

## 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

Follow us on Twitter, Instagram and Facebook

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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 appopriate support and care to yourself and/or others.



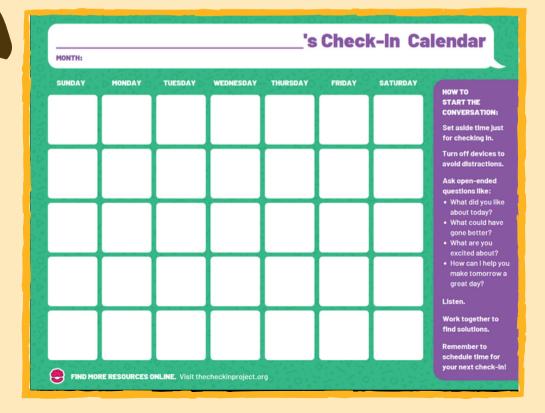
## FOR EVERYONE

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.

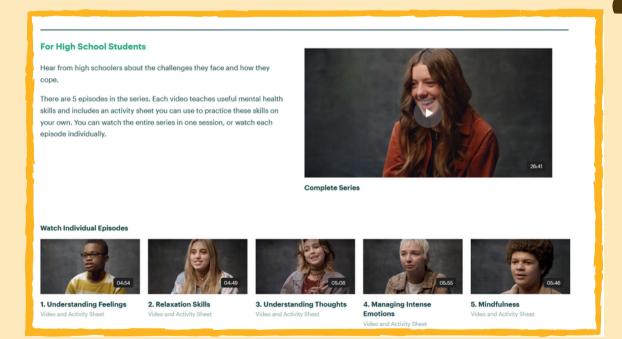
#### TAKE ACTION

Download <u>this</u>
<u>calendar</u> and set
aside time to checkin with yourself or
others.



## 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.



#### 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

Your:

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

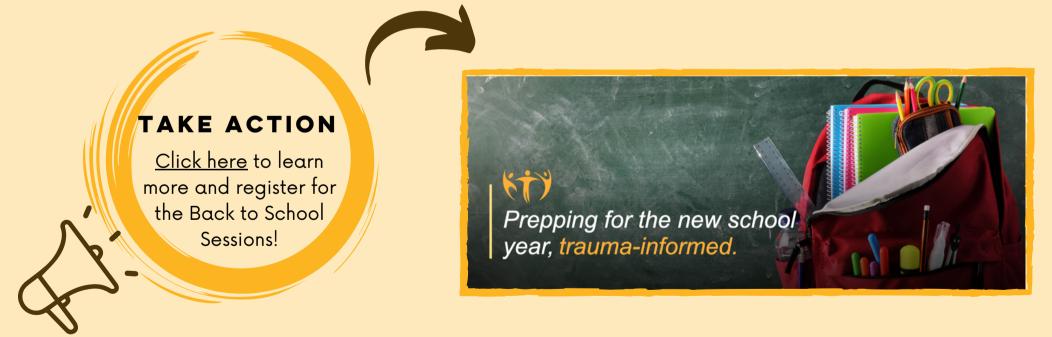
Read <u>this article</u> for ways to best support your child returning to the classroom.

Click here for a bonus article with additional support strategies!

## FOR EDUCATORS & PROFESSIONALS

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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 8 practices for entering into, and navigating through, this school year. The series begins on August 9 and ends on September 20, 2023.





### **QUESTIONS? CONTACT**

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