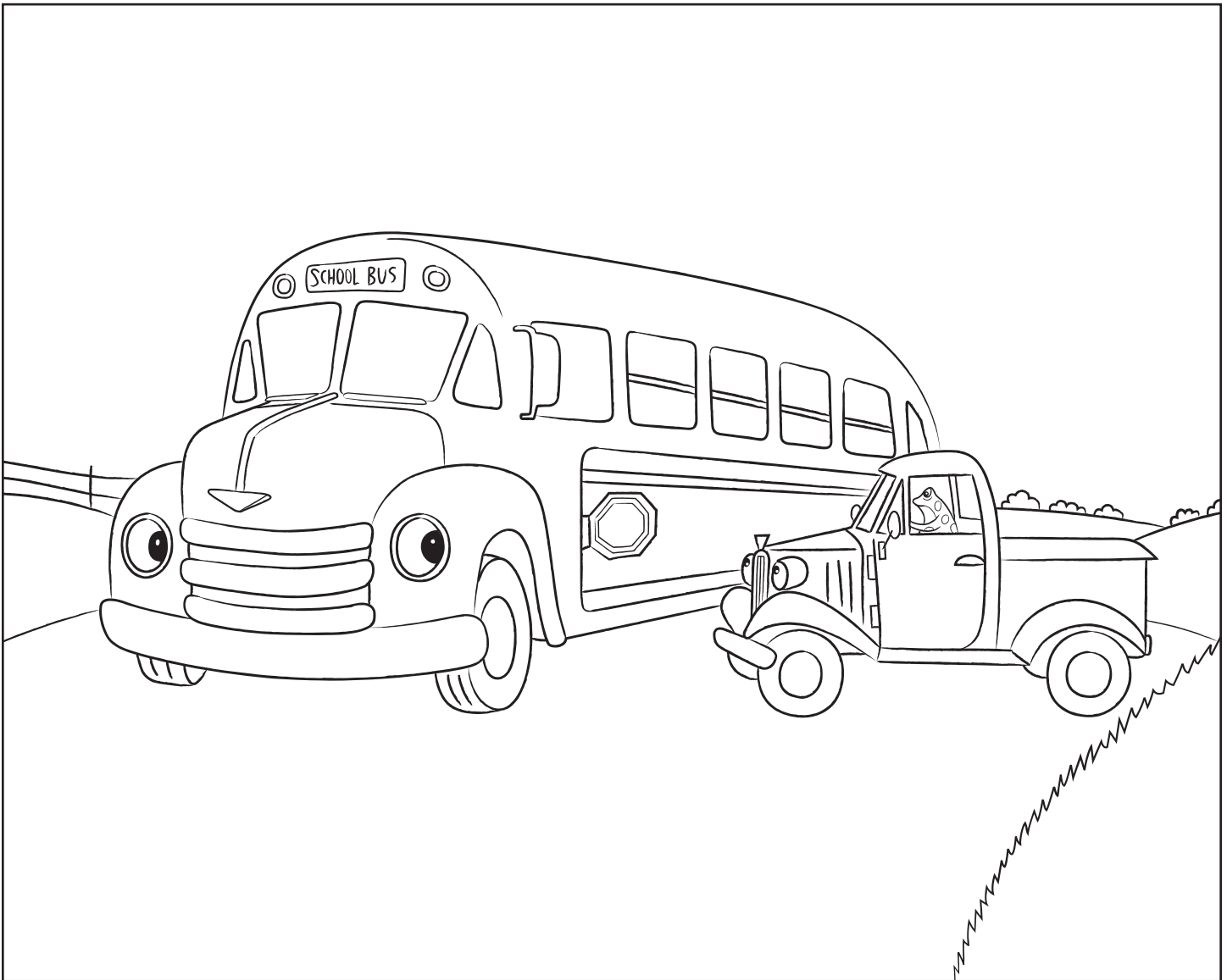
Time For School, Little Blue Truck

From Alice Schertle and Jill McElmurry



Coloring Fun

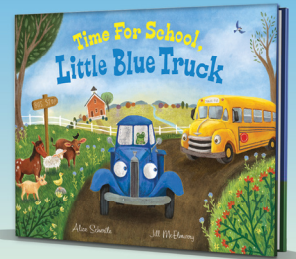
Color in the school bus and Little Blue Truck below. Use crayons, colored pencils, and markers—be creative!





