BACK TO SCHