

Push In

Date: 10/10/22

- Book: Squirrel's New Year's resolution by Pat Miller
- Outcome: Goal Setting/ Reviewing- I can set goals that I want to work to achieve
- Activity 1: Girls create hopes and dreams poster
- Activity 2: Girls create pen to use with their journals

Date: 10/17/22

- Book: Giraffe's can't dance by Giles Andreae
- Outcome: Being myself brings success, trying to be someone else brings failure
- Activity 1: Girls create filter butterfly. We are all unique

- Activity 2: Girls create Growth Mindset poster

Date: 10/24/22

- Book: My voice is a trumpet by Jimmie Allen
- Outcome: I can use my voice. My voice is a trumpet
- Activity 1: Girls create trumpet craft
- Activity 2: Girls create voice as a rainbow craft

Date: 10/31/22: Skip (Halloween)

Date: 11/7/22

- Book: I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia
- Outcome: I have the ability to be successful with hard tasks. I can persevere through hard things.

- Activity 1: Snow Tower- craft sticks and marshmallows
- Activity 2: Get creative with your affirmations and supportive affirmations

Date: 11/14/22

- Book: Ruby's Wish by Shirin Yim Bridges
- Outcome: I can follow my own path
- Activity 1: Girls draw what their path leads too
- Activity 2: Girls create noise makers to celebrate their growth throughout group