



WHAT IF YOU DON'T GET THE TEACHER YOU WANT?

Is there an upside to getting a teacher you think you may not want?
Have you ever gotten a teacher you didn't like? How did you handle it?
Have you ever had a coach or babysitter you didn't like? How did you handle that?
Can you think about what worked and what didn't?
Can you find a positive side to the situation?
What could you learn?



WHAT IF YOU DON'T KNOW ANYONE IN ANY OF YOUR CLASSES?

Will it be hard the first few days or weeks?
How could you make it easier?
How could you make new friends?
Is there something you could learn about yourself if that happens?
Could it be a good thing?
What could you do to make it a good thing?



WHAT IF YOU STRUGGLE IN YOUR CLASSES THIS YEAR?

Was there anything from last year that you could improve upon this year?
Where can you go for help?
When should you reach out for help?
What could happen if you don't get help when you need it?



WHAT IF YOU LOSE A GOOD FRIENDSHIP THIS YEAR?

Has that ever happened to you before? Are there friends you have lost in the past or new friends you have gained? How did that work out?
How would you feel if that happened and how would you handle those feelings?
Are there healthy things that you could do to make yourself feel better?
Is it important to have a plan with activities to help you feel better?
Could a big change like this give you new opportunities?
Who could you talk to if this happens?
Who has been helpful to talk to when you have had difficult times in the past?

WHAT IF?



WHAT IF YOU MISS HOME WHILE YOU ARE AT SCHOOL?

Is there something we can give you to help you feel connected to us throughout the day? Perhaps we could make something together?

What are some good ways to handle those feelings when you have them at school? Are there advantages and disadvantages to each of those options? Do you think it will get easier as the year goes on?

Would it be helpful to set a reward for you for days when you handle those feelings well at school?

What else would be helpful?

If you are very upset, who would you go to? What would you say?

Is it OK to miss home? Do you think other kids will have the same issue?



WHAT IF YOU DON'T MAKE THE TEAM OR SCHOOL ACTIVITY YOU WERE HOPING TO JOIN?

What will do you with the time that you would have spent in this activity? Could you pursue a different interest?

Could this open the door to trying something new?

Can you find ways to be involved in that activity or sport outside of school instead?

Are there other ways you can support that team or group at school without being an official member?



WHAT IF YOU BECOME (AFRAID, STRESSED, ANXIOUS, WORRIED) AT SCHOOL?

Who will you talk to when you are afraid?

Who could help you with your concerns or feelings?

Could you talk to your teacher about any specific safety concerns to ease your fears? Would you like a parent to join you?

Or, could you ask to talk with the school counselor?

What would you say? Would it be hard at first?

Do you think it would be helpful?

What are some good ways to handle those feelings when you have them at school?

Are there advantages and disadvantages to each of those options?

Would it be hard to focus in school if you couldn't handle those emotions?

Should you keep mom and dad or another adult aware of those feelings?

How might that help you? What might happen if you did or didn't?