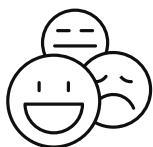


Back-to-School Mental Wellness Tools & Tips

Make Mental Health Part of Your School Supplies!

Join us as we kick off the year with simple tools,
resources, and support to help you feel balanced,
focused, and ready to thrive!



Feelings Chart

Use emojis or simple pictures to help name emotions that may be presenting themselves



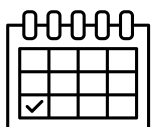
Worry Box

Create a small box where your children can "drop" written worries each day



Grounding Exercises

Implement 5-4-3-2-1 grounding exercise into a game (5 things you see, 4 things you can touch, etc)



Visual Schedules

Reduce anxiety by creating a consistent morning and evening routine chart



Journal Prompts

Write journal prompts to help children process going back to school (what am I worried about?)



Music/Mood Playlist

Build a playlist that matches and shifts with various moods



Breathing Techniques

Try practicing breathing techniques like box breathing (Inhale 4, Hold 4, Exhale 4, Hold 4)



Emotional Check-Ins

Ask open-ended, non-judgmental questions to create meaningful connection & conversation



Conversation Starters

For Emotional Check-ins

For Kids:

- What was the best part of your day?
- Was there anything tricky or frustrating today?
- If school was a weather forecast today, what would it be?
- How did you body feeling during class or recess?

For Teens:

- What's something you wish adults understood about your day?
- If you could change one things about school right now, what would it be?
- What's been on your mind a lot lately?
- How can I best support you this week?

Tips for Parents & Caregivers

- Normalize talking about emotions & model it yourself
 - Check your own stress triggers and seek support when needed to help
 - Celebrate small wins - progress over perfection
 - Remember: Be gentle with yourself and your child
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