



September: Back to School

WHAT TEACHERS NEED TO KNOW

The return to school after a year of virtual learning and with the COVID-19 pandemic ongoing can be stressful for you as teacher.

Here are some ways to support yourself and your students:

1. Ask your students how they are feeling about being back in school. Actively listen and validate their emotions and experiences, even if different than your own.
2. How do I use validation and acknowledgement with students who present with fears related to COVID-19? Great question. You can say “I know you are feeling scared” and “I understand why you might feel this way, let’s talk about this together” instead of ignoring or dismissing fears or concerns.
3. When talking about COVID-19 and other societal stressors, remember to point out the ways you as a school are working to stay safe. This can help your students to feel reassured in a time of uncertainty!
4. Create and practice healthy habits and routines at home. Examples include mindfulness, nutrition, play, and rest. Your self-care is important as you adjust back to in person learning
5. If you notice a student is struggling more than others with the adjustment back to in person learning, share your concerns with your school's wellness team (contact information below)
6. If you want more information or resources about how you can support students who are struggling, feel free to reach out to the wellness team as well for consultation.

Additional Resources

- [Back to School Tips for Teachers](#)
- [Self Care Inventory](#)
- [Teacher Well Being Resources](#)