

# Heading Back to School

You can feel lots of things as you head back to school. Use these tools to help you mentally prepare for the upcoming year.



## How are you feeling?

What's something you feel excited about when you think about going back to school?



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What's something you feel nervous about going back to school?



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What's something you want to work on to help you feel ready to go back to school?



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## Back-to-School Checklist

Check off of all the things you need to start the school year:

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| <input type="checkbox"/> Get school supplies.               | <input type="checkbox"/> Run through morning routine.                          |
| <input type="checkbox"/> Figure out getting to/from school. | <input type="checkbox"/> Label school items.                                   |
| <input type="checkbox"/> Get used to earlier schedule.      | <input type="checkbox"/> Come up with safety plan.                             |
| <input type="checkbox"/> Finish summer bucket list.         | <input type="checkbox"/> Get school calendar.                                  |
| <input type="checkbox"/> Complete medical forms.            | <input type="checkbox"/> Make list of things to bring for first day of school. |
| <input type="checkbox"/> Attend orientation.                |  |



## After school has started, check in.

What went well about going back to school?

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What do you want to work on?

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