


ellie

MENTAL HEALTH

*Back to School  
Printables*

The background is white and features several decorative elements. There are four four-pointed stars of varying sizes, each with a thin black outline. Additionally, there are numerous short, thick black lines of varying lengths and orientations scattered across the page, resembling rays of light or a starburst pattern.

You've  
*got this!*

Decorate school supplies to add a sense of ownership

Do stretching or yoga

Use a visual schedule or checklist for daily tasks



Establish a consistent bedtime and morning routine



Track "first week wins" to celebrate progress



Write a story about a brave kid going to school

Go for a walk or bike ride



Have a dance party to release energy

Color or draw to process feelings



Use fidget toys



# Back-to-School Coping Skills

Try 54321 grounding skill

Practice positive self-talk (e.g., "I can handle this")



Create a calming playlist



Draw or journal about worries

Learn box breathing



Practice asking for help



Make a list of 3 trusted adults at school



Have playdates with classmates



Use a planner to stay organized

Role-play social situations like asking to sit with someone at lunch



Name the feeling (e.g., "I'm nervous about meeting new people")



Practice mindfulness using an app or guided video



Make a back-to-school vision board



Prep everything the night before



# Need to stop freaking out?

Create your own 'freaking out' fortune teller to learn which coping skill you should try as you breathe deeply and find calm.

Flip

Directions: cut out & fold each corner to the center

Step 1. Try to catch a squirrel

Step 2. Do it for as long as it's helpful

Step 3. DON'T GET RABIES!

Step 1. Find an open space  
Step 2. Stand in the middle of said space  
Step 3. Do 22 jumping jacks

Step 1.  
Imagine your anxiety as a big, scary monster  
Step 2. Be mean to the monster (yep, the deep down, mean stuff)  
Step 3. Slay your monster with your imagination

Step 1. Go to a search engine  
Step 2. Type in "[Your name] Meme"  
Step 3. Read the whole first page  
Step 4. Laugh your butt off

# What Can I Control?

**When we're feeling stressed, it can help to think about things we have influence over, and what we can do.**

In the outer ring, list the stressors or worries that you have zero control over. The middle ring, list stressors you have some influence over. The inner ring, list what worries you can control. Focus on these & try to find peace with the others.



# Feeling *stressed?*

Try this 5-4-3-2-1 Grounding skill. Follow these steps to calm your mind.

Focus on 5 things  
you can see

Notice 4 things you  
can touch or feel

Focus on 3 things  
you can hear

Notice 2 things  
you can smell

Focus on 1 thing  
you can taste

**Would you rather listen?  
Scan this QR code**



# Try the TIPP Skill

*For when stress is intense and you need fast relief:*

Temperature: Change your body temperature.  
*Try cold water on your face or holding ice.*

Intense exercise: Briefly engage in vigorous movement.  
*Try jumping jacks or running in place.*

Paced breathing: Slow, deep breaths.  
*Try inhaling for four counts and exhaling for six.*

Progressive muscle relaxation: Tense and relax different muscle groups.

*Follow along with this tool (scan QR code)*



## CONVERSATION STARTERS FOR BACK-TO-SCHOOL (*QUESTIONS TO ASK YOUR KIDS AFTER SCHOOL*)

These conversation starters are a fun and meaningful way to ease into the school year, build connections, and support social-emotional learning. Use them with students, clients, or kids at home to encourage reflection, laughter, and a sense of belonging.

### Question

What emoji best describes your day?

### Question

If your day was a color, what color would it be?

### Question

If you could relive one moment from today, which would it be?

### Question

What song matches how you felt today?

### Question

What was the hardest part of your day?

### Question

If your backpack could talk, what would it say about your day?

### Question

What's one thing that made you laugh today?

### Question

Who did you sit with at lunch?

### Question

What was your favorite thing you learned?



Conversation starters.  
***For back-to-school.***

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### Question

What's one thing you did in [subject] class today?

### Question

Did your teacher say anything interesting or funny?

### Question

Was anything confusing or hard to understand?

### Question

Did you answer any questions or share in class?

### Question

What was the best thing in your lunchbox or snack?

### Question

What's one thing you're looking forward to tomorrow?

### Question

If you had to swap one subject for a nap, which one would it be?

