

Back to School Tips

Getting back into school can be stressful! Here are a few tips to help you have a smooth beginning.

1. Wash your hands

We know, this one might seem like a weird tip but you haven't been in a building with a whole bunch of other people since June. Your body isn't used to all of the germs. Washing your hands will help to prevent illness. Being sick is never fun.



Wash Your Hands!

2. Get to know your teacher

You probably have a new teacher, or maybe a few new teachers. Sometimes not knowing the expectations of a teacher can be stressful. Take the time to ask any questions you have about how the class works, what you can expect for homework and anything else you want to know.



3. Get started right away

Between homework, sports, music lessons, clubs and friends, you have a lot on your plate. Make sure to get started on what you can right away instead of leaving it for later. This will create more time for other things and allow you to avoid trying to get things done right before they are due.



4. Breathe

This time of year is busy. It can feel like too much is happening at once. Take a few deep breaths. You can get through this. Ask for help when you need it and know that you are capable of great things.

take a deep breath.
let out all the stress.



you deserve to be okay.

5. Prepare what you can early

Mornings can be rough. Try doing some things the night before to help make running out of the door a little easier.



You can:

- make your lunch and have it ready to grab out of the fridge
- set out your outfit so you aren't figuring out what to wear
- pack your backpack so you don't forget anything in the morning rush

6. Connect with friends

Connect with your friends and hang out! This is a great way to distress and they might have some suggestions of what they do to make this time of the year easier.



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Bringing Empowered Students Together