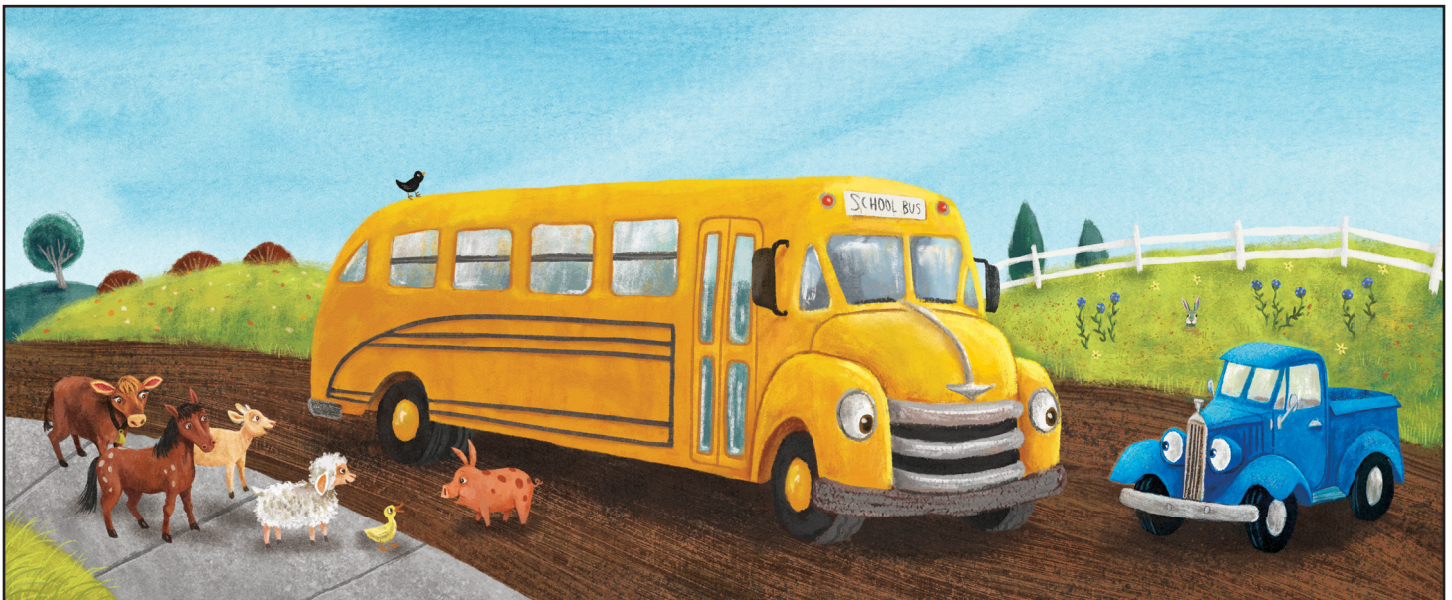
