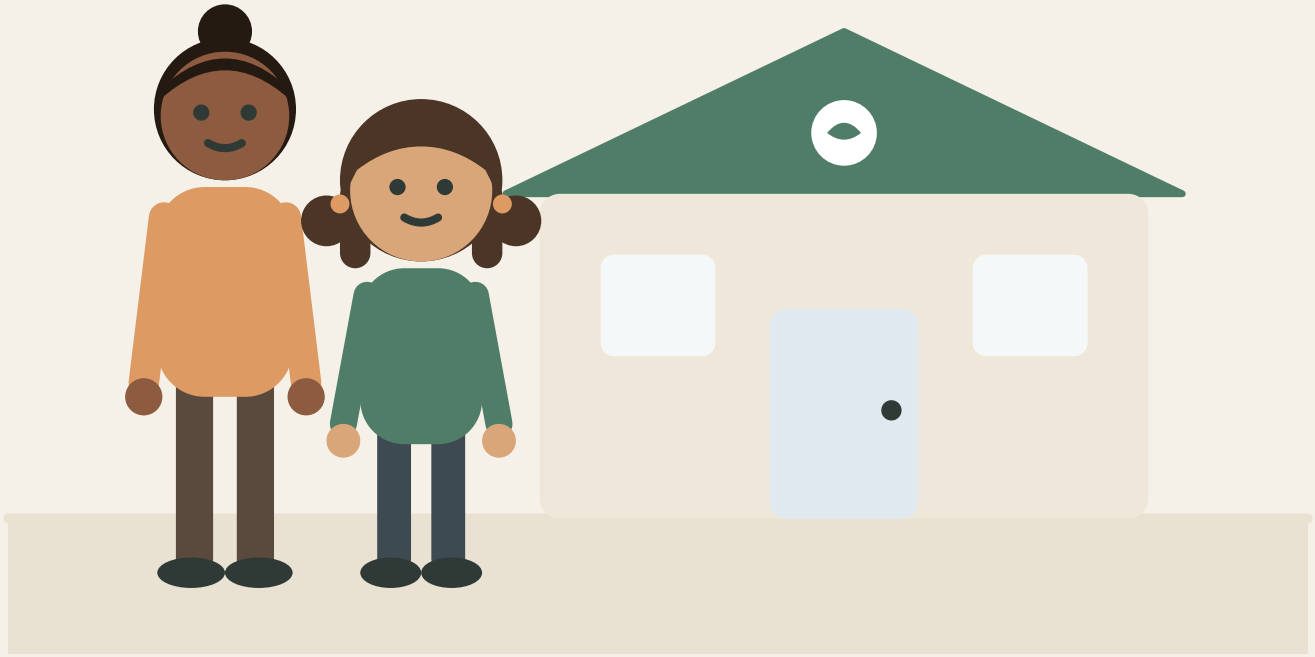
