

Back to School

New Beginnings

Even in more “normal” times, going back to school can be a big change! This year, of course, children’s learning has been deeply impacted... in every way. But your family has also developed serious resilience as you’ve moved through the many challenges. You can all draw on what you’ve learned, and take a strong, hopeful step forward into a successful new chapter together. You can start by making three lists:

- 1. List your own concerns about your child’s learning and development.** You might be worried that children may have “fallen behind.” You may be concerned about your child’s math or reading skills, or that they are now less willing to take healthy risks. Connect with the school to find out how their new teachers may be addressing these issues, and how you might support them at home.
- 2. Help children name *their* worries** about starting a new school year, and write them down so they know you’re really listening to them.
- 3. Help children list ways they are better now** because of what they have experienced. What have they learned? What do they know now that they didn’t before? How did they surprise themselves? Because of what they experienced, how might this school year be their best one yet? What are they most looking forward to?

To get children talking, ask them to imagine how they will feel on the first day of school, and draw it here. Think of words that describe the feeling they’ve drawn, and talk about why they might be feeling that way. (Remind them it’s okay to feel uneasy, and that they aren’t alone. There are lots of people on their “learning team”!)

A large rectangular area enclosed by a dotted line, intended for children to draw and write about their feelings for the first day of school.

For more resources, go to SesameStreetInCommunities.org

