

Trying New Things



During our lives, we encounter new experiences: new foods to eat, new clothes to wear, new places to live, new schools to attend, etc. Trying new things gives us a chance to figure out what we like and what we don't. It also gives us a chance to have things in common with others.

Trying new things helps us to grow as individuals and makes us more "experienced" and interesting people. It provides us more options for things that we can do and enjoy. It also gives us more things in common with other people. This may lead to more friendships and social opportunities.

Sometimes, people can become anxious or nervous about trying new things. This is okay. Lots of people feel this way. But, if you learn some information about the new "thing" prior to experiencing it, you may find that you are more comfortable when it is time to actually try it out.

It is important not to let your anxiety keep you from trying new things. You could miss out on finding your favorite activity or meeting your new best friend!

Use the Circle form graphic organizer to help plan and prepare for a new experience. It may help ease your anxiety and you may find that you have a lot more fun trying something new and exciting!