

Back-to-School Success Pack

Printable tools and parent guidance for a smoother school year.



Click any title below to jump directly to that resource.

Use the full pack in order, or print only the pages that fit your family today.

Start Here

1

Parent Guide to Friendship & Conflict

Parent guide for school friendship moments, conflict, and social confidence.

Page 2

Back-to-School Printables

2

Morning Routine Checklist

Build smoother mornings, independence, and responsibility.

Page 7

3

School Confidence Worksheet

Practice brave choices, speaking up, and trying again at school.

Page 8

4

Respect at School Mini-Poster

A simple visual reminder for respectful school choices.

Page 9

5

After-School Reset Sheet

Help kids reset, refocus, and make good next choices after school.

Page 10

6

Homework Focus Chart

Support focus, effort, and follow-through during homework time.

Page 11



Live a Life You Are Proud Of!

Horizon ATA Martial Arts | Parent Resources | horizonata.com

Parent Guide to Friendship & Conflict

Helping kids handle school friendship challenges with confidence and respect.

Created by: Horizon ATA Martial Arts | Parent Resources Guide | Last reviewed: June 2026



*Confidence is not just what kids show in class.
It is something they practice at home, at school, with friends, and during hard moments.*

1 ★ WHY FRIENDSHIP SKILLS MATTER

Friendship problems are a normal part of growing up, but kids often need help finding the right words. This guide gives parents simple language to coach children through common school situations without solving every problem for them.

Practice areas: joining in, kind words, apologies, and asking for help

2 ✓ CORE MESSAGE

Kids do not need perfect words. They need practiced words, calm bodies, and trusted adults who help them try again.

Small scripts build big confidence.

3 ↔ HORIZON LIFE SKILL CONNECTION

Primary life skills: Confidence, Respect, Communication
Supporting life skills: Self-Control, Responsibility, Kindness

At Horizon ATA, students practice confidence and respect through listening, speaking clearly, controlling their body, and trying again after mistakes.

4 ! PARENT REMINDER

The goal is not to make every social moment easy. The goal is to help your child practice one better next choice: use kind words, walk away, repair the mistake, or ask for help.

- Validate the feeling.
- Practice the words.

A SIMPLE FRIENDSHIP COACHING FLOW

1

LISTEN

Name the feeling.



2

SPEAK

Use strong, kind words.



3

CHOOSE

Pick a good next action.



4

REPAIR

Own mistakes.



5

GET HELP

Tell a safe adult.

— ★ — *Live a Life You Are Proud Of!* —



The Horizon Friendship Conflict Framework

Listen. Speak. Choose. Repair. Get Help.

Children handle friendship challenges better when the steps are simple and practiced before the hard moment happens. Use this framework at home in short, calm conversations.

1

LISTEN AND NAME THE PROBLEM

Start with the feeling and the facts before jumping to advice.

Parent Script

"That sounds really hard. I am glad you told me."

2

USE STRONG, KIND WORDS

Practice short phrases your child can remember under stress.

Parent Script

"Let us practice saying it in a calm, strong voice."

3

CHOOSE A GOOD NEXT ACTION

Ask to join, find another friend, walk away, or get help.

Parent Script

"What is one respectful thing you can do next?"

4

REPAIR AFTER A MISTAKE

Help your child take responsibility without shame.

Parent Script

"Everyone makes mistakes. What matters is what you do next."

5

GET HELP WHEN NEEDED

Repeated, unsafe, or threatening behavior needs adult support.

Parent Script

"You are not in trouble for telling me. We will figure this out together."

WORDS KIDS CAN PRACTICE

"Can I play too?"

"Please stop."

"I do not like that."

"I am sorry."

"I need help."

EXPERT NOTE: StopBullying.gov encourages youth to seek adult help, avoid unsafe places, walk away before threatening encounters, and be assertive without being aggressive.^[1]

— *Live a Life You Are Proud Of!* —

Common School Friendship Moments



Practice these simple words before your child needs them.

