Restart and Renew

2C: Check-in and Coping
Secondary Students Handouts

Fall 2021

Funded by the Connecticut Department of Children and Families

My Well-Being Check-in

(On a scale of 1-10 where 1 = “has not impacted at all” and 10 = “has majorly impacted”)

The extent to which my daily life has been impacted during COVID with respect to:

<table>
<thead>
<tr>
<th></th>
<th>No impact ------------&gt; Major impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Physical health (including sleep, physical activity, nutrition, illness)</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Mental health</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

Describe impact: __________________________________________________________
_______________________________________________________________________

The extent to which my family has been impacted during COVID with respect to:

<table>
<thead>
<tr>
<th></th>
<th>No impact ------------&gt; Major impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Economics (job, food, housing)</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Physical health (including sleep, physical activity, nutrition, illness)</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Mental health</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

Describe impact: __________________________________________________________
_______________________________________________________________________

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

Please finish the following sentences:

School during COVID has been

Friendships during COVID have been

During COVID, my well-being has

The greatest challenge and benefit during COVID have been

The biggest change during COVID for my family has been

During COVID, my activity level and social life have been

The best thing that I discovered about myself during COVID is

The worst thing that I discovered about myself during COVID is

The thing that surprised me the most during COVID is

During COVID, I have dealt with stress by

During COVID, helpful ways to cope with stress included

During COVID, I learned that I enjoyed

During COVID, I knew that I could count on

The advice I would give to a younger student on how to cope with COVID is

How are things different for you now than before COVID?
What’s going well? What’s better?

What’s not going well? What’s worse?

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


# My Inside Strengths

My strengths are:

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

Some strengths to consider:

<table>
<thead>
<tr>
<th>Patient</th>
<th>Good listener</th>
<th>Funny</th>
<th>Dependable</th>
<th>Hardworking</th>
<th>Adventurous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kind</td>
<td>Honest</td>
<td>Good Friend</td>
<td>Calm</td>
<td>Thoughtful</td>
<td>Funny</td>
</tr>
<tr>
<td>Sporty</td>
<td>Artistic</td>
<td>Fun</td>
<td>Helpful</td>
<td>Caring</td>
<td>Creative</td>
</tr>
<tr>
<td>Giving</td>
<td>Brave</td>
<td>Confident</td>
<td>Cheerful</td>
<td>Polite</td>
<td>Focused</td>
</tr>
<tr>
<td>Problem-Solver</td>
<td>Understanding</td>
<td>Smart</td>
<td>Curious</td>
<td>Enthusiastic</td>
<td>Athletic</td>
</tr>
<tr>
<td>Easy-Going</td>
<td>Loyal</td>
<td>Intelligent</td>
<td>Respectful</td>
<td>Peacemaker</td>
<td>Outgoing</td>
</tr>
</tbody>
</table>
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...

One adult in my community I feel safe with and trust is *my soccer coach*.

One adult in my school I feel safe with and trust is *my math teacher*.

One friend I feel safe with and trust is *my friend Josie*.

One person in my family I feel safe with and trust is *my mom*.

One place I go to in my community to feel safe is *the park*.

One place I go to in school to feel safe is *the counselor's office*.
My Outside Supports

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...

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 Routines and Enjoyable 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
- Improve the quality of my sleep (e.g., fall asleep easier, not wake up in the middle of the night)

**Meals**
I need:
- To eat more
- To eat less
- Eat healthier
- Have a more regular eating schedule
- Eat fewer snacks
- Have regular meals with friends
- Have regular meals with family

**Physical Activity**
I need:
- More physical activity time
- Less physical activity time
- The same amount of physical activity
- More options for physical activity
- More challenging physical activity
- More enjoyable physical activity

**Social Activity**
I need:
- More social activity time
- Less social activity time
- To find a new or expand my current social group
- More options for social activity
- More enjoyable social activity
- The same social activity

**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:
  o To be more organized
  o To do my homework better
  o To get to school or class on time
  o To stay motivated
  o To pay more attention
  o To be more involved in activities
  o To study more
  o To study less
  o To be less distracted
  o To worry less about school
  o To improve my attendance
  o To do what I am doing now

ENJOYABLE ACTIVITIES

I would like to do more of the following:
  o Listening to music
  o Hanging out with friends
  o Reading
  o Sports
  o Walking
  o Biking
  o Drawing/Art
  o Playing games
  o Spending time with family
  o Cooking
  o Volunteering
  o Other ________________________
  o Other ________________________

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

Goals for improvement:

One Routine to improve:

___________________________________________________________________________________
___________________________________________________________________________________

One Enjoyable Activity to increase:

___________________________________________________________________________________
___________________________________________________________________________________