

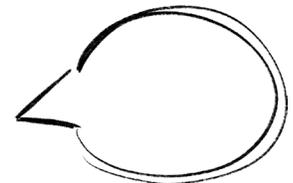
MY BACK-TO-SCHOOL CHECKLIST DURING COVID-19

Kids Help Phone's checklist can help students across Canada adjust with changes to their school year during the COVID-19 pandemic. You can check off the things that are relevant to/ possible for you as you go.

To cope with back-to-school changes during COVID-19, I can...



- check my school/school board's website (or contact them directly) to find out what back to school will look like for me this year
- familiarize myself with my school's reopening plan and reach out to school staff or administration with any questions I may have
- talk to my family and/or people I live with about my back-to-school arrangements (e.g. choosing a safer route to school if I'm attending in person, identifying a quiet space to study if I'm doing distance learning, etc.)
- write down a list of things I need to participate in my classes (e.g. regular school supplies, technology, hand sanitizer, software, masks, etc.)
- review where I left off in class or in my distance learning last year to refresh my memory
- have a plan for how I'll practise self-care (e.g. deep breathing, journaling, repeating an inspirational quote, connecting with nature, wearing something that makes me feel good, etc.)
- try and get back to my regular daily routine and sleep schedule (if it changed over the past few months)
- select a few people/places I can contact for help with school if I need it (e.g. my teachers, online tutors, guidance counsellors, student support centres, etc.)
- schedule safer ways to maintain social connection with my classmates, friends, teammates, partners, etc. (e.g. through email, a phone call, etc.)
- set boundaries for myself on what I feel comfortable with and respect the comfort level of others
- try to take things one day at a time (as things may continue to change) and be kind to myself
- reach out to someone I trust for support with my mental, emotional, spiritual and physical well-being if I need to (e.g. an Elder, parent/caregiver, friend, health-care professional, etc.)



Visit [KidsHelpPhone.ca/COVID19](https://www.kidshelpphone.ca/COVID19) for more tools, resources and info during the coronavirus disease outbreak.