



Frizzle's Top 5 Back-to-School Tips

1. **Pack Your Kindness:** Just like pencils and notebooks, kindness is something you should always bring to school. A smile or a helping hand can make someone's day brighter.
2. **Stay Curious:** Ask questions, explore new ideas, and don't be afraid to try something different. Curiosity is how adventures (and learning) begin!
3. **Be a Good Friend:** Invite someone new to sit with you at lunch or play at recess. Happy Town is happier when no one feels left out.
4. **Take Brain Breaks:** Even Frizzle needs to pause sometimes! Stretch, breathe, or doodle between tasks to keep your mind fresh and ready to learn.
5. **Celebrate Little Wins:** Whether it's solving a tricky math problem or remembering your backpack, give yourself credit. Small wins lead to big successes!