

BACK TO SCHOOL

CONVERSATION STARTERS

INDIEFLIX EDUCATION

HOW ARE YOU FEELING
ABOUT THE UPCOMING
SCHOOL YEAR?

IS THERE ANYTHING THAT
YOU ARE FEELING ANXIOUS,
STRESSED, OR FEARFUL
ABOUT?

WHAT IS ONE THING
THAT BROUGHT YOU
JOY THIS WEEK?

IS THERE ANYONE AT
YOUR SCHOOL WHO
IS UPSETTING YOU?

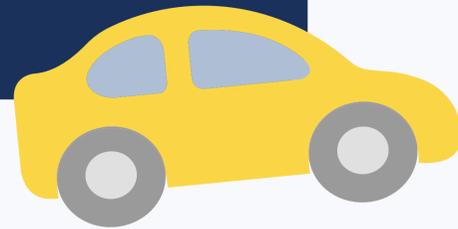
IT'S OKAY TO KEEP THINGS
PRIVATE, BUT DID YOU
WANT TO TELL ME
MORE ABOUT ____?

WHAT MAKES YOU
FEEL HAPPY WHEN
YOU'RE AT SCHOOL?

TELL ME ABOUT THE
BEST PART OF YOUR
DAY.

BACK TO SCHOOL ROADMAP

Going back to school is an exciting time. However, it can also be stressful for your child. Follow this mental well-being roadmap for tips, tricks, and exercises that will make you and your child ready for the year!



SO...WHAT EXACTLY IS MENTAL WELL-BEING?

Mental well-being is about your thoughts and feelings and how you cope with the ups and downs of everyday life. Our mental well-being is often affected by significant life events that we have little or no control over, such as trauma, illness, or unexpected emotional events. In these situations, it's about how we respond (our behaviors and habits) that will determine the impact on our mental well-being.

You should be actively supporting your child's mental well-being. Here are some tips we recommend!

BE VULNERABLE

As parents, it's important to express your vulnerability. Don't be afraid to say you had a bad day at work.

WAIT TO RESPOND

Though it may be tempting, refrain from responding, advising, or providing feedback to your kids until they ask you for advice. While you may think you're helping them solve the problem, unsolicited advice may exacerbate the issue as it doesn't give them the opportunity to properly process their emotions.

ACCEPT THEM AS THEY ARE

By not responding right away, you are showing your kid(s) that you accept them as they are. This is integral in getting them to a place where they feel ready to solve the problem.

TRY THIS BRAIN EXERCISE WITH YOUR KIDS!

3 BREATHESES & 3 WISHES

If you catch yourself feeling overwhelmed, stop what you're doing and take a step back. Then, do the 3 Breatheses & 3 Wishes. It only takes half a minute to find some calmness.

Breath 1 is for you

Count to 4 as you inhale, filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for yourself.

Breath 2 is for someone else

Count to 4 as you inhale, filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for someone else.

Breath 3 is for a collective

Count to 4 as you inhale, filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for a collective (family, classroom, country, etc).

REMEMBER...

Children are 1 in 5 times more likely to share their feelings with peers and friends rather than adults. As humans, we tend to measure our success and general quality of life through points of comparison to others of a similar age.

Adults and parents must learn to respect the relationship fostered by their children by giving them the space to share their feelings however and with whomever they choose, while also letting them know they are always there for them.

