

# Restart and Renew

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**2C: Check-in and Coping**  
Elementary Student Handouts



Fall 2021

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**Funded by the Connecticut Department of Children and Families**

Recommended citation: Hoover, S., Bostic, J., & Lever, N. (2021). Restart and Renew: Strategies for school mental health clinicians to support student and staff well-being and connection. National Center for School Mental Health.



## My Well-Being Check-In

How has **your daily life** been impacted during COVID:

	Not at all	A little	A lot
School			
Body health (sleep, my physical activity, nutrition, illness)			
Feelings			

What effects did it have on your school life, your body health, and how you felt :

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How has **your family** been affected during COVID:

	Not at all	A little	A lot
School			
Family jobs or work			
Food or meals			
Place to live			
Family members body health (sleep, physical activity, eating, sickness)			
Feelings			

What effects did it have on your family:

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*Compared to before COVID, I am:*

- more worried*  
 *less worried*  
 *about the same*

*Compared to before COVID, I am:*

- more sad*  
 *less sad*  
 *about the same*



## My Journey Through COVID

These can be read aloud, and students may volunteer to complete the following sentences:

School during COVID for me has been \_\_\_\_\_

My friendships during COVID have been \_\_\_\_\_

During COVID, my well-being has \_\_\_\_\_

The hardest part during COVID has been \_\_\_\_\_

The biggest change during COVID for my family has been \_\_\_\_\_

During COVID, my playing with others has been \_\_\_\_\_

The best thing that I learned about myself during COVID is \_\_\_\_\_

The worst thing that I learned about myself during COVID is \_\_\_\_\_

The thing that surprised me the most during COVID is \_\_\_\_\_

During COVID, I have made myself feel better by \_\_\_\_\_

During COVID, helpful ways to deal with things that were different included \_\_\_\_\_

During COVID, I learned that I enjoyed \_\_\_\_\_

During COVID, I knew that I could count on/trust \_\_\_\_\_

The advice I would give to a younger student on how to deal with COVID is \_\_\_\_\_

How are things different for you now than before COVID?

What's going well? What's better?

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What's not going well? What's worse?

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How are others around you doing such as your family, your friends, and people who live around you?

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## My Inside Strengths



My strengths are:

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Some strengths to consider:

Patient	Good listener	Funny	Dependable	Hardworking	Adventurous
Kind	Honest	Good Friend	Calm	Thoughtful	Funny
Sporty	Artistic	Fun	Helpful	Caring	Creative
Giving	Brave	Confident	Cheerful	Polite	Focused
Problem-Solver	Understanding	Smart	Curious	Enthusiastic	Athletic
Easy-Going	Loyal	Intelligent	Respectful	Peacemaker	Outgoing

