

# Back-to-School Resource Guide!



**SAOTG**  
STAYING AHEAD OF THE GAME



After many months of mask-wearing, social distancing, and staying largely at home, many students are set to return to in-person school for the first time since March 2020. While this is an exciting development for many, it also presents various challenges.



**Are students prepared for the social, emotional, and educational hurdles they will face? Are they ready for the challenges of a much more normal school year? What can parents do in the final weeks of summer to help their children be ready?**

**GOOD NEWS!** We put together some **FREE** resources specifically for awesome parents just like you. Students need to be prepared socially, emotionally, and academically. Our goal is to provide you with critical information and tips as you help your child prepare for this monumental change.



## It's hard to know where to begin when preparing for in-person school.

From establishing routines to back-to-school shopping, the next few articles will guide you through some essential tasks as you help your child prepare to successfully return to the classroom.



- [7 Skills Students Will Always Need](#)
- [Back to School Resources for Families, Educators](#)
- [How establishing routines helps kids deal with a pandemic](#)
- [How to Prepare Your Kids for In-Person, Virtual, and Hybrid Learning.](#)
- [Preparing for Back-to-School Success](#)

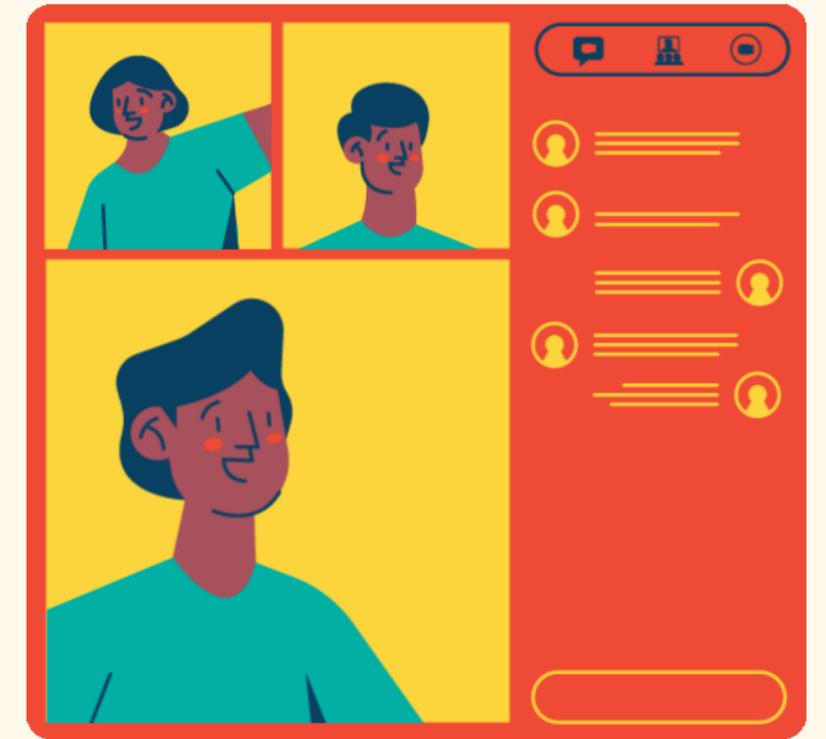
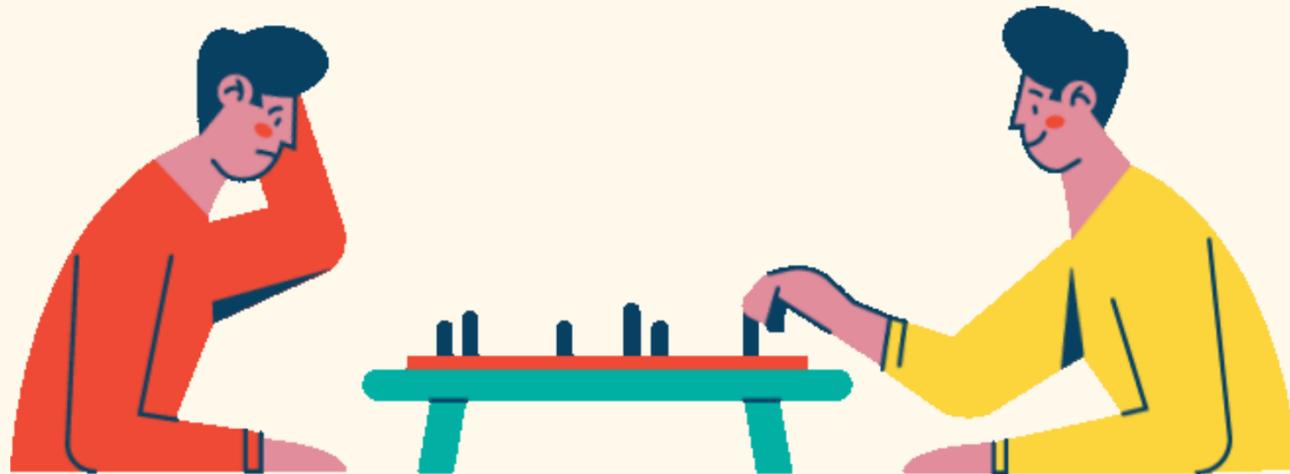




