



## Mental Health in Schools Team Tips For Wellness



# Going back to school

Going back to school can be stressful, so check in with your young person and keep the conversation open about how they're feeling. Help them find and keep a good routine (regular wake-up, meal and bedtime schedules) and try to keep these on the weekend to help them adjust quickly to the school day rhythm. Remember to celebrate small wins, offer praise and try to stay patient if your child struggles with the new routine.

### Activities to Support Your Young Person's First Weeks of School

The transition back to school is a great time to use activities that boost your young person's confidence, reduce anxiety, and build strong routines. Here are some ideas to try during those first few weeks:

#### 1. Morning Check-In Ritual:

Start each school day with a simple ritual—like a hug, a positive affirmation, or a quick chat about what they're looking forward to. This helps set a calm, positive tone.

#### 2. After-School Decompression Time:

Plan 20–30 minutes of quiet time after school for your young person to unwind. Reading, drawing, or light play can help them process the day and relax before homework or chores.

#### 3. Homework Kickoff Activity:

Create a fun “homework kickoff” routine like a special snack, background music, or a 5-minute movement break before starting homework. It helps shift their mindset into focus mode.

#### 4. Organisational Games:

Turn organising school supplies or packing the backpack into a quick game or challenge—who can find and pack items the fastest? Making organisation fun encourages responsibility.

#### 5. Weekend Family Planning Session:

Spend time on the weekend planning the upcoming week together. Discuss after-school activities, school projects, and family events. This builds anticipation and helps your young people feel involved.

#### 6. Gratitude or Highlight Jar:

Keep a jar where your child can drop notes about something good that happened at school each day. Review them together weekly to focus on positives and build resilience.

Tips for  
going  
back to  
school



Webinar about the  
transition to  
secondary school



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.