

Press Play on a Successful School Year

The transition back to school can be both exciting and scary. Help your Girl Scout develop the social and emotional skills needed to start strong and continue on this school year.

Encourage breaks.

Help her find time throughout the day to take 5-minute breaks. This is a time for her to disconnect from everything and recharge her brain. It can improve her focus and help to reduce stress. Encourage her to set aside time for deep breathing, stretching, or a fun dance break.

Try something new.

Help build a sense of control and increase flexibility by trying something new each day and then discussing how it went. Encourage her to make a new friend, try new foods, or play a new game. Be sure to give her space to share anxious feelings, missteps, or failures. What can she learn from those experiences?

Use play to connect.

Children communicate best through play. Pick a game that you can play together. Jump in and encourage her input. You will be amazed at what you learn and where imagination can go!

Explore the outdoors.

Escape your routine by exploring nature. Set aside time for a morning walk, go on a hike, explore state parks, or local trails. Fresh air and movement can help to reduce stress.

Encourage positive thoughts.

When kids feel scared or anxious they may focus on negative thoughts. Help your Girl Scout reframe her thinking by focusing on the positive. Encourage her to recite the Girl Scout Declaration (included) each day as a way to help her focus on the positive.

Share feelings with fun.

Use the feelings check (included) to help your Girl Scout identify and discuss her emotions. Use this as an opportunity to become more aware of how she is feeling. Follow up by just listening or asking about how you can encourage or support her.



My Girl Scout Declaration



I am a Girl Scout!

I am considerate and caring.



I can be a good friend and

I can make new friends.

I am courageous and strong.

I will be curious and creative as



I try new things. When things are

hard, I will do my best to



be confident.

I respect myself and others.

I admire great people, but I know

that I am enough. I don't need to

compare myself to anyone.



I believe in myself.

I will focus on being my best self

and helping others in

my community.



I can dream big and

make the world a better place.



How are you feeling today?

Pick one or more emotions that show how you are feeling today. If you don't see anything that matches your feelings, that's okay. Say something different or act it out. Then share how others can do their best to encourage you, support you, or just listen to you.

