



BACK TO SCHOOL

PLAYBOOK

FOR PARENTS

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Writer's Block & Little Time

Keep it simple! Copy Playbook prompts word-for-word, or put your own spin. A quick greeting a sentence or two is enough to let them know you're thinking of them. Remember to leave space below your note for their reply.

My Handwriting Is Messy

Your kid probably feels the same way, but don't be discouraged from writing personalized notes. Another parent or guardian can help read your note to them if you're not present to do so.

My Kid Can't Spell

Let them free-write. Don't treat it like a graded school assignment. Misspelled words and scribbles, are OK! Praise any effort they give you and keep engaging.

Playbook Isn't Fitting

Prompts are suggestions and not printed in journals to give you full control. We want you to enjoy the flexibility to write what you want, in any order to fit your child's personality. Check out the 'Easy Wins' to write timely topics most relevant to your daily life, and also explore other Playbooks. We are also open to any suggestions!



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STARTING TACTICS



Leaving on a Work Trip

Pre-write and pre-date notes for some of the days that you'll be away. Mention where you are going, what for, and when you plan to return.

Kid Reluctant to Respond

Vary the reply methods (i.e. have them draw, circle answers, make a list, fill in the blanks etc). Another parent or guardian with them can help. It's also OK to write a note without asking for a response and just move on to the next note.

My Note Was Forgotten

Make sure they're told that a note was left for them, and that you anticipate their reply. Then try to spend time reading their reply together. Like opening a gift in front of the gift-giver, express gratitude and surround your interaction with positivity to build value and enjoyment.

Staying Organized

Leave the Deuxlog in the same spot every time so you both know where to find it and leave it (i.e. kitchen table, bedside etc). Keep your Playbook in a place that's easy to find, or download the digital version.

This past year, we've spent a lot more time at home together and did our best to stay safe and well. How do you feel about going back to school?

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“The Lord is with me; I will not be afraid.” Psalm 118:6a

Starting anything new, like a new school year, isn't easy and can feel like a scary chore you don't want to do! Fight fear by writing down three things you love about school.

I love...

- 1)
- 2)
- 3)

Do you ever get lost finding your way around our house? Of course not! Even as a toddler you eventually figured it out. Finding your way to a new class can feel like being stuck in a big maze, but the more you explore, the easier it will be.

Can you draw me a map of your room to the kitchen?

“I praise you for I am fearfully and wonderfully made.”

Psalm 139:14

If you're ever down for feeling different than other kids, remember you were created by the most powerful being in the world to be exactly who you are. God made you one-of-a-kind!

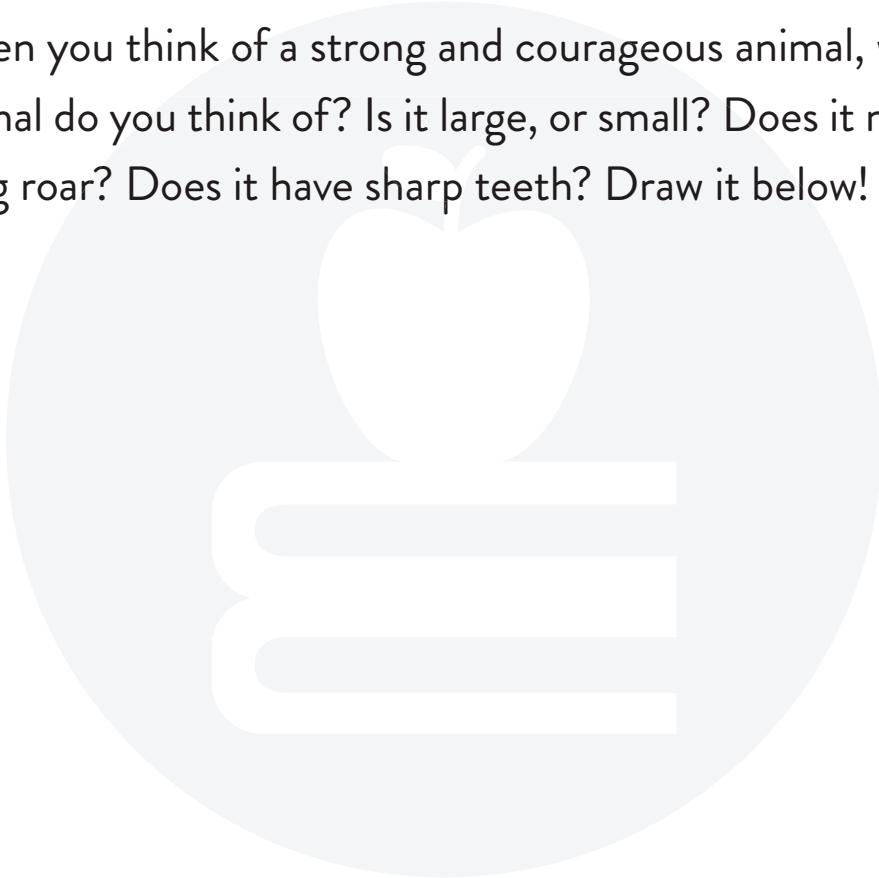
Tell me 3 things you like about how God made you:

