

Back-to-School Worksheet to Plan for a Better Year

Help your child fill out this worksheet. Looking back at the past year can help you brainstorm together about ways to make the next school year a more positive experience for your child.

Schoolwork

Looking back...

What did you like best about this past school year?
Why? _____

What was hardest for you at school this past year?
Why? _____

What do you wish you'd known when you started
this past school year? _____

Looking ahead...

What are you looking forward to about the new
school year? _____

If you need help with schoolwork, what helps you
talk to teachers or classmates about it? _____

What do you want your new teachers to know
about you? _____

Feelings and friendships

Looking back...

Circle one of these feelings and finish the sentence:
When I got frustrated/distracted/anxious, it helped
to _____

When working with other students, which students
did you learn the most with? Why? _____

Did you try any strategies to make new friends or
get along with peers? What helped? _____

Looking ahead...

Which strategies do you want to try in the new
school year to help manage stress and/or emotions?

Finish this sentence: *When working with other*
students or by myself, I learn best when _____

What are you looking for in a friend? How do you
want friends to describe you? _____

Home life

Looking back...

When was the most helpful time to start your
homework—after school? After dinner? _____

What made it easier/harder to get to school on time?

What made it easier/harder to get along with siblings
or other family members? _____

Looking ahead...

Which homework strategy do you want to try?
(Starting earlier, using a timer, not rushing, etc.)

What can we do at home to help with organization,
routines, etc.? _____

Which fun things would you like to do more as a
family or to help you unwind after school? _____