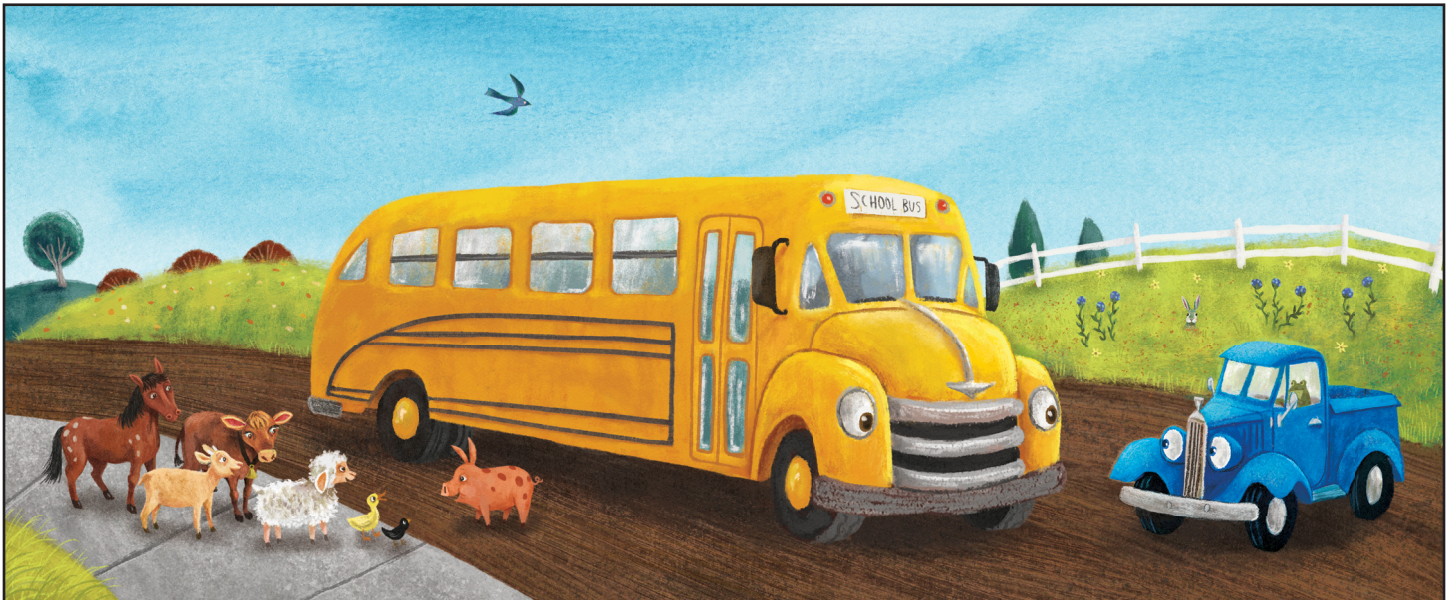
Time For School! Little Blue Truck