1 NOBODY WANTS TO PLAY

What your child can do:

- Validate the feeling.
- Practice one way to join.
- Look for one friendly person.

Strong words to practice:

"Can I play too?"
 "What are you playing?"
 "Can I join the next round?"

2 SOMEONE IS BEING MEAN

What your child can do:

- Use a calm, strong voice.
- Walk away if it continues.
- Tell a trusted adult.

Strong words to practice:

"Please stop."
 "That is not kind."
 "I am going to walk away now."

3 YOUR CHILD FEELS LEFT OUT

What your child can do:

- Ask kindly to join.
- Choose another activity.
- Remember one hard moment is not the whole day.

Strong words to practice:

"Can I join you?"
 "Maybe I can try something else."
 "I can still make a good choice."

4 YOUR CHILD MADE A MISTAKE

What your child can do:

- Take responsibility.
- Apologize simply.
- Say what will be different next time.

Strong words to practice:

"I am sorry I grabbed it."
 "Next time I will ask."
 "Can I try again?"

5 CONFLICT OVER TURNS OR RULES

What your child can do:

- Pause before reacting.
- Use fair words.
- Ask an adult if needed.

Strong words to practice:

"Can we take turns?"
 "What are the rules?"
 "Can a teacher help us decide?"

6 GROUP CHAT OR ONLINE DRAMA

What your child can do:

- Do not reply with mean words.
- Save or screenshot if needed.
- Tell a parent or trusted adult.

Strong words to practice:

"I am not going to argue."
 "I choose to step away."
 "I need help with this."

★ PRACTICE MAKES A DIFFERENCE

Role-play these moments for one minute at a time. The goal is not perfect delivery. The goal is for your child to know there are respectful words and safe next steps available when a friendship moment feels hard.

What Parents Can Do

Coach the skill. Do not carry the whole friendship problem.



Your calm support makes a huge difference. These steps help your child feel heard, prepared, and more confident without making you responsible for every social outcome.

1 START BY LISTENING

Begin with connection before correction. Many kids need to feel understood before they can problem-solve.

Helpful things to say:

- "Thank you for telling me."
- "That sounds really hard."
- "You are not in trouble."

2 ASK HELPFUL QUESTIONS

Use questions that help your child understand the situation and choose a next step.

Helpful things to say:

- "What happened?"
- "What did you try?"
- "What is one respectful next choice?"

3 PRACTICE THE WORDS

Practice short scripts out loud. Social words are easier to use when kids have said them before.

Helpful things to say:

- "Please stop."
- "Can I join?"
- "I am sorry. Next time I will ask."

4 PRAISE THE SKILL

Notice the effort, not only the outcome. Confidence grows when kids see their own progress.

Helpful things to say:

- "You used kind words."
- "You tried again after a hard moment."
- "You asked for help the right way."

5 WHEN TO INVOLVE SCHOOL

- Behavior is repeated or targeted.
- Your child feels unsafe.
- There is physical contact, threats, or harmful online messages.

Reminder: Ask for support when the pattern is bigger than one hard moment.

6 COACHING FORMULA

- 1 Name the feeling.
- 2 Practice the words.
- 3 Choose the next action.
- 4 Praise the effort.



EXPERT NOTE:

Child Mind Institute notes that parents can coach social skills at home through role-playing, modeling good behavior, and practicing social scripts before real-life situations.^[2]

Using This Guide and Related Resources



Simple tools to keep practicing friendship skills at home.

USE THIS GUIDE WITH THE BACK-TO-SCHOOL SUCCESS PACK

Use this guide alongside the four printable worksheets: Morning Routine Checklist, School Confidence Worksheet, After-School Reset Sheet, and Homework Focus Chart.



Morning



Confidence



Reset



Homework

RELATED HORIZON PARENT RESOURCES

1



[Parent Resources Page](#)

More free worksheets, guides, and coloring pages for families.

4



[Reviews from Horizon Families](#)

See what local parents say about Horizon ATA.

2



[ATA Tigers Classes](#)

Age-appropriate martial arts classes for younger children.

5



[Schedule a First Class](#)

Try a first class and experience the program in person.

3



[Kids Martial Arts Classes](#)

Confidence, focus, respect, and self-control for school-age kids.



HORIZON CONNECTION

At Horizon ATA, children practice confidence, respect, communication, and self-control every week.



WANT MORE SUPPORT?

Learn more or schedule a first class using the links above.



HELPFUL SOURCES

1. StopBullying.gov. "How Youth Can Protect Themselves From Bullying." U.S. Department of Health and Human Services. stopbullying.gov
2. Child Mind Institute. "Kids Who Need a Little Help to Make Friends." childmind.org



EDUCATIONAL NOTE:

This guide is for educational support and general parent guidance. It is not a substitute for medical, mental health, educational, legal, or school-specific advice. If a child is unsafe or repeatedly targeted, contact school or emergency support.

— *Live a Life You Are Proud Of!* —

Morning Routine Checklist

A simple at-home tool to build smoother mornings, independence, and responsibility.



Name: _____ Week of: _____

1 MY MORNING MISSION

This week, I will practice:

- | | |
|---|--|
| ☐ Wake up and get out of bed | ☐ Eat breakfast |
| ☐ Brush teeth | ☐ Pack backpack |
| ☐ Get dressed | ☐ Put on shoes |
| ☐ Other: _____ | |

2 A STRONG MORNING MEANS I CAN...

- | | | |
|----------|----------------------------------|---|
| 1 | Start with a ready body | I get up, get dressed, and begin my day. |
| 2 | Follow directions | I listen and do the next step. |
| 3 | Take care of my things | I pack what I need for school. |
| 4 | Use a calm attitude | I stay respectful even when I feel tired. |
| 5 | Leave ready to do my best | I start the day with confidence. |

3 MY MORNING CHART — I CAN DO THIS!

Color a star each day you complete your routine!

Day	Up & Ready	Dressed	Breakfast	Packed	Shoes On	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I COMPLETE MY ROUTINE, I CAN CHOOSE:

- | | |
|---|--|
| ☐ Pick a song in the car | ☐ Special time with Mom/Dad |
| ☐ Choose breakfast | ☐ Pick family game |
| ☐ Extra story | ☐ Other: _____ |

5 PARENT TIP

- Keep the goal simple.
- Use the chart to build consistency.
- Praise independence and effort.

➤ *Live a Life You Are Proud Of!* ➤

School Confidence Worksheet

A simple at-home tool to build confidence, resilience, and brave choices at school.



Name: _____ Week of: _____

1 MY CONFIDENCE MISSION

This week, I will practice:

- | | |
|--|---|
| ☐ Ask for help | ☐ Try again after mistakes |
| ☐ Try something new | ☐ Speak up respectfully |
| ☐ Use kind words | ☐ Other: _____ |
| ☐ Join in | |

2 CONFIDENCE MEANS I CAN...

- | | | |
|----------|--------------------------------|--|
| 1 | Take a brave first step | I can try even if I feel nervous. |
| 2 | Ask for help | I can speak up when I do not understand. |
| 3 | Keep going | I can learn from mistakes and try again. |
| 4 | Use strong, kind words | I can speak with respect and confidence. |
| 5 | Believe in my effort | I do not have to be perfect to do my best. |

3 MY CONFIDENCE CHART — I CAN DO THIS!

Color a star each day you show confidence!

Day	Tried Something New	Asked for Help	Used Brave Words	Kept Going	Positive Attitude	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I SHOW CONFIDENCE, I CAN CHOOSE:

- | | |
|---|--|
| ☐ Pick a family activity | ☐ Special time with Mom/Dad |
| ☐ Choose dessert | ☐ Pick music in the car |
| ☐ Extra story | ☐ Other: _____ |

5 PARENT TIP

- Praise bravery, not perfection.
- Let your child practice speaking for themselves.
- Celebrate effort after hard moments.

➤ *Live a Life You Are Proud Of!* ➤

Respect at School

Small choices. Strong character.



1



LISTEN THE FIRST TIME

I look, listen, and follow directions.

2



USE KIND WORDS

I speak to classmates and teachers with respect.

3



KEEP HANDS AND FEET TO YOURSELF

I use self-control with my body.

4



TRY YOUR BEST

I give good effort, even when something is hard.

5



HELP OTHERS

I look for ways to be kind and helpful.

6



TAKE RESPONSIBILITY

I own my choices and fix mistakes when I can.



Respect is something I practice every day.



PARENT REMINDER

Respect grows through practice, reminders, and example. Notice and praise the small respectful choices you see.



Live a Life You Are Proud Of!



After-School Reset Sheet

A simple at-home tool to help kids reset, refocus, and make good next choices.



Name: _____ Week of: _____

1 MY RESET MISSION

After school, I will check in with myself and choose a good reset.

- | | |
|--|---|
| ☐ Take 5 deep breaths | ☐ Stretch or move |
| ☐ Eat a snack | ☐ Talk to an adult |
| ☐ Drink water | ☐ Other: _____ |
| ☐ Change clothes | |

2 A GOOD RESET MEANS I CAN...

- | | | |
|---|-------------------------|---|
| 1 | Notice how I feel | I pause and check in with my body and emotions. |
| 2 | Choose what I need | I can ask for water, food, quiet, or help. |
| 3 | Calm my body | I take a breath and settle down. |
| 4 | Make a good next choice | I get ready for homework, chores, or family time. |
| 5 | Finish the day strong | I use a respectful and helpful attitude. |

3 MY RESET CHART — I CAN DO THIS!

Color a star each day you use your reset!

Day	Checked In	Chose Reset	Calmed Down	Good Next Choice	Finished Strong	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I USE MY RESET, I CAN CHOOSE:

- | | |
|---|--|
| ☐ Pick a game | ☐ Special time with Mom/Dad |
| ☐ Read together | ☐ Outside play |
| ☐ Choose a snack | ☐ Other: _____ |

5 PARENT TIP

- Keep the reset short and simple.
- Use it to build habits, not punish emotions.
- Praise calm choices and follow-through.

➤ *Live a Life You Are Proud Of!* ➤

Homework Focus Chart

A simple at-home tool to build focus, effort, and follow-through during homework time.



Name: _____ Week of: _____

1 MY HOMEWORK MISSION

This week, I will focus on:

- | | |
|-------------------------------------|---|
| ☐ Math | ☐ Finish assignments |
| ☐ Reading | ☐ Review work |
| ☐ Writing | ☐ Other: _____ |
| ☐ Study time | |

2 FOCUS MEANS I CAN...

- | | | |
|---|----------------------------|--|
| 1 | Get my space ready | I have what I need before I start. |
| 2 | Start on time | I begin without too many reminders. |
| 3 | Stay with the task | I keep working and do not give up. |
| 4 | Ask for help the right way | I try first, then ask calmly if I need help. |
| 5 | Finish strong | I check my work and give my best effort. |

3 MY HOMEWORK CHART — I CAN DO THIS!

Color a star each day you show focus!

Day	Space Ready	Started On Time	Stayed With It	Asked for Help	Finished Strong	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I FINISH STRONG, I CAN CHOOSE:

- | | |
|--|--|
| ☐ Family game | ☐ Special time with Mom/Dad |
| ☐ Choose dinner | ☐ Play outside |
| ☐ Extra story | ☐ Other: _____ |

5 PARENT TIP

- Keep the work goal realistic.
- Praise effort and follow-through.
- Use the chart to build habits, not pressure.

➤ ★ ➤

➤ *Live a Life You Are Proud Of!* ➤