

The
Mental Wealth Co.

KIDS & TEENS · MENTAL WEALTH LIBRARY

Back to School Feelings Check-In

*For the whole first week — a gentle check-in for kids and their
grown-ups.*

A FREE RESOURCE · [THEMENTALWEALTHCO.COM](https://thementalwealthco.com)

Hi, grown-ups,

The start of a school year is a big emotional transition, even for kids who seem excited about it. This resource gives you a small, structured way to check in during the first week — a quiet ten minutes between the pickup line and the homework.

There are five daily pages (one per school day) and a family reflection page at the end. Use them as a conversation starter, not a worksheet to be graded.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

A few gentle tips for the first week

- Don't over-question. 'How was your day?' rarely gets a real answer. Try, 'What was the best part of lunch?'
- Give them a snack and a minute before the debrief. Hunger and transition can look like a bad mood.
- Watch for what's underneath: stomachaches, weepiness at bedtime, or a very short fuse in the evenings are often nervous system overflow.
- Predict, don't project. Say, 'It's okay to feel two things at once.'
- Keep the first weekend gentle. Restorative activities, low social load.

You know your child. If something feels off, gently check in again in a day or two before you assume the worst. Sometimes it's big. Often it just needs a little more time.

Monday check-in

Take ten minutes together. Let them answer in words, drawings, or thumbs up / thumbs down.

One good thing about today:

One tricky thing about today:

How my body felt today:

Someone I sat with, played with, or laughed with:

Something I'm nervous about for tomorrow:

Something I'm looking forward to tomorrow:

Tuesday check-in

Take ten minutes together. Let them answer in words, drawings, or thumbs up / thumbs down.

One good thing about today:

One tricky thing about today:

How my body felt today:

Someone I sat with, played with, or laughed with:

Something I'm nervous about for tomorrow:

Something I'm looking forward to tomorrow:

Wednesday check-in

Take ten minutes together. Let them answer in words, drawings, or thumbs up / thumbs down.

One good thing about today:

One tricky thing about today:

How my body felt today:

Someone I sat with, played with, or laughed with:

Something I'm nervous about for tomorrow:

Something I'm looking forward to tomorrow:

Thursday check-in

Take ten minutes together. Let them answer in words, drawings, or thumbs up / thumbs down.

One good thing about today:

One tricky thing about today:

How my body felt today:

Someone I sat with, played with, or laughed with:

Something I'm nervous about for tomorrow:

Something I'm looking forward to tomorrow:

Friday check-in

Take ten minutes together. Let them answer in words, drawings, or thumbs up / thumbs down.

One good thing about today:

One tricky thing about today:

How my body felt today:

Someone I sat with, played with, or laughed with:

Something I'm nervous about for tomorrow:

Something I'm looking forward to tomorrow:

End-of-week family reflection

For the grown-up

- What did I notice this week about my child that I want to remember?
- One thing I'm proud of them for.
- One thing I want to check in on more gently.
- How am I holding up in this transition?

Together, at the table

- What surprised us this week?
- What made us laugh?
- What do we want to do differently next week?
- One kind thing we can do for each other this weekend.

New seasons take a nervous system time to trust. Be patient — with your child, and with yourself.

A gentle note.

This resource was created by The Mental Wealth Co. for educational and informational purposes only. It is not a substitute for individualized mental health care, diagnosis, or treatment, and using it does not create a therapist-client relationship.

If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

You are welcome to print this resource for your own personal use, for your household, or — if you are a professional — for the individual clients you work with. Redistribution or resale requires written permission.

With warmth,
The Mental Wealth Co.