From Alice Schertle and Jill McElmurry



Spot the Differences

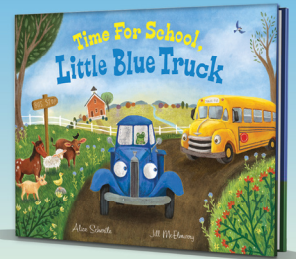
Look closely at the pictures below. Can you find the six differences between the two images?



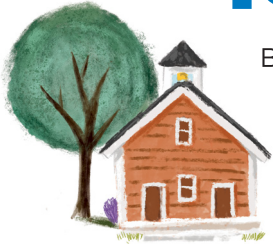


Time For School! Little Blue Truck

From Alice Schertle and Jill McElmurry



Readiness Routine Chart



Beep! Beep! Vroom! Get ready for school with this simple chart! Check off each item in the morning as you prepare for the day. Add in some of your own tasks, too.

	Monday	Tuesday	Wednesday	Thursday	Friday
Eat Breakfast					
Wash Face and Hands					
Brush Hair and Teeth					
Get Dressed					
Check Your Backpack					
Grab Your Lunch					



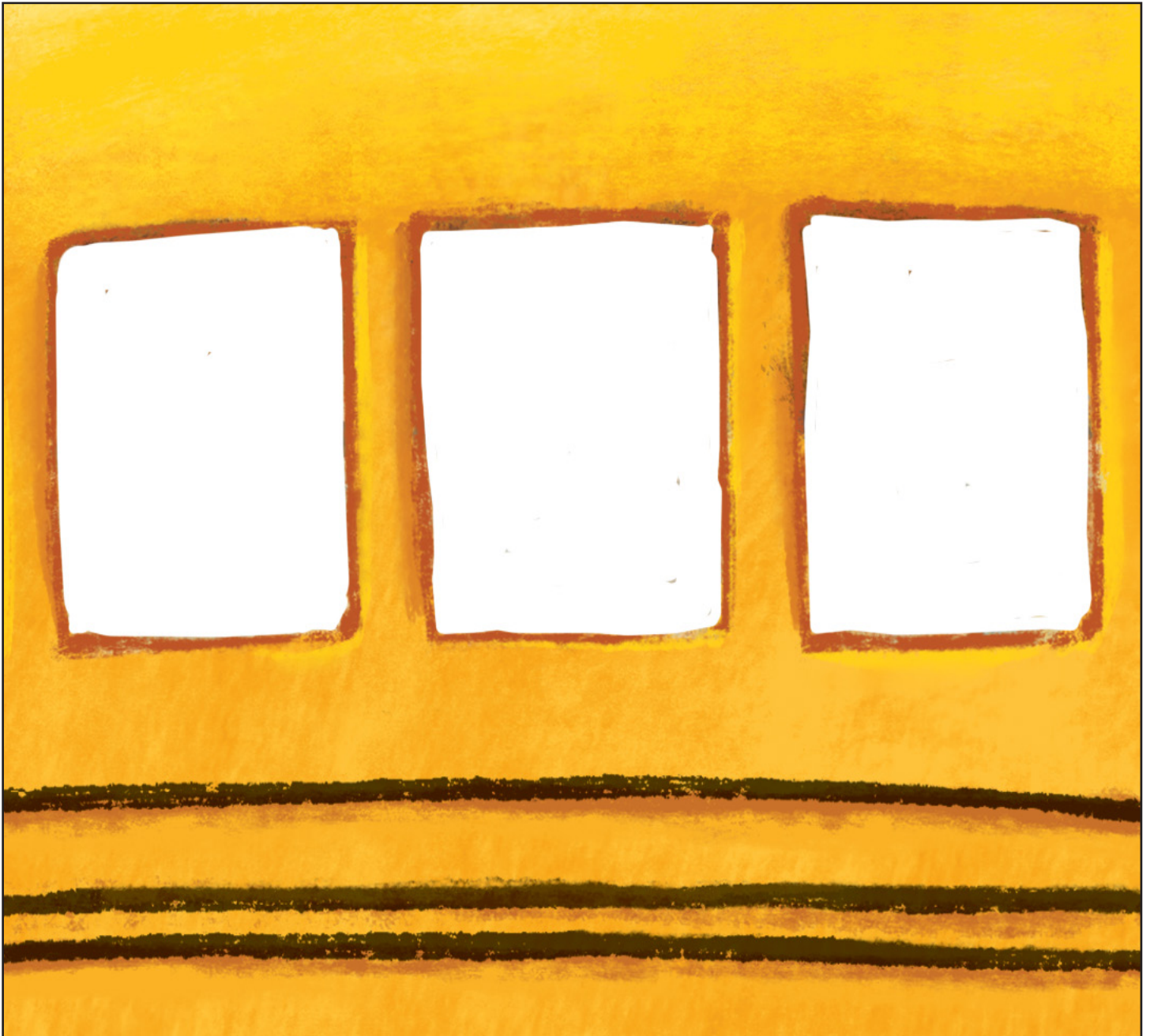
Time For School, Little Blue Truck

From Alice Schertle and Jill McElmurry



Draw Your Schoolmates

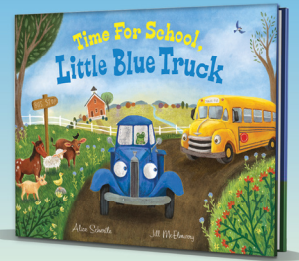
Draw and color your friends in the school bus windows!





Time For School, Little Blue Truck

From Alice Schertle and Jill McElmurry



Beep! Beep! Vroom!

It's time for school! Help Little Blue Truck find his way to school!

