

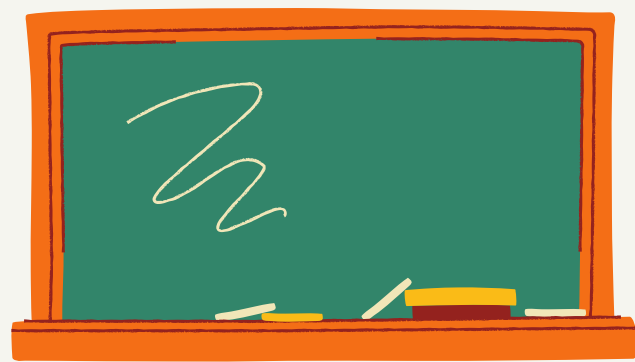


## BACK TO SCHOOL TRANSITION ACTIVITIES

With the first day of school approaching on August 12th, we would like to share this list of activities which can be used to help your student and family transition back to in-person school.

We look forward to a great 2021-2022 school year!

Brought to you by SCUSD Wellness



## Sleep Routine Tips

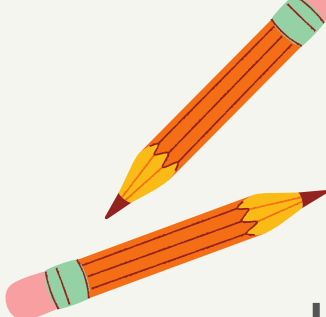
- Look at your and your child's sleep schedule and routine --does anything need to change?
- What gradual adjustments do you need to make to your and your child's sleep schedule?
- Go to bed 15 minutes earlier every night and wake up 15 minutes before to create your ideal sleep-wake up schedule
- Increase your physical activity and outdoor time to help with sleep
- Don't go to sleep hungry, yet be aware of not eating a big meal or lots of snacks before bedtime
- To avoid potential sleep issues, avoid electronics that emit blue light such as cell phones or tablets the hour before bedtime. Giving up devices before bed might be difficult for some children. Suggest alternative forms of relaxation, such as reading, listening to music or journaling.
- Explore meditation for sleep, yoga, stretching activities or progressive muscle relaxation to release tension and stress which may improve quality of sleep



## Coping Skills



- Check-in with how you're feeling about going back to school, especially this school year
- Discuss or write down what your new daily school day routine is most likely going to look like
- Identify any possibly challenging areas, how you may address them and who may be helpful or supportive to you
- Talk to others about your feelings, thoughts or concerns regarding going back to school. Remember you are not alone.
- Visit SCUSD and your school's website to get recent district updates and get yourself familiar with school resources and staff
- Go through your clothes to make sure that you have some comfortable outfits and facial masks ready
- Get school bag ready, add some funny, uplifting or heartwarming note for yourself or your child
- Check your route to school and/or layout of the campus
- Get yourself familiar with the most recent safety protocols observed indoor and outdoor of school environment
- Create music list to start up your morning routine



## Self-Care Ideas

- Do something physically active or creative to fully immerse yourself in the process to release build up tension and energize yourself
- Feeling a little grumpy? Remember HALT - hungry, angry, lonely or tired? Get yourself what you need to help
- Find healthy and energizing snacks you can eat before and after class
- Engage with positive self talk. Use affirmative language, such as "I am enough. I got this. I can do this."
- Spend some time in nature few days before going back to school
- Watch or listen to something funny, have a good laugh
- Validate your feelings by acknowledging them and exploring their source
- Meditate
- Express your feelings or thoughts by drawing them, journaling or by talking to someone you trust



## Mindfulness Practices

Consider these tools as we go back to school and you start feeling overwhelmed or worried.

- Take a break and observe your breath
- Do a Body scan
- Slowly savor your favorite snack by noticing all the flavors and textures
- As you go for a walk, notice all the sounds that surround you
- Find a picture or photograph with calming or enjoyable image and observe all the colors in the picture
- Stay grounded with your senses - notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste
- Acknowledge your thoughts, imagine them as clouds and observe them as they are floating away
- While washing your hands, pay attention to all the sensations including the smell of the soap, sounds and feel of running water and colors of bubbles.

## ADDITIONAL LINKS

District Wellness Resources

Family Resource Center  
(school supplies, food etc.)

Meet Your Wellness  
Coordinator

Community Resource Guide

SCUSD Homepage  
(reopening pages, health and  
safety updates)