Hello my friends,

This month I started preschool. I liked my new school, but I was worried to go there because they all speak a language that I hardly understand. At circle time I couldn't understand what the teacher was talking about. I normally like to participate in conversations in class, but now I cannot understand much and cannot express myself as I am used to in my native language. My teacher and classmates are very nice about it, yet I still feel intimidated.

One day I was hungry but didn't know how to tell the teacher that I wanted to eat, so I started crying. While my teacher was trying to comfort me I remembered the song "apples and bananas" and pointed at the apples on the snacks table. My teacher handed me an apple and I was so proud of myself that I found a way to tell her what I needed.

The next day I was very sad. I love learning in my new class, but everything is new and I am overwhelmed. Not understanding most of what's being said makes things more stressful to me. I was crying and hoping that my mommy would come to pick me up, but she didn't and I am happy that I stayed in class, because my teacher remembered that I like Disney songs and she played some music in class. I was so happy singing and dancing with my teachers and new friends and enjoyed the rest of the day very much.

My experience has taught me that there are some tools that could help me to express myself without words. Songs are a wonderful way to both learn and connect with others, I can point at things, and maybe make some gestures with my body that would help others to understand me. This is not easy, but I am so excited to have the opportunity to learn a new language and make new friends.

Have you had a situation where you felt that you could not express yourself well? I would love to read your stories. You can share your story on my website: https://www.makemistakes.club/upload-stories.

LOVE,

Mistake