

# Back to School Tips

## 1. Wash your hands

You want to stay healthy!



Wash Your  
Hands!

## 2. Ask questions

If you don't know something, ask!  
It is okay to ask for help.



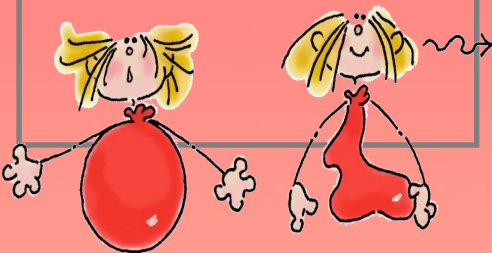
## 3. Make a plan

Decide what to do first and get it  
done before starting something  
else!



## 4. Take deep breaths

If it feels like things are really  
hard, remember to breathe in



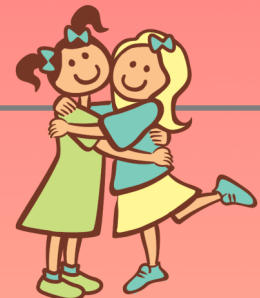
## 5. Go to Bed

Get lots of sleep so your brain can  
do its best learning!



## 6. Play With Your Friends

Talk to your friends about how  
you are feeling. Playing can  
sometimes help you feel better  
too!



**BEST**

Bringing Empowered Students Together