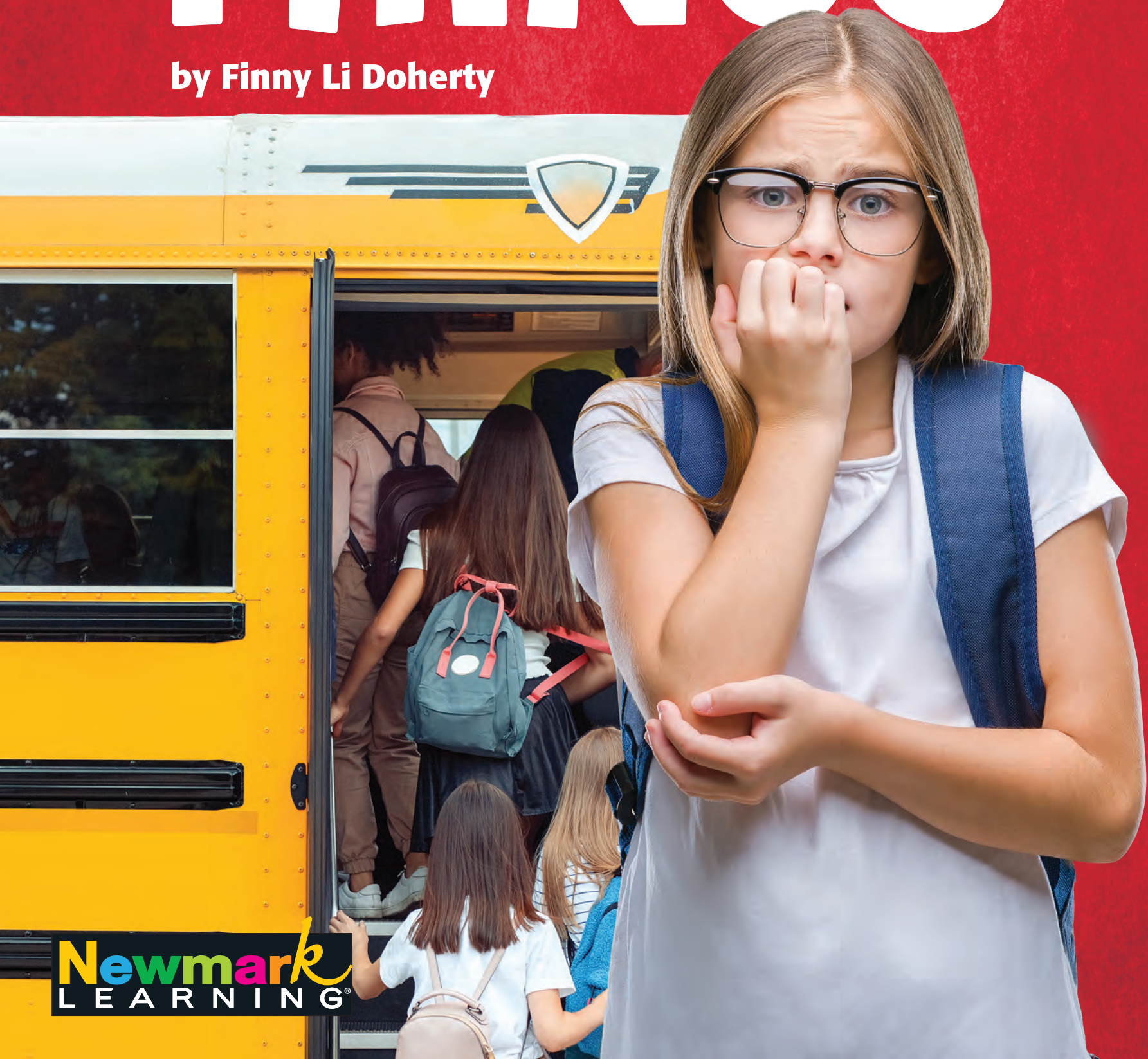


I Can Handle **NEW THINGS**

by Finny Li Doherty





SET THEME:

I Can Manage Myself and Set Goals

Build Social and Emotional Intelligence

Use the following tips to help children handle new things:

- Encourage them to talk about their feelings before trying something new.
- Discuss ways to deal with their emotions.
- Ask them to reflect on past experiences and how they were successful when trying something new.
- Have them share examples of new things they would like to try and goals they would like to set for themselves.

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How to Read This Book with Children

- 1** Read aloud the title. Discuss what it means to handle new things and why it's important.
- 2** Read aloud the book with children.
- 3** Ask children to talk about strategies that they can use to remain calm and confident while trying new things.
- 4** Ask children to describe how they feel when they are faced with something new.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the story to their own experiences.

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Look around you. There are many new opportunities, places, and things to try.



There are museums to visit. There are new foods to taste, and new places to explore.



But sometimes all these new things can be overwhelming.



It can be scary trying something new for the first time. But there are ways to handle them.



This year, I'm entering second grade. We're visiting the school before the first day of class. But I'm still a little nervous.



Then I remember my teacher taught us stretches in first grade. When I was nervous, I would stretch. It helped me calm down. Maybe I could do stretches in second grade, too.

