



Mitzy and the Trouble with the First Day

The story

Tonight is the night before the first day of school, and Mitzy's tummy is full of butterflies. What if she cannot find her classroom? What if nobody sits with her at lunch? In the morning Mrs. Trala the owl says she has a job that needs doing, and asks if she may give it to Mitzy. The job is the name tags, and carrying the basket takes her over to the cubbies, where a small turtle is standing on his own.

The feeling in this book

Worrying about a new place is ordinary, and it does not go away because somebody tells you there is nothing to worry about. It gets smaller when you have something to do and somebody to do it with.

Talk about it

- What was Mitzy worried about before the first day?
- Mrs. Trala gave Mitzy a job instead of telling her not to worry. Why do you think that helped?
- Have you ever been the one standing on your own? What would you want somebody to do?

Something to do

Think of one job you could give to somebody new, something small and real, like carrying the pencils or holding the door. Doing a job beside somebody is an easy way to start.