

Tips for Back to School Anxiety

It is very normal for most kids to experience some nervous feelings when starting a new school year. Here are some simple and very helpful ways parents can help their children learn how to better manage these feelings.

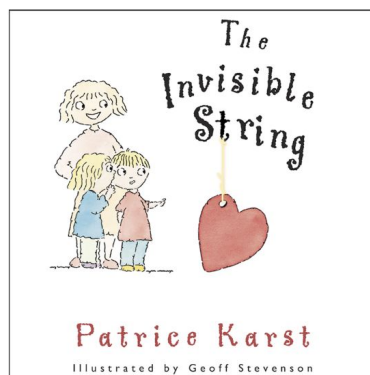
One of our fabulous elementary school counselors, Rebecca Louick, wrote a short article for the website “Big Life Journal” that lists **4 Powerful Ways to Manage Back to School Anxiety**:

<https://biglifejournal.com/blogs/blog/powerful-ways-to-manage-school-anxiety>

Reading story books together and talking about the emotions the main characters are having is another great way to help kids feel supported.

Two stories that are super helpful to read before a new school year are:

- **The Invisible String** by Patrice Karst



- **The Kissing Hand** by Audrey Penn

