



*Let's head*  
**BACK TO SCHOOL**  
*with confidence!*  
*free printable*



# Contents

01

## PODCAST SCHEDULE

You get to see all of the upcoming back to school episodes of the podcast.

02

## PRINTABLES

Use these printables as an extension to the podcast episodes. They are a great tool for helping your tweens get ready for the school year.

03

## EXTRA BONUS

A set of affirmation cards for your kids to use. Just print and cut!



# Podcast Schedule

August 1, 2022	Tame those Back to School Jitters
August 8, 2022	3 tips for meeting a new friend
August 15, 2022	Always be an Includer - Here's how!
August 22, 2022	3 confidence tips for back to school
August 29, 2022	New School Year - New goals!



# LET'S BRAINSTORM

***List out all your fears with heading back to school.  
Then list out some solutions that can help you navigate that fear!***

fears

solutions

# Let's make it the best year ever!

## EPISODE 44

3 WAYS THAT I CAN MEET A NEW FRIEND THIS YEAR

- 1.
- 2.
- 3.

## EPISODE 45

MAKE A LIST OF AT LEAST 3 WAYS THAT YOU CAN  
BE AN INCLUDER THIS SCHOOL YEAR.

- 1.
- 2.
- 3.

## EPISODE 46

WHAT ARE 3 WAYS THAT I CAN WORK ON MY  
CONFIDENCE THIS YEAR?

- 1.
- 2.
- 3.

# My goals for the school year

GOAL-1

Actions steps

GOAL-2

Actions steps

GOAL-3

Actions steps

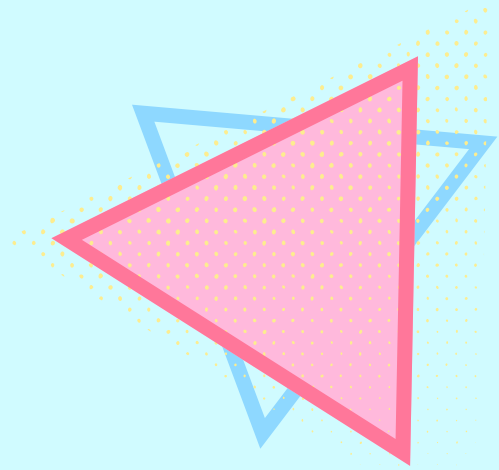
GOAL-4

Actions steps





**I am  
enough.**



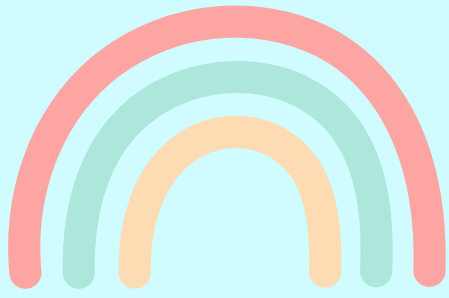
**I am  
strong.**



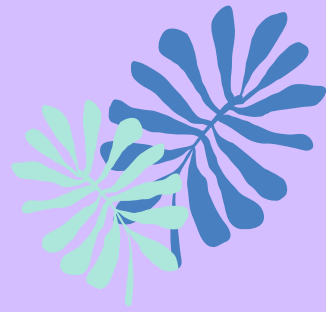
**My future  
is bright.**



**I am  
amazing.**



I am  
brave



I am  
unique.



I am  
creative.



I am  
loved.