

Back-to-school worksheet to start the year strong

Help your child fill out this worksheet. Looking back at the past year can help you and your child talk about what they learned that can help them in the new year.

Schoolwork

Looking back...	Looking ahead...
<p>What did you like best about the past school year? Why?</p> <hr/> <hr/> <hr/>	<p>What are you looking forward to about the new school year?</p> <hr/> <hr/> <hr/>
<p>What was hardest for you at school the past year? Why?</p> <hr/> <hr/> <hr/>	<p>What do you want your new teachers to know about you?</p> <hr/> <hr/> <hr/>

Feelings and friendships

Looking back...	Looking ahead...
<p>What helped you make new friends or get along with classmates?</p> <hr/> <hr/> <hr/>	<p>What are you looking for in a friend?</p> <hr/> <hr/> <hr/>
<p>What helped you when you got frustrated, distracted, or anxious?</p> <hr/> <hr/> <hr/>	<p>What strategies do you want to try this year to help when you're upset?</p> <hr/> <hr/> <hr/>

Home life

Looking back...	Looking ahead...
<p>What helped you stay organized or get ready for school?</p> <hr/> <hr/> <hr/>	<p>What can we do at home to help with organization and routines?</p> <hr/> <hr/> <hr/>
<p>When was the most helpful time to start your homework?</p> <p><input type="checkbox"/> After school</p> <p><input type="checkbox"/> After a short break</p> <p><input type="checkbox"/> After dinner</p> <p><input type="checkbox"/> Other: _____</p>	<p>Which homework strategy do you want to try this year?</p> <p><input type="checkbox"/> Starting earlier/later</p> <p><input type="checkbox"/> Using a timer</p> <p><input type="checkbox"/> Taking breaks</p> <p><input type="checkbox"/> Other: _____</p>
<p>What helped you get along with siblings or other family members?</p> <hr/> <hr/> <hr/>	<p>Which fun things would you like to do as a family or to help you unwind after school?</p> <hr/> <hr/> <hr/>

Other thoughts

Looking back...	Looking forward...
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>