



Hello, and thank you for signing up for our Strong Start, Stronger Year webinar.

We hope this interactive webinar and the resources included in this packet can help you promote mental wellness at the beginning and throughout the school year to set your kids up for success.

What's Inside

In this packet, you'll find resources referenced in the webinar that you can use with your kids to have a mentally healthy school year. The packet includes:

- Back-to-School Conversation Starters
- Back-to-School Mental Health Checklist
- Guide on Working with Your Child's School
- My School Goal Activity
- Weekly School Planner

Thank you for taking this step to help your kids manage their school stress and find ways to achieve academic success so they can have a strong start to the year!

If you have any questions about the webinar, resources or anything else, feel free to email info@KidsMentalHealthFoundation.org.

Dr. Ariana and Dr. Whitney

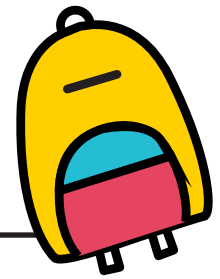


About The Kids Mental Health Foundation

The Kids Mental Health Foundation is dedicated to creating a world where mental health is a vital part of growing up. Where physical health is as important as mental health. We do this by providing free resources across the United States to empower parents, caregivers and educators before a crisis or concern. Learn more at KidsMentalHealthFoundation.org.

   [#KidsMentalHealthFoundation](https://www.KidsMentalHealthFoundation.org)

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Conversation Starters:

Back-to-School Edition

Conversation Starters

Back-to-School Edition

What is your favorite memory from this summer?



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Conversation Starters

Back-to-School Edition

How are you feeling about the start of the school year?



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Is there anything you're worried about with going back to school?



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What do you like most about yourself?



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If you could make a rule for your classroom, what would it be?



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What are you most excited about learning this year?



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Conversation Starters:

Back-to-School Edition

Conversation Starters

Back-to-School Edition

What's your favorite thing to do at school?

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What do you hope to get better at this year?

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Which friend are you most excited to see again?

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How are you going to make new friends?

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Back-to-School Edition

What adult will you go to when you need help or support at school?

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Back to School

Mental Health Checklist

☐ **Get back into a routine.**

About 2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.

[READ MORE](#)



"What book do you want to read before bed?"

☐ **Talk to your child**

Find a relaxed time when you can give your full attention, such as after dinner, or at some other quiet time.

[READ MORE](#)

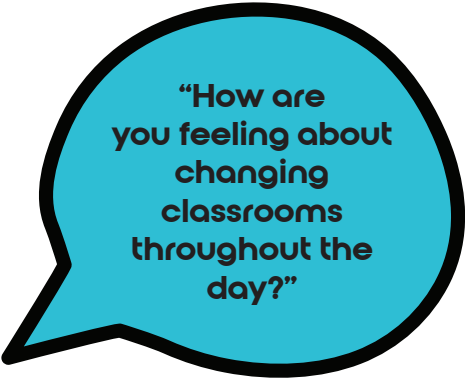


"What are you excited about this school year?"

☐ **Review your child's expected schedule and new routine for school.**

Prepare for changes this school year. For example, visit a new bus stop location or new building.

[READ MORE](#)



"How are you feeling about changing classrooms throughout the day?"



Get organized.

Have a designated place for school materials and a study area. Include a print out of the school calendar with due dates and events.

READ MORE



“Where can you focus to get work done outside of school?”



Talk about expectations — yours and your child’s.

Help your child set goals for the school year and take time to check in about their feelings for the upcoming year. Don’t forget to also talk about your rules and expectations.

READ MORE



“What do you want to get better at this year?”



Connect with the school.

Meet their teachers and school staff. Mark school events on your personal calendar so you can plan to attend. Encourage your child to join extracurriculars.

READ MORE



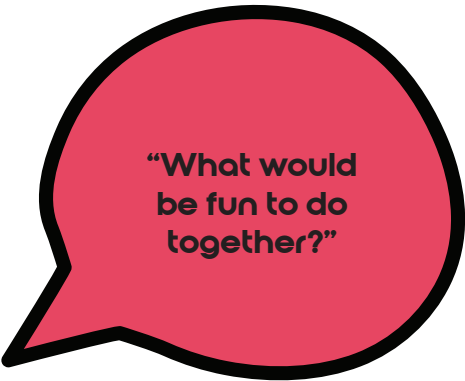
“What are some school activities you want to participate in this year?”



Have a last hurrah.

Have an at-home movie night, take a family bike ride or visit a local attraction like a park, museum or zoo.

READ MORE



“What would be fun to do together?”

Connecting with School: Parent's Guide



Did you know that when a child feels connected to their school, it helps their mental health? You can help this connection by knowing who to contact and activities they can be involved in. Consider using this to guide your conversations with the school.

1) What are the names of my child's teachers:

How often should I be checking in with them?
(weekly / monthly / each quarter)

How do I contact them if I have concerns? (email /
call school / text teacher / send in a note with child)

Contact Information:

Teacher #1: _____

Teacher #2: _____

Teacher #3: _____

2) What is the school guidance counselor's name:

In what ways can a school counselor help?

Contact Information:

3) Are there other staff member(s) important for
my child (i.e., nurse or education specialist)?:

Contact Information:

4) Are there important events and meetings at
school for me to attend? When are they?

_____ Date: _____

_____ Date: _____

_____ Date: _____

_____ Date: _____

5) What are some important dates for my child
(this could include testing, safety drills, days off,
field trips, school dances)?

_____ Date: _____

_____ Date: _____

_____ Date: _____

6) What are some clubs, sports, or activities that
my child can participate in? How do I sign my child
up if we're interested?

Goals for School



My School Goal:

Three steps I will take toward my goal:

1) _____

2) _____

3) _____

When I face difficulties reaching my goal, I will:

My School Success Plan

My Support People

Who will I connect with for help?

My Organization System

How will I stay organized?

My Schedule

When will I work on my schoolwork?

My Study Spot

Where will I do my schoolwork?

My Stress Plan

How will I manage my school stress?



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Weekly School Planner

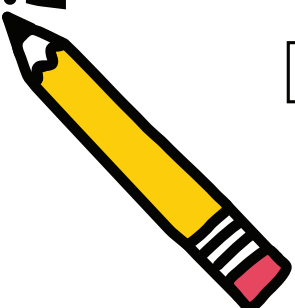


Step 1: Due This Week

ASSIGNMENT	DUE DATE	NEED HELP	WORKING ON IT	COMPLETED	TURNED IN
_____	_____	☐	☐	☐	☐
_____	_____	☐	☐	☐	☐
_____	_____	☐	☐	☐	☐
_____	_____	☐	☐	☐	☐
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_____	_____	☐	☐	☐	☐
_____	_____	☐	☐	☐	☐
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If help is needed, who will you go to for help?

You've got this!



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Step 2: What will I work on each day?

MONDAY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

TUESDAY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

WEDNESDAY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

THURSDAY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

FRIDAY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

WEEKEND

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