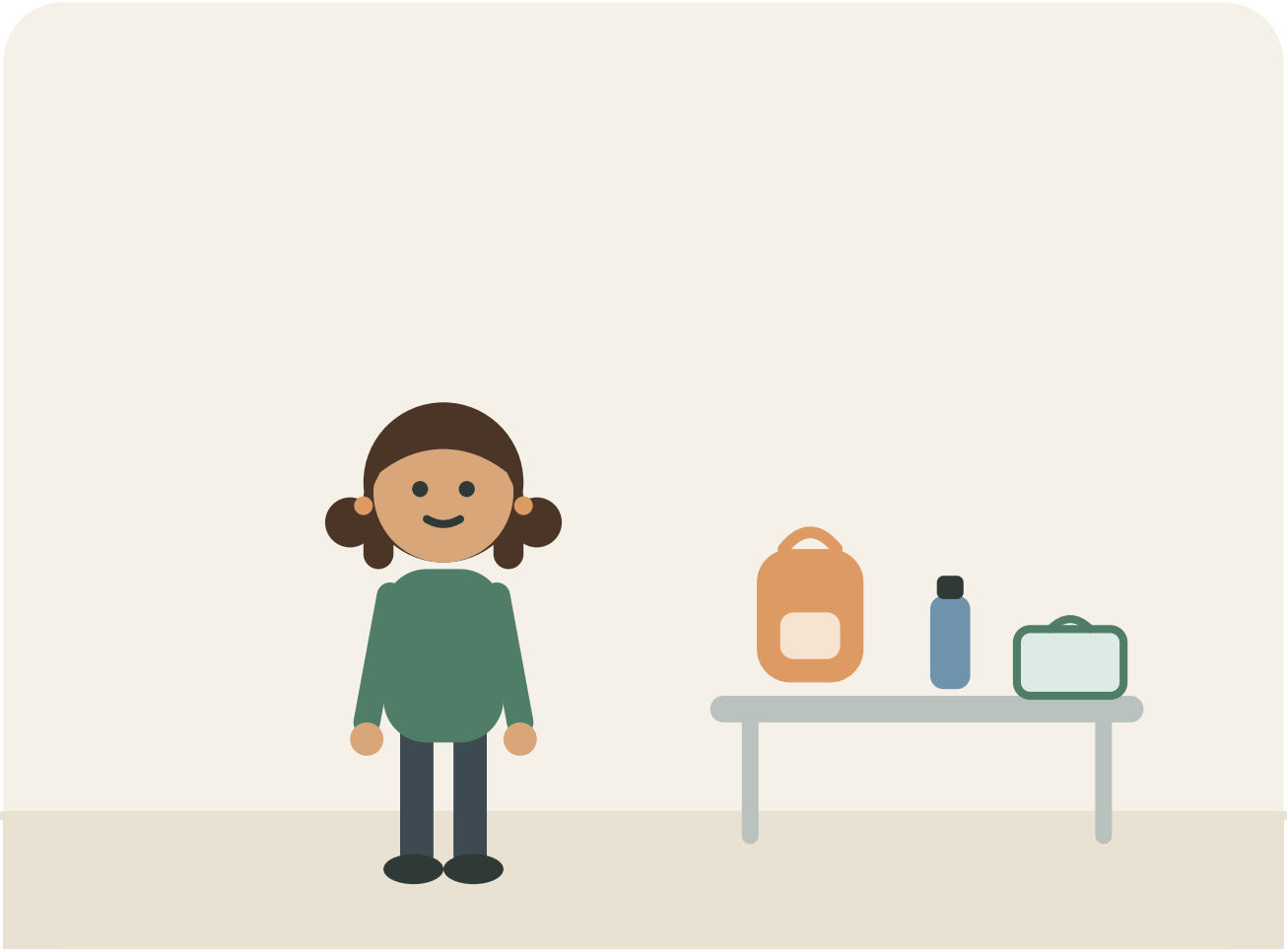
My First Day of School