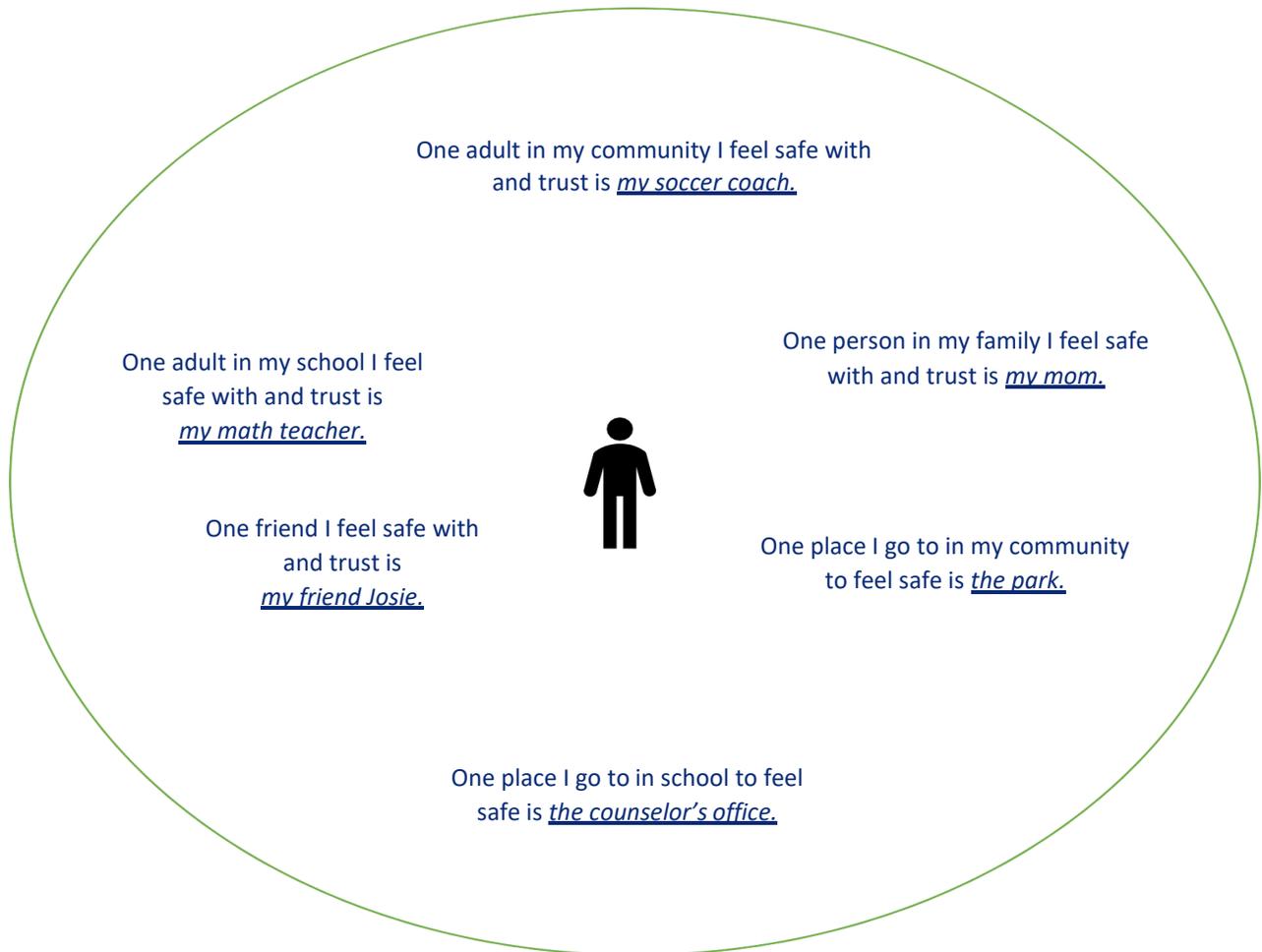


## My Outside Supports (Example)

Use the prompts to list your outside supports inside the circle.

### Prompts:

- One adult in my community I feel safe with and trust is ...
- One adult in my school I feel safe with and trust is ....
- One person in my family I feel safe with and trust is ...
- One friend I feel safe with and trust is ...
- One place I go to in my community to feel safe is ...
- One place I go to in school to feel safe is...





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One adult in my community I feel safe with and trust is \_\_\_\_\_.

One adult in my school I feel safe with and trust is \_\_\_\_\_.

One person in my family I feel safe with and trust is \_\_\_\_\_.

One friend I feel safe with and trust is \_\_\_\_\_.

One place I go to in my community to feel safe is \_\_\_\_\_.

One place I go to in school to feel safe is \_\_\_\_\_.



## My Routine and Fun Activities

### ROUTINES

#### Sleep

Sleep on Weekdays

Bed Time:

Waking Time:

Sleep on Weekends

Bed Time:

Waking Time:

I would like to have:

- More sleep
- Less sleep
- Stay the same
- Make my sleep better (e.g., fall asleep easier, or not wake up in the middle of the night)

#### Meals

I need:

- To eat more
- To eat less
- Eat foods that are good for me
- Have a more regular eating schedule
- Eat fewer snacks
- Have regular meals with friends
- Have regular meals with family

#### Physical Activity/Play

I need:

- More physical activity/play time
- Less physical activity/play time
- The same amount of physical activity/play
- More options for physical activity/play
- More challenging physical activity/play (like new sports, jumping rope, pushups)
- More enjoyable physical activity/play (things you would like to be able to do but can't do right now or haven't done before)

#### Be with Friends (Social Activity)

I need:

- More time with friends
- Less time with friends
- To find new friends
- More things I can do with others
- More fun things to do with others
- Keep friends and social activities the same

#### Personal ("Me") Time

I need:

- More personal time
- Less personal time
- Ideas for how to spend personal time
- The same personal time

## School

I need:

- To keep up with my books, papers, pencils, and things
- To do my homework better
- To get to school on time
- To get more excited about going to school
- To pay more attention during classes
- To be less distracted by other things when I am at school
- To read, write, or do more math problems when I'm at home
- To do less reading, writing, or math when I'm at home
- To worry less about school
- To go to school more
- To do what I am doing now

## FUN ACTIVITIES

I would like to do more of the following:

- Listening to music
- Hanging out with friends
- Reading
- Sports
- Walking
- Biking
- Drawing/Art
- Playing games
- Spending time with family
- Cooking
- Volunteering
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Based on your responses above, identify one routine and one fun activity to improve or increase:

Goals for improvement:

One **Routine** to improve:

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One **Fun Activity** to increase:

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