

Mental Health School Supplies Checklist

- Talk it up! **Connect and chat** with your kids or students feelings about going back to school, new teachers, building and maintaining friendships, fears, classes, and exciting opportunities.

- Set up **designated areas and organized spaces** in class and at home to foster routines and clarity.

- **Touch Base Again and Again** →
Connect about their day/week/
semester:
 - What went well?
 - What didn't go so well?
 - What are they looking forward to the most for next week/
month semester?
 - Are they feeling **overwhelmed, depressed or isolated**?
 - Try not to micromanage homework assignments/deadlines or overload them with busy work.
 - Communicate your availability and willingness to provide support if needed.
 - Encourage your kids or students to **tap into their hobbies**, try something new, or give back to the community.
 - **Have fun!** Enjoy some fun activities together, relax together, share funny memes or jokes.

- **Set up clear routines:** Classroom, drop off, extracurricular activities, pick up time. This will help lessen stress, anxiety, and confusion.

- Meet the teachers/parents to gain **clear direction and expectations.**

- Together, discuss a clear list of expectations for the school year as well as rules and consequences in the classroom and at home. Having an open conversation provides kids a fair chance to **understand, internalize and give their opinion** on the expectations.

- Make sure to have a clear and readily available list of **support resources and emergency contacts** for your students/children in case they need it.

- Identify which special events or school activities are **important for your students/kids** and make an effort to share and show your excitement and make sure to be present.

- Encourage setting up reminders and alarms to instill a sense of **responsibility, accountability, organization, and timeliness.**

- Support and nurture your kids or students with **positive and encouraging** words.