A visual preparation story



Every school and every child is different.
Use the pages that are helpful for your child.



I am getting ready for my first day of school.

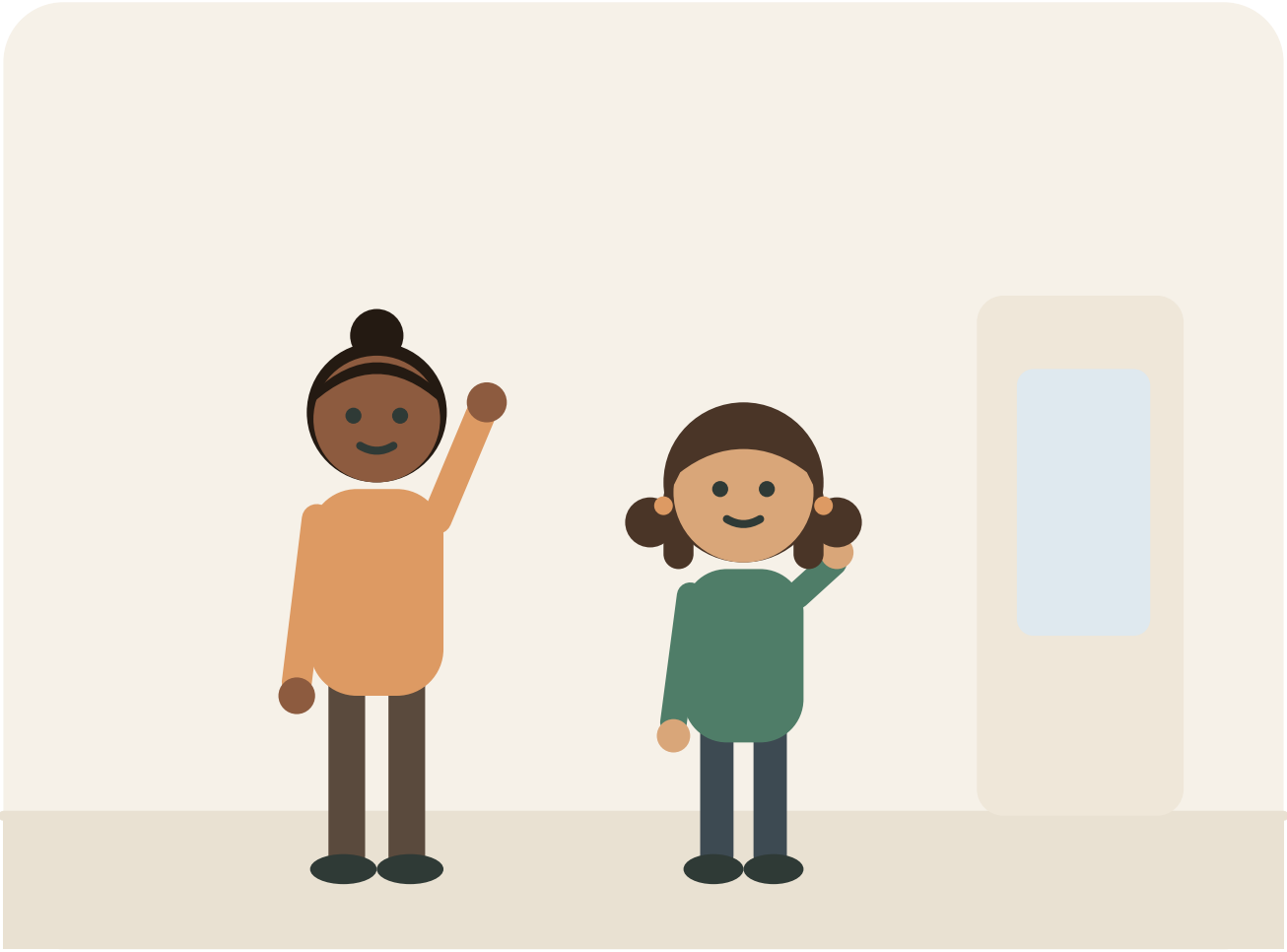
An adult will help me prepare the things I need.

I will travel to school.

I may walk, travel in a car, take a bus or use another way.

I will arrive at school.

There may be children, families and school staff nearby.



My parent or caregiver may say goodbye.

