

MENTAL HEALTH SCHOOL SUPPLIES Checklist



- **Start the conversation!** Engage with your kids or students about how they feel about going back to school, meeting new teachers, making and keeping friends, their fears or concerns, their new classes, and the exciting opportunities that lie ahead.
- **Establish clear routines** for the classroom, drop-off and pick-up times as well as extracurricular activities. This will help reduce stress, anxiety and confusion.
- **Meet the teachers/parents!** This is crucial to understand expectations.
- **Collaboratively, outline a clear list of expectations for the school year**, along with rules and consequences both in the classroom and at home. Having an open discussion allows kids to understand, internalize and share their opinions on these expectations.
- **Ensure you have a clear and easily accessible list of support resources and emergency contacts** available for your students or children in case they need assistance.
- **Determine which special events or school activities are significant for your students or kids**, and make an effort to express your excitement and ensure your presence.
- **Keep Checking In** → Chat about their day, week or semester:
 - What went well and what didn't go as planned?
 - What are they most looking forward to next week, month or semester?
 - Are they feeling **overwhelmed, depressed or isolated**?
 - Let them know you're available and **willing to provide support**.
 - **Encourage** them to pursue hobbies, try new activities or give back to the community.
 - **Enjoy** some activities together, relax and share funny memes or jokes.
- Encourage using reminders and alarms to foster a sense of **responsibility, accountability, organization and punctuality**.
- Uplift and encourage your kids or students with **positive and supportive** words.



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