### Question

What would make tomorrow extra awesome?

### Question

When did you feel most confident today?

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What's one thing you're getting better at?

### Question

Should we play a "2 truths and a lie" about your day?

### Question

What's something you want to work on tomorrow?

### Question

What challenge are you proud of facing today?

### Question

Who inspired you to do your best?

### Question

What did you do when something didn't go your way?

### Question

Teach me something you learned today.

### Question

Did anyone help you today? Who did you help today?

### Question

If you could change one thing about today, what would you change?

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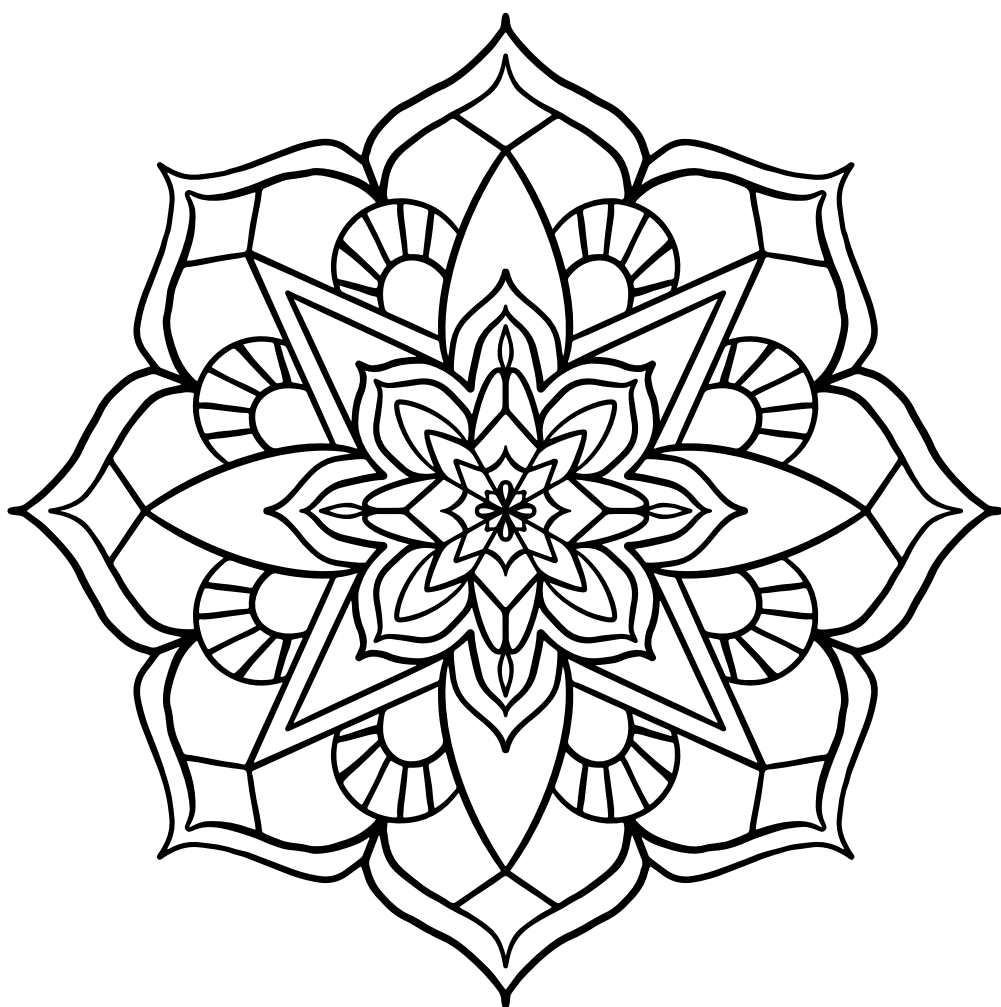
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# *Melt* your stress away

Spend time meditating or listening to music  
while you color these next pages.



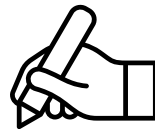
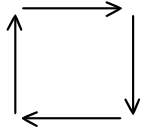
# Self-care

*isn't selfish.*

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You can't  
pour from an  
*empty cup.*



You are a  
straight-up

*gift*

to humanity.



Keep  
*going*