

FREE
your
FEELSTM

**BACK-TO-
SCHOOL**

AUGUST 2023



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LETTER TO PARTNERS



Hi, everyone!

Summer break is almost over, which means school hallways and buildings will soon return to bustling, busy environments! To support this transition, we've compiled a variety of back-to-school resources for students, parents/caregivers, and educational professionals. Having the tools to respond to change in an appropriate and gentle way can make all the difference. This month's toolkit includes tips for self care, caring for young learners, and resources to thrive this coming school year

If you haven't subscribed to receive our email updates, you can do so [here](#).

Thank you for your interest in Free Your Feels and for your support of youth mental health!

TAKE ACTION

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**AUGUST:
BACK-TO-
SCHOOL**

BACKGROUND



Starting a new school year can trigger many emotions: excitement, nervousness, hope, apprehension, and more. For students transitioning into middle or high school, or those moving on to college, the unknown can be scary. However, the unknown also brings about new opportunities for learning, connection, and growth.

Feeling nervous about change is completely normal. Whether you're a student, a parent supporting a student, or a teacher or school staff member embarking on a new school year with new students -- we've got tools to help you respond to change and provide appropriate support and care to yourself and/or others.



**FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225**



FOR EVERYONE



It's important to check in with yourself, your peers, your student, and child. When we are able to recognize and understand our emotions, we can better respond to what we're feeling.

Using the calendar linked below, either for yourself or for others, you can learn how to check-in, practice active listening or understanding, and help if needed.

TAKE ACTION

Download [this calendar](#) and set aside time to check-in with yourself or others.

The screenshot shows a digital form titled "_____'s Check-In Calendar". At the top, there is a field labeled "MONTH:" followed by a blank line. Below this is a grid of 42 boxes arranged in 6 rows and 7 columns, representing the days of the week from Sunday to Saturday. To the right of the grid is a purple sidebar with instructions:

HOW TO START THE CONVERSATION:

- Set aside time just for checking in.
- Turn off devices to avoid distractions.
- Ask open-ended questions like:
 - What did you like about today?
 - What could have gone better?
 - What are you excited about?
 - How can I help you make tomorrow a great day?
- Listen.
- Work together to find solutions.
- Remember to schedule time for your next check-in!

At the bottom left of the form, there is a small red circular icon and the text: "FIND MORE RESOURCES ONLINE. Visit thecheckinproject.org"

FOR YOUTH




The Child Mind Institute has created a series of videos **by and for** elementary, middle, and high school age students. There are five episodes per age group, each teaching a different mental health skill. You can also find corresponding activity sheets to summarize and reinforce key ideas in each video as well as to practice the skills you've learned.

For High School Students






Hear from high schoolers about the challenges they face and how they cope.

There are 5 episodes in the series. Each video teaches useful mental health skills and includes an activity sheet you can use to practice these skills on your own. You can watch the entire series in one session, or watch each episode individually.



Complete Series

Watch Individual Episodes

 <p>1. Understanding Feelings Video and Activity Sheet</p>	 <p>2. Relaxation Skills Video and Activity Sheet</p>	 <p>3. Understanding Thoughts Video and Activity Sheet</p>	 <p>4. Managing Intense Emotions Video and Activity Sheet</p>	 <p>5. Mindfulness Video and Activity Sheet</p>
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TAKE ACTION

Check out [this bank](#) of videos featuring not only high school age students, but middle and elementary, too! Each will equip you with a set of mental health skills.



FOR PARENTS & CAREGIVERS



Many adults may likely remember how difficult middle and high school can be. Help your child build relationships, their self-esteem, confidence, and knowledge as they navigate the new school year. Below are two articles which provide helpful strategies and tips for supporting your child, no matter which age or stage in school they might be.



TAKE ACTION

Read [this article](#) for ways to best support your child returning to the classroom.

[Click here](#) for a bonus article with additional support strategies!



FOR EDUCATORS & PROFESSIONALS



The Mental Health Technology Transfer Center (MHTTC) will soon be hosting virtual "Back to School Sessions" for educators and school staff. This five-part series of workshops will discuss trauma-informed approaches & practices for entering into, and navigating through, this school year. The series begins on August 9 and ends on September 20, 2023.



TAKE ACTION

[Click here](#) to learn more and register for the Back to School Sessions!





QUESTIONS? CONTACT

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