

Dear Esteemed Judges

I would like to start off by thanking you for taking the time to evaluate my project. Jazakum Allahu Khairan for your time and effort. There are many reasons listed in my paper regarding how social anxiety can take a toll on the life of an individual beginning from a young age. However, the question of what we can do to help, is constantly arising in any mental health issue. The welcome packet being proposed aims to help incoming students feel more welcomed in a new school environment and feel more comfortable in reaching out to meet people and connect with teachers. Over the course of the year, through research and working with Sr. Naseera Azad, I have been able to create a welcome packet with various activities and objects to help make the transition to a new school easier and smoother, with less anxiety. The welcome packet includes ideas for different introductory games such as a customizable “Jenga”, snacks, and stationary items a student can use to make conversation and interact with other peers. My hope is that the games and objects will give students the opportunities to engage in conversation and get to know each other through playing with the games, making new students less anxious and stressed. I hope you will take the time to look through my welcome packet along with the activities and objects included.

Sincerely,  
Raneem