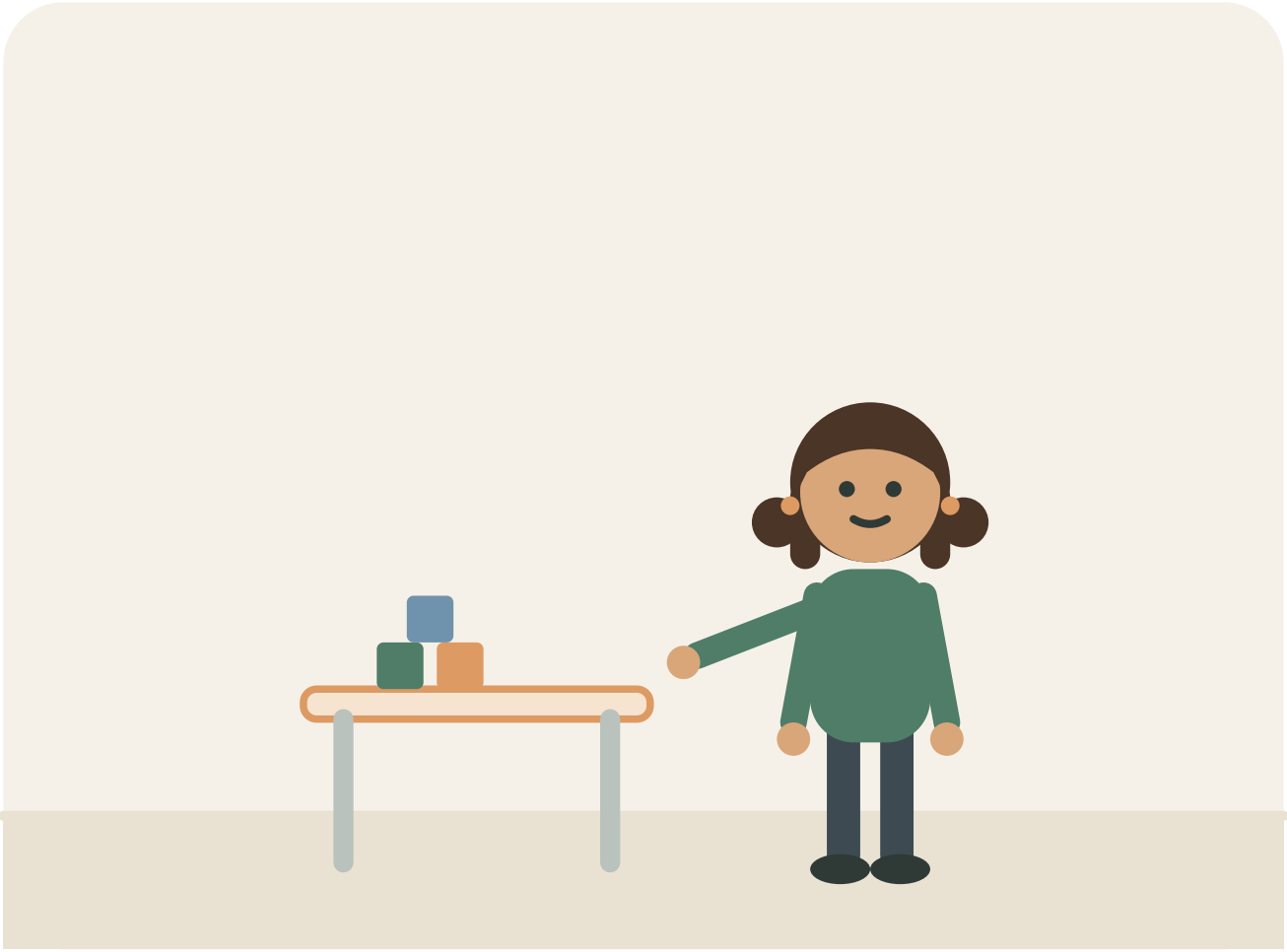
They will come back, or another trusted adult will collect me later.

I will meet my teacher or another school adult.

They can help me understand what happens next.

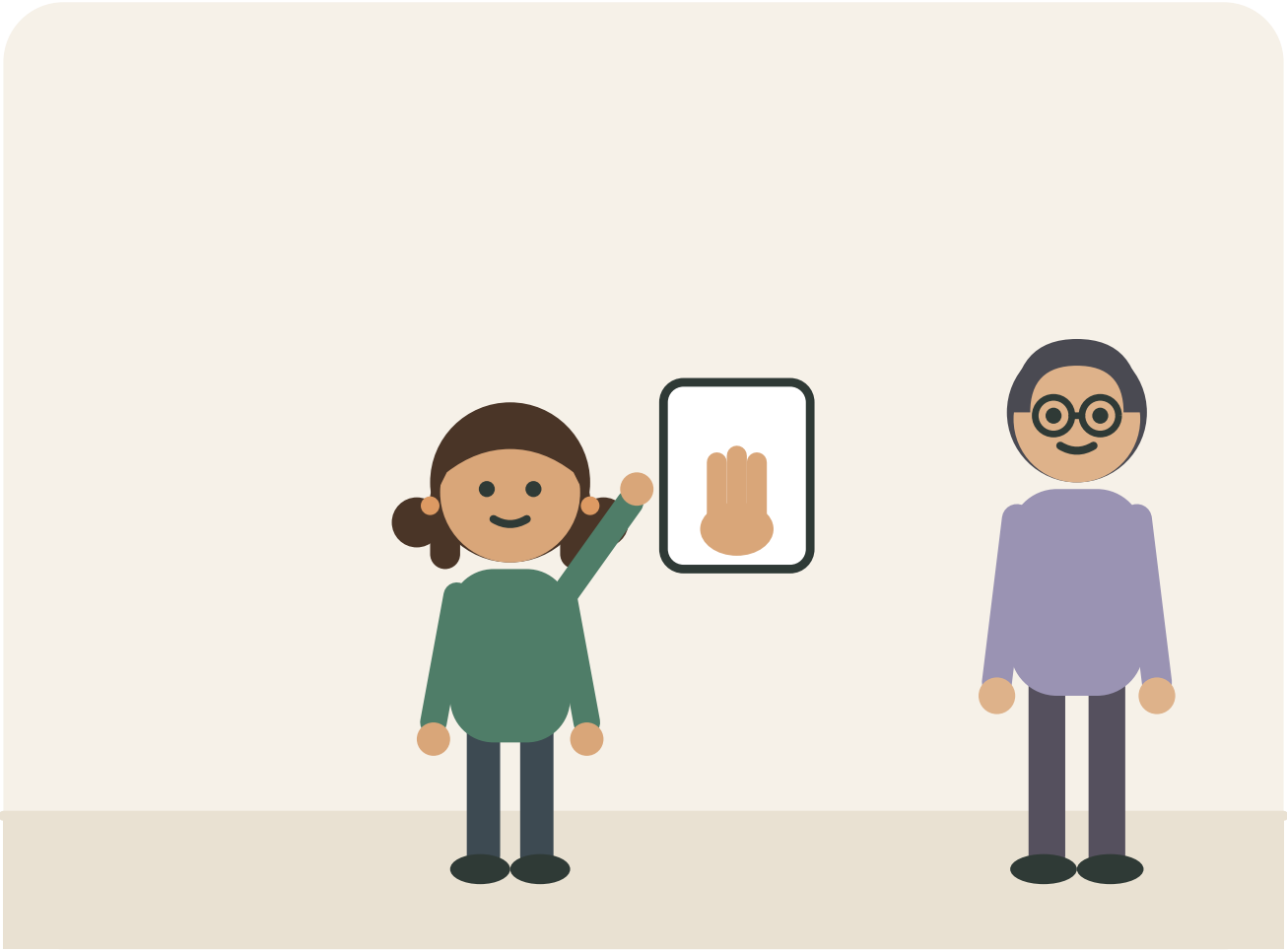
I may have a place for my bag and belongings.

An adult can show me where they go.



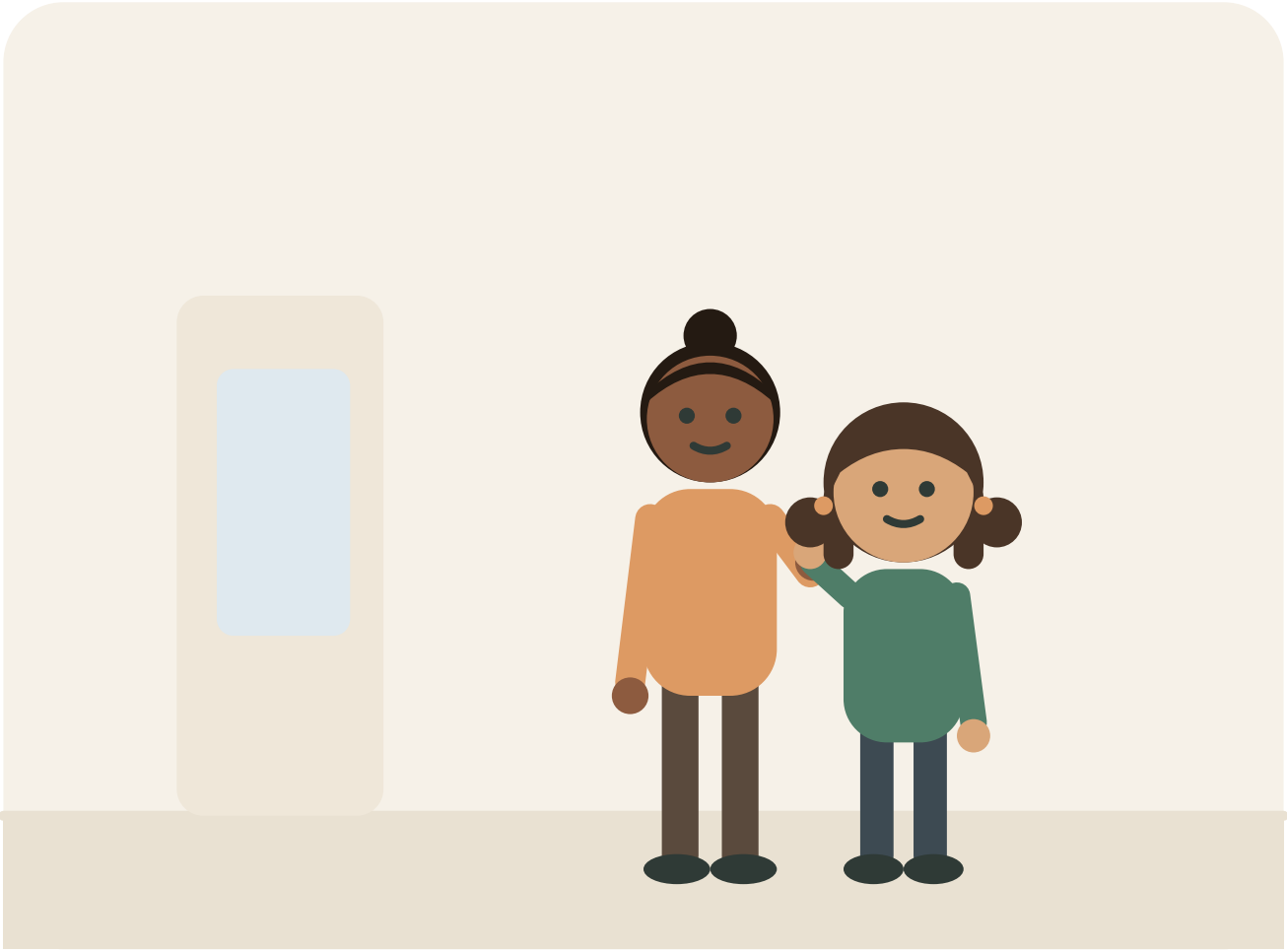
At school, I may learn, play, listen, move and complete activities.

Some activities may be familiar and some may be new.



I may have breaks during the school day.

I can ask an adult for help or use my support card.



The school day will finish.

I will leave with my parent, caregiver or another trusted adult.

My First Day Steps

Follow the steps from 1 to 8.

1

Get ready

2

Travel to school

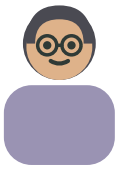
3

Arrive

4

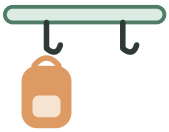
Say goodbye

5



Meet my teacher

6



Put away my things

7

Learn and play

8

Go home

First – Then

FIRST

Go to school

THEN

Go home

Help please

Break please

Toilet please

Finished

Things that may help me

Carry a familiar item

See a visual schedule

Visit the school beforehand

Meet my teacher

Know who will collect me

Use a break or help card

How to use this pack

- Read the story during the days before school begins.
- Use photographs of the real school, classroom and teacher when these are available.
- Practise the journey to school when possible.
- Tell the child clearly who will collect them and when.
- Keep the morning routine predictable.
- Share relevant communication and sensory information with school staff.
- Ask the school what visual supports are already used.
- Avoid promising that every part of the day will be easy or enjoyable.
- A visual resource may support preparation, but it cannot predict every part of the school day.

This resource provides general visual support and is not educational, medical or clinical advice.