



Activity 1:

Our “Back-to-School Boost” Jar Focus: Connection + Confidence

Grab a jar, cup, or small container and some slips of paper. Take turns answering these fun questions and writing down encouraging thoughts to fill your jar.

Try these prompts:

- Something I'm excited about this school year is...
- Something I'm really good at is...
- One thing I'd like to get better at is...
- Someone I'm excited to see is...
- When I feel nervous, something that helps me is...
- One thing I'm proud of myself for is...
- Something I love about our family is...

Have fun: Decorate your jar together and call it your “**We've Got This!**” Jar. When your child has a tough day, pull out a note or add a new one together.

Lil' Leader Reminder:

Talking, listening, and encouraging each other helps us feel connected and confident.