



**BACK-TO-
SCHOOL
RESOURCE
TOOLKIT**

AUGUST 2022



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LETTER TO PARTNERS



Starting a new school year can feel exciting or nerve-racking, or more likely – a combination of the two. Especially those students transitioning into middle or high school, or those going into college, may be facing many unknowns. There will be new people to interact with, new material to learn, and more homework to do! Families may not be sure how best to support their kids or give them meaningful advice beyond “you got this!”.

Teachers and other school staff may also be dealing with back-to-school jitters; maybe they’re expected to teach new materials, work under a new principal, or have started at a new school themselves.



TAKE ACTION

Follow us on Instagram,
Facebook, and Twitter to
receive daily mental
health information
@FreeYourFeelsGA!

Remember: Feeling nervous about change is completely normal! Having the tools to respond to change in a graceful and gentle way can make all the difference. This month’s toolkit includes tips to take care of ourselves and thrive this coming school year.



FOR YOUTH/TEENS



To set yourself up for a successful school year, it's worth thinking about developing healthy habits. Habits are activities we do regularly and can include things like going to bed at the same time each day, getting organized the night before school, and studying with others. Once you start working towards building any habit, it will become easier and natural over time and allow you to achieve your goals more effectively.

TAKE ACTION

Read these examples of habits and create some of your own for this school year!

A photograph of six sharpened wooden pencils with black erasers, arranged in a row on a dark red surface. The pencils are pointing towards the left.

10 Habits of Successful Students



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FOR YOUTH/TEENS



Many people are a little nervous before starting high school. You may be going to a different school than your friends, having to learn a new campus, and getting used to your classes. It's a lot of change! You may also be feeling some pressure; pressure to do well in your classes, pressure to find extracurriculars you love, pressure to make great friends. All these concerns are valid, so remember to keep checking in on yourself and honor your own journey. [Read what VOX ATL teen Nevah has to say about how an unhealthy desire to succeed can hinder you.](#)



The Desire to Succeed

How It could hinder your implementation and creativity

BY: NEVAH FOSTER

TAKE ACTION

Define what a successful school year looks like for you and set some goals to get you there!



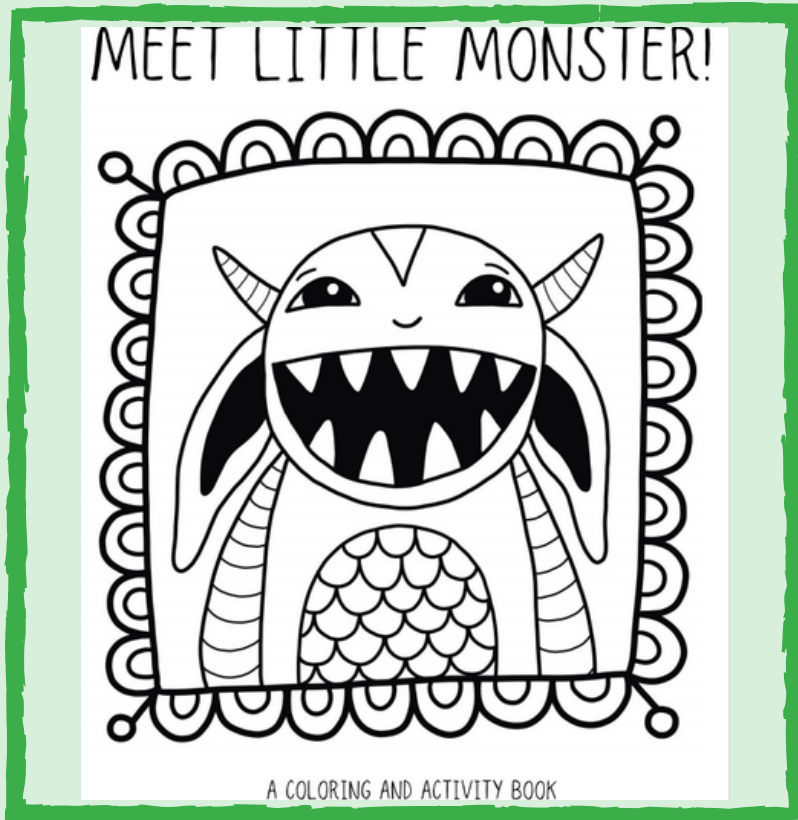
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PARENTS AND CAREGIVERS

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Starting school for the first time can be a scary and overwhelming time for a young child. Not only are they away from their families, but they are learning social skills like sharing, following instructions from a new adult, and engaging with new topics and people. When kids (or any of us) clearly understand what we are feeling, it becomes easier for us to address those feelings and share them with others to help us free our feels!



TAKE ACTION

Find an activity in this guide to develop your child's emotional literacy – the ability to understand and communicate feelings!



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PARENTS AND CAREGIVERS



You can help your child feel confident to tackle the new school year by proactively prioritizing their wellness and helping them build resilience skills. Children’s Healthcare of Atlanta’s [Strong4Life Back to School guide](#) shares concrete tips on how to make this transition as smooth as possible. If your child has previously struggled in school, now is the perfect time to set clear expectations for the year and set your child up to succeed. [Look through this guide for ideas!](#)



TAKE ACTION

Sit down with your child and help them address some of their biggest worries for the school year.

EDUCATORS

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Teaching can be TOUGH! Teaching can also be very rewarding, so what are some tools you can use to have a successful school year? As you're planning out this next year, try to also [make a self-care plan](#). Remember, the better you feel, the better you can support your students. [This guide](#) has ideas on how to take care of yourself, including setting boundaries right from the beginning of the school year. School administrators, [you can take a look here](#) for how to better support your staff's emotional wellness.



TAKE ACTION

Prioritize YOUR mental health and create a self-care plan for 2022/23!



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



If you want to actively support the mental health of your students this year, you can bring it up with them. Informal check-ins, asking your students how they are doing, and actively listening to their responses, can make a world of difference. If you do have time – and interest – there are many online resources with pre-made lesson plans, classroom activities, and teacher guides on tackling mental health. [Take a look at these published by Walk In Our Shoes.](#)



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PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS

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It's that time of year when some of Georgia's youngest residents are first entering a structured environment. Working directly with young kids, it becomes clear how critical this developmental period is for building foundational life skills, including resilience and emotional literacy. It's likely that you'll see growth in all your students on a weekly basis. The Department of Early Care and Learning (DECAL) has [many amazing professional development resources](#) for you to learn to even better support the kids you work with.

Georgia Dept of Early Care and Learning

Join us!

SEEDS for Success Webinar Series

Learn ways to promote social-emotional development while earning BFTS credit from home!

TAKE ACTION

We love this webinar series on social-emotional wellness in the classroom – check it out!



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QUESTIONS? CONTACT

Maria Ramos
Project Manager
Voices for Georgia's Children
mramos@georgiavoices.org

Layla Fitzgerald, M.S.
Program Manager
Department of Behavioral Health
and Developmental Disabilities
layla.fitzgerald@dbhdd.ga.gov

NEED ADDITIONAL RESOURCES? CONTACT

Yasmine Edge
Social Media Specialist
Voices for Georgia's Children
yedge@georgiavoices.org

Nora Strasser-Burke
Project Coordinator
Voices for Georgia's Children
freeyourfeels@gmail.com