

# HES Return to Learn Concerns -- Parent Perspective

Mann, 2020

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

Use Scale: 1=Never 2=Rarely 3=Sometimes 4=Often

1 ⇄ 4 ☐ Has anxiety or worries (does lots of extra thinking and worrying; there is a lot on child's mind)

1 ⇄ 4 ☐ Does a lot of negative thinking:

☐ DWELLS ON NEGATIVE THINGS (STUCK THINKING)

☐ THINKS BADLY ABOUT SELF

☐ OFTEN MAKES A BIG DEAL OUT OF SMALL THINGS

1 ⇄ 4 ☐ Seems to be carrying some anger (mad or frustrated a lot; easily annoyed)

1 ⇄ 4 ☐ Feels sad or has low energy a lot of the time

1 ⇄ 4 ☐ Has too much energy a lot of the time

1 ⇄ 4 ☐ Has trouble making friends or good social connections

1 ⇄ 4 ☐ Has school work challenges:

☐ HAS TROUBLE UNDERSTANDING THE WORK

☐ DOESN'T GET HOMEWORK DONE OR THERE ARE HOMEWORK BATTLES

☐ THINKS SCHOOL IS BORING OR A WASTE OF TIME

☐ FEELS NOT AS SMART OR AS CAPABLE AS OTHER CHILDREN

☐ GETS STRESSED OUT BECAUSE HE/SHE IS BEHIND IN WORK OR DOESN'T UNDERSTAND WHAT TO DO

1 ⇄ 4 ☐ Is not getting basic needs met: ☐ DOESN'T HAVE ENOUGH FOOD ☐ DOESN'T GET ENOUGH SLEEP ☐ FEELS UNSAFE

1 ⇄ 4 ☐ Worried that child might carry a lot of stress or emotions to school.

1 ⇄ 4 ☐ Worried that child is stressed out by remote learning (doing school at home).

1 ⇄ 4 ☐ Has trouble with: ☐ TIME MANAGEMENT ☐ ATTENTION OR DISTRACTIBILITY ☐ MANAGING STRESS OR EMOTIONS

☐ BEING IMPULSIVE ☐ DOING WHAT IS EXPECTED ☐ BEING FLEXIBILITY ("GOING WITH THE FLOW")

1 ⇄ 4 ☐ Seems to be managing stress well and is looking forward to the new school year

Something important your child's teacher should know about this 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):