# Social Skills

One of the ways students have been hit hardest is through the degradation of their social skills. New studies are even showing many adults have forgotten how to interact appropriately with others!

Online classrooms hardly allowed students to connect in meaningful ways, so the Covid-19 pandemic caused many students' social lives and skills to stagnate or worsen.



The following articles provide practical advice and methods for getting your students, including those with learning differences, readjusted to socializing with friends and teachers at school.

- [ADHD in Middle School: Be Your Tween's Social Skills Coach](#)
- [Covid-19: Work on Social Skills](#)
- [Here's How to Teach Social Skills to Middle and High School Kids](#)
- [How to help kids prepare to return to in-person school](#)

# Emotional Wellbeing



While learning looks different now than it did pre-Covid, the biggest change occurring this school year is the mentality that students are bringing into it.

The articles below discuss methods of dealing with students' anxiety of going back to in-person school, as well as developing the social-emotional skills necessary to succeed wherever they find themselves.

- [How Can I Prepare My Child to Go Back to In-Person Learning?](#)
- [Preparing for a Healthy Transition to In-Person Learning](#)
- [Teaching the 'New' Covid-19 Social-Emotional Skills](#)
- [Turning High Expectations into Success | Harvard Graduate School of Education](#)



# Academic Success

The following resources allow students to brush up on specific skills in fun and interesting ways. Some of these resources are intended to be utilized by parents, but many can be used by students independently. Although each link has a recommended age group next to it, we suggest using whichever one works best for your individual student.

## English

- [8 Creative Writing Games & Activities for Kids](#) - 3rd - 12th
- [Quill](#) - 5th - 12th
- [ReadWorks.org](#) K - 12th
- [Project Gutenberg: Free eBooks](#)

## Math

- [Everything Multiplication](#) - 3rd - 6th
- [Hooda Math](#) - K - 9th
- [Math Playground](#) - K - 6th

