

Student Return to Campus Support Plan

Name: _____

As you return to your school campus, you may notice strong feelings or emotions that come up for you in your mind or body. This form may help you plan better for what to do if and when that may happen.

Some triggers that may cause emotions or feelings that may be difficult for me to manage:

- Ex. Friends forgetting to wear their mask
- _____
- _____

When I feel any of those feelings, I can do the following things to cope and help regulate my emotions:

- Ex. Take four deep breaths
- Ex. Ask to take a break
- _____
- _____
- _____
- _____

Friends I can talk to when I'm struggling - My co-regulators:

- _____
- _____
- _____

Adults I can talk to when I'm struggling - My co-regulators:

- _____
- _____
- _____

Ways my co-regulators can show me they support me:

- Ex. Listen to me
- _____
- _____

For more tips and support, reach out to your school counselor.