1) God made me _____

2) I love that I can _____

3) I am _____

When you think of a strong and courageous animal, what animal do you think of? Is it large, or small? Does it make a big roar? Does it have sharp teeth? Draw it below!



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Did you know even a [the animal they drew] can get scared? Courage doesn't mean you never get scared. It means that you choose to keep moving forward even if you're afraid. Guess, what, I get nervous about [fill in]

What about you? Does anything make you nervous?

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“Two are better than one.” Ecclesiastes 4:9

When God created the first human, Adam, he also created Eve so he wouldn't be lonely. Good things happen when people become friends and live life 'two-gether' because that's what God intended!

What is an activity you like doing with a friend instead of just by yourself?

Jeremiah 32:37 says, “I am the Lord, God of all people. Nothing is too difficult for me.”

If school is too hard and you're feeling discouraged, remember that Jesus is sitting right there with you to help give you strength to make it through your difficult day. Sometimes I need to ask for Him to give me strength too!

Draw a picture of yourself in class with Jesus next to you!

Guess what? I'm a little sad we won't be spending as much time together. But, more than sad, I'm proud of you and so excited to watch you grow and learn.

Draw a picture of us for me, and I will draw one of us for you. No matter where we are, we'll have each other close by.

One of the best parts of being outside is being out in a wide-open space. Sometimes, school can be crowded, and it can be frustrating to get bumped into. When this happens, remember it's not on purpose and don't be afraid to ask for space.

Where is your favorite place to enjoy your space?

Luke 6:31 says, “Do unto others as you would have them do unto you.”

You can't control how other people treat you, but we can control how we treat others -- even when it's hard. You might be the only kind person someone encounters all day.

Draw yourself being kind to someone.

The crossing guard, the bus driver, the lunch lady, and your teacher are some people you will see every day. But let's not forget to say thank you to them so they know how important they are. You might just say it when they need to hear it most.

Who is one person at school that you are thankful for?

Miscellaneous inspiration to add to the mix at any time!

- **Mention something they can look forward to today**
 - seeing a friend
 - having their favorite meal
 - extra-curriculars (sports, music, dance, etc)
 - schooltime (favorite class, recess, lunchtime)
- **Upcoming scheduled events**
 - doctor or dentist appointments
 - school events
 - sports games
 - weekend plans
- **Milestones**
 - birthdays, anniversaries, first days/last days
 - lost a tooth, growing taller
- **Praise them for something they did well**
 - how they helped at home
 - a project they completed
 - kind words they said
- **Suggest they do something helpful or loving**
 - hug a sibling
 - help with a chore
- **Fun Facts about anything with “Did you know...?”**
 - science, observances, history, family facts...
- **Have them draw something**
 - their family, name in their favorite colors...
- **Talk about what they like / dislike about the weather**
- **Make them laugh / write a silly joke**
- **Write them words of affirmation**
- **Write a short prayer for them**