

## HES 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>Has anxiety or worries (does lots of extra thinking and worrying; there is a lot on child's mind)</b>
1 ↔ 4 <input type="checkbox"/>	<b>Does a lot of negative thinking:</b> <input type="checkbox"/> DWELLS ON NEGATIVE THINGS (STUCK THINKING) <input type="checkbox"/> THINKS BADLY ABOUT SELF <input type="checkbox"/> OFTEN MAKES A BIG DEAL OUT OF SMALL THINGS
1 ↔ 4 <input type="checkbox"/>	<b>Seems to be carrying some anger (mad or frustrated a lot; easily annoyed)</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 good social connections</b>
1 ↔ 4 <input type="checkbox"/>	<b>Has school work challenges:</b> <input type="checkbox"/> HAS TROUBLE UNDERSTANDING THE WORK <input type="checkbox"/> DOESN'T GET HOMEWORK DONE OR THERE ARE HOMEWORK BATTLES <input type="checkbox"/> THINKS SCHOOL IS BORING OR 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 OR DOESN'T UNDERSTAND WHAT TO DO
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 FLEXIBILITY ("GOING WITH THE FLOW")
1 ↔ 4 <input type="checkbox"/>	<b>Seems to be managing stress well and is looking forward to the new school year</b>

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):