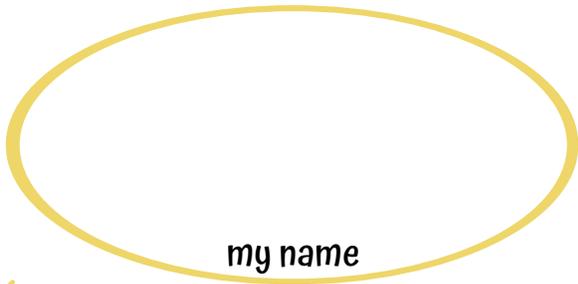


My

BACK to SCHOOL

Interview


my name

I am



years old



What is your favorite memory from the summer?

Favorite color _____ Favorite animal _____

Favorite subject _____ Favorite song _____



What new activities do you want to try this year?



What is your favorite thing about yourself?



What is one thing you'd like your new teacher to know about you?



What are you most excited about this year?

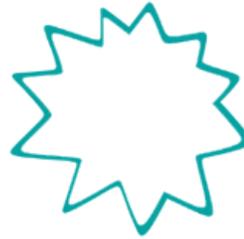
My

BACK to HOMESCHOOL

Interview

my name

I am



years old



What is your favorite memory from the summer?

Favorite color _____ Favorite animal _____

Favorite subject _____ Favorite song _____



What new activities do you want to try this year?



What is your favorite thing about yourself?



Outside of school subjects, what interests you the most right now?



What are you most excited about this year?

My - First Day - of

When I grow up I want to help

4 POWERFUL ways to MANAGE BACK-TO-SCHOOL ANXIETY

Big Life Journal

1 PREPARE

- Establish and maintain a **connection to school** by attending fun events together.
- **Initiate early discussions** about the upcoming school year with books like "Noni is Nervous" by Heather Hartt-Sussman and "Mae's First Day of School" by Kate Berube
- **Let them know it is normal to worry.** Simply knowing to expect some jitters early on, and even hearing about yours, can be very reassuring.
- **Help them build resilient mindsets.** Tune in to a few episodes of the Big Life Kids podcast together to learn more about facing challenges.

2 IDENTIFY SPECIFIC FEARS

- When delving into specific fears, be sure to **phrase questions positively.** "Do you know who you might play with at recess?" versus "Are you worried no one will play with you?".
- Consider some of the most **commonly-reported school fears.** Your child may worry about academics, social interaction, having the "right stuff" for school, or separating from you.

3 FOCUS ON POSITIVES

- Encourage your child to write about their school fears.
- Start by grabbing a piece of construction paper, and label one side "**Worry Thoughts**" and the other "**Happy Thoughts.**" Draw a line down the center of the page. Then, have them either write or draw in each column.
- Have your child name all the **fun things that happen at school** that can't happen anywhere else.
- Remind your child that all the thinking they've done means they're **ready for the year.**

4 STAY CONNECTED

Consider adding one of the following acts to your **morning routine** to maintain the connection with your child all day and soothe worries:

- Draw reminders on **hands** (a heart or kiss)
- Give them a **worry stone** or bead to keep in pocket and rub when feeling nervous
- **Apply fragrances** like your perfume or lotion to hands/arms that can be sniffed during the day. The more the scent wears off, the closer they are to seeing you again!
- Put your **photo in their backpack**
- Place **encouraging notes** or messages in lunch box.



Big Life Journal

BIGLIFEJOURNAL.COM