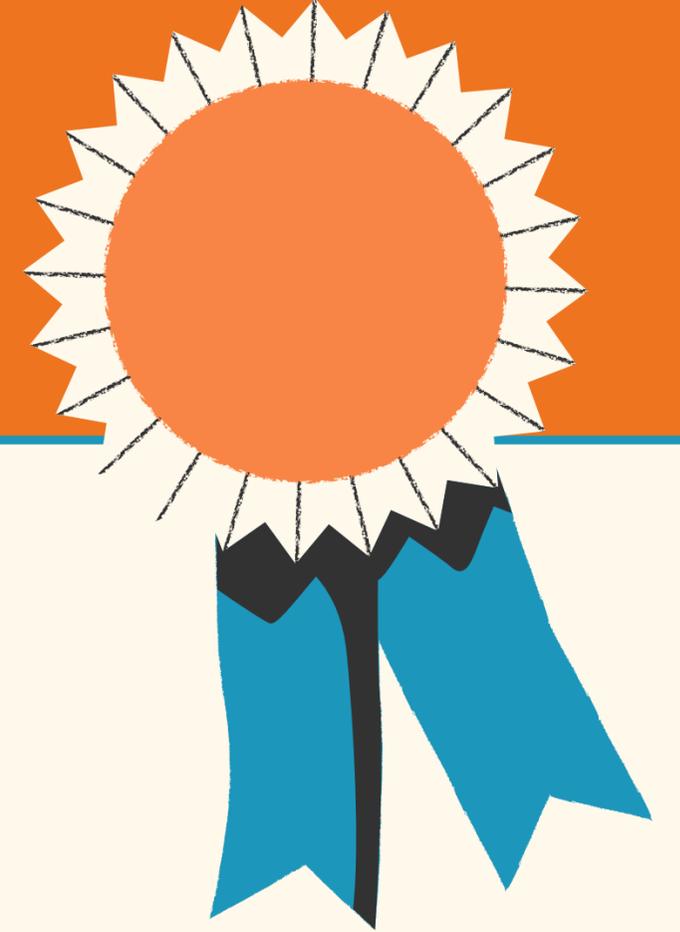
## Memory

- [7 Fun Memory Games for Kids](#)
- [10 More Memory Games](#)





# Tips for Success



## Create Routines

Routines are vital to proper brain development and student success! Begin with a consistent eating and sleeping schedule .



## Buy Supplies

Review the syllabus for each class, ensure assignments are completed, and make a shopping list. Don't wait!

## Organize

The best binder systems and digital organization systems allow a student to find the document in 5 seconds or less!

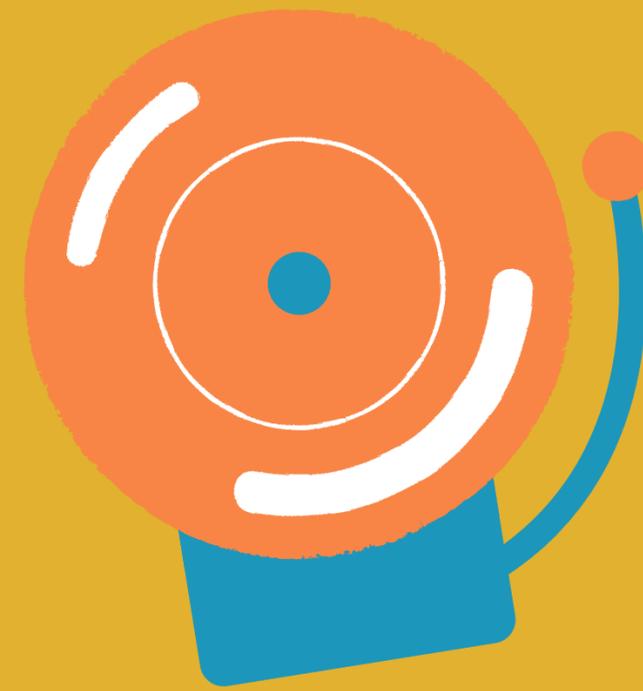
# Study Tips



1. Set up a dedicated homework space in a quiet, well-lit area with all supplies handy!

2. Learn more about the power of spaced repetition!

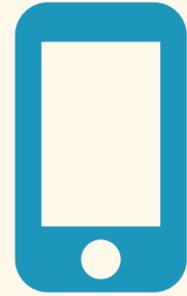
3. Take breaks! This helps the brain relax and make new connections. The Pomodoro Technique is a great study tool to beat procrastination!



# Stay in touch!



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