

First Day of Kindergarten

A free printable social story for ages 4-6

The transition to kindergarten is one of the biggest changes in early childhood, especially for children with autism or anxiety who thrive on predictability. Read this story in the weeks before school starts so your child knows exactly what the first day will look like. It pairs well with a visit to the classroom or photos of the new teacher.

Soon I will start kindergarten.

Kindergarten is a school where kids my age learn and play.

My teacher's job is to keep me safe and help me learn.

My classroom has tables, books, and places to play.

Other kids will be in my class, and they are new too.

Some kids feel excited on the first day.

Some kids feel nervous or shy. That is okay.

If I feel nervous, I can take a slow, deep breath.

My grown-up will say goodbye and come back for me when school is done.

At school we sing songs, listen to stories, and eat snack.

If I need something, I can tell my teacher.

Every day, kindergarten will feel a little more familiar.

I am growing up, and I can do this.

Tips for Reading This Story Together

- Swap in the real teacher's name and, if possible, a photo of the actual classroom so the story matches what your child will see.
- Read it at calm times of day, not just the night before school, and keep each reading short and pressure-free.
- Pair the story with a walk or drive past the school, or attend the meet-the-teacher event if one is offered.
- After school starts, keep reading for the first week or two; the story now confirms that school went the way the story said it would.

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Personalize this story with your child's name for free at nameinabook.com — built by the nonprofit Opportunity Hack.