

Big feelings can come with new beginnings.

BACK-TO-SCHOOL CALM KIT

A simple guide for students and families

Inside:

- 5 ways to ease school anxiety
- Conversation starters
- Night-before checklist
- First-week check-in



5 WAYS TO EASE THE JITTERS

01 Talk about it

Name what you're feeling.

02 Create a routine

Make the day more predictable.

03 Find a positive

Choose one thing to look forward to.

04 Prepare early

Make tomorrow easier tonight.

05 Make school familiar

Visit the school and meet the teacher when possible.

REMEMBER

Nervous doesn't mean something is wrong. Sometimes it simply means something is new.

Not sure what to ask?

Instead of “How was school?” try:

→ What was the best part of today?

→ What felt hard today?

→ Who did you spend time with?

→ What made you laugh?

→ Did anything surprise you?

→ What are you looking forward to tomorrow?

→ Is there anything you want help with?

FOR OLDER STUDENTS

“What took the most energy today?”

Make mornings a little easier.

- ☐ Outfit ready
- ☐ Backpack packed
- ☐ School supplies ready
- ☐ Lunch/snacks planned
- ☐ Transportation confirmed
- ☐ Alarm set
- ☐ Wind-down time before bed
- ☐ One thing to look forward to tomorrow

Something that went well:

FIRST-WEEK CHECK-IN

Something that was difficult:

Something I'm proud of:

Something I need help with:

Still feeling overwhelmed? You don't have to navigate it alone.

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