

## Return to Learn Concerns -- Parent Perspective

Mann,  
2020

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

	Use Scale:	1=Never	2=Rarely	3=Sometimes	4=Often
1 ↔ 4 <input type="checkbox"/>	<b>Seems to be managing stress well and is looking forward to (or enjoying) the new school year</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Does a lot of extra thinking (<i>a lot on child's mind</i>):</b> <input type="checkbox"/> Has anxiety or too many worries or concerns <input type="checkbox"/> Negative thinking (dwells on things, stuck thinking, thinks badly about self) <input type="checkbox"/> Makes a big deal out of small things				
1 ↔ 4 <input type="checkbox"/>	<b>Seems to be carrying (holding onto) some anger (<i>is mad or frustrated a lot; easily annoyed</i>)</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Feels sad or has low energy a lot of the time</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Has <i>too much</i> energy a lot of the time</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Has trouble making friends or doesn't seem to have enough good social connections</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Has homework challenges:</b> <input type="checkbox"/> Has trouble knowing what to do or how to do it <input type="checkbox"/> Doesn't get homework done or there are regular homework battles <input type="checkbox"/> Thinks homework is a waste of time <input type="checkbox"/> Feels not as smart or as capable as other children <input type="checkbox"/> Gets stressed out because he/she is behind in work				
1 ↔ 4 <input type="checkbox"/>	<b>Is not getting basic needs met:</b> <input type="checkbox"/> DOESN'T HAVE ENOUGH FOOD <input type="checkbox"/> DOESN'T GET ENOUGH SLEEP <input type="checkbox"/> FEELS UNSAFE				
1 ↔ 4 <input type="checkbox"/>	<input type="checkbox"/> <b>Worried that child might carry a lot of stress or emotions to school.</b> <input type="checkbox"/> <b>Worried that child is stressed out by remote learning (doing school at home).</b>				
1 ↔ 4 <input type="checkbox"/>	<b>Has trouble with:</b> <input type="checkbox"/> TIME MANAGEMENT <input type="checkbox"/> ATTENTION OR DISTRACTIBILITY <input type="checkbox"/> MANAGING STRESS OR EMOTIONS <input type="checkbox"/> BEING IMPULSIVE <input type="checkbox"/> DOING WHAT IS EXPECTED <input type="checkbox"/> BEING FLEXIBLE (OPEN-MINDED)				

Something important your child's teacher should know about your child  
(please write as much or as little as you want: use other paper if needed):

Something important your child's teacher should know about your home and family  
(please write as much or as little as you want: use other paper if needed):

# Return to Learn Concerns -- Student Perspective

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Mann,  
2020

1=Never	2=Sometimes	3=Often
	<input type="checkbox"/>	I am excited to start the new school year
	<input type="checkbox"/>	I am really worried about starting the new school year
1 ↔ 3	<input type="checkbox"/>	I have worries or I have a lot on my mind
1 ↔ 3	<input type="checkbox"/>	<b>I do negative thinking:</b> <input type="checkbox"/> I worry a lot <input type="checkbox"/> I get stuck on thoughts (thoughts go over and over in my mind) <input type="checkbox"/> I think negative things about myself <input type="checkbox"/> I make a big deal out of things that aren't really a big deal
1 ↔ 3	<input type="checkbox"/>	I carry some anger with me (I feel mad or frustrated; I get annoyed easily)
1 ↔ 3	<input type="checkbox"/>	I feel sad or I don't have a lot of energy (tired; sleepy; worn out)
1 ↔ 3	<input type="checkbox"/>	I think I have <i>too much</i> energy (I can't sit still; I need to move)
1 ↔ 3	<input type="checkbox"/>	It's hard for me to make friends
1 ↔ 3	<input type="checkbox"/>	School work is hard for me (I don't know how to do the work or what I'm supposed to do)
1 ↔ 3	<input type="checkbox"/>	Remote Learning (doing school from home) doesn't work well for me
1 ↔ 3	<input type="checkbox"/>	<input type="checkbox"/> I don't get enough food <input type="checkbox"/> I don't get enough sleep <input type="checkbox"/> I don't feel safe sometimes
1 ↔ 3	<input type="checkbox"/>	<b>I have trouble with:</b> <input type="checkbox"/> Paying Attention or Getting Distracted <input type="checkbox"/> Dealing with stress <input type="checkbox"/> Being impulsive (acting before thinking)
1 ↔ 3	<input type="checkbox"/>	I carry a lot of stress from home to school.

Something important I want my teacher to know about me (write more than one thing if there is more you want to share):

Something important I want my teacher to know about my home or my family: