

Conversation Starters:

For a Tough School Year



- Ask at any time before, during or after the school year. Ask them how they thought school has gone or is going, their vision for how they'd like school to go and what you can do to help them achieve their vision.
- Try to figure out together the root cause of challenges at school. Are/were there academic problems, issues connecting with their teacher or problems with friends? Identifying problems may help you find solutions.
- Encourage ongoing communication about their successes and struggles at school. Be ready to support, even if grades are disappointing, as they try to get back on track.

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How did you feel last school year went?

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Conversation Starters

For a Tough School Year

What things would you like to be different about school this year?

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What routines or habits do you think could help you have a better year?

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What things did you try last year to improve your study habits or social skills?

Did you feel like those helped?

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What went well last year that you'd like to see again this year?

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How will you let us know when you need help with things at school?

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Conversation Starters For a Tough School Year (Continued)

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What are you looking forward to most when school begins?



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What are you worried about most when school starts up?



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How do you react when you feel anxious or worried about school?



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Is there anything you'd like me to tell your teacher about you?



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Do you feel connected to your classmates and teachers?



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When you're at school, which adults can you talk to if any problems or concerns arise?



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Which group activities outside of school bring you joy and help you feel connected to peers?



The Kids Mental Health Foundation