

The Back-to-School CALM KIT

FAMILY DISCUSSION GUIDE

Conversations that build connection, confidence, and calm

OUR GOAL

Help our child feel safe, capable, and connected—one small step at a time.

TALK TOGETHER



BEFORE SCHOOL

Set the tone for the day.

- What are you most excited for today?
- Is there anything that feels tricky?
- What would help you feel more ready?



WHILE AT SCHOOL

Keep the connection.

- What made you smile today?
- Who did you play with?
- What was the hardest part of your day?



AFTER SCHOOL

Reconnect and reset.

- What do you need right now?
- What was something you're proud of?
- How can we make tomorrow a little easier?

ACTIVITIES TO CONNECT

FEELINGS CHECK-IN



Ask: "How was your day?"
Have them pick a face that shows how they feel.
Then, listen.

HIGHLIGHT OF THE DAY



Share one highlight from your day.
Then, invite your child to share theirs.

TOMORROW TOGETHER



Look ahead together.
What's one thing that might help tomorrow go more smoothly?

EMPATHY BUILDERS

TRY SAYING:
"It makes sense you felt that way."

TRY ASKING:
"What did you need most today?"

TRY REMINDING:
"You can handle hard things."

The more we listen with calm,
the more they open with trust.

FAMILY CALM RITUALS



Bedtime routine for rest and reset.



One meal a day together.



Movement that makes you laugh.



Gratitude moment—share one good thing.

These small moments
build big connection.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology

Connection heals.
Conversations help.