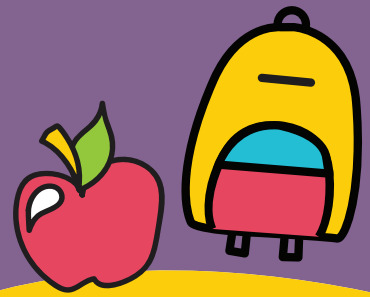


Heading Back to School

You can feel lots of things as you head back to school. Use these tools to help you mentally prepare for the upcoming year.



How are you feeling?

What's something you feel excited about when you think about going back to school?



What's something you feel nervous about going back to school?



What's something you want to work on to help you feel ready to go back to school?



Back-to-School Checklist

Check off of all the things you need to start the school year:

- ☐ Get school supplies.
- ☐ Figure out getting to/from school.
- ☐ Get used to earlier schedule.
- ☐ Finish summer bucket list.
- ☐ Complete medical forms.
- ☐ Attend orientation.
- ☐ Run through morning routine.
- ☐ Label school items.
- ☐ Come up with safety plan.
- ☐ Get school calendar.
- ☐ Make list of things to bring for first day of school.



After school has started, check in.

What went well about going back to school?

What do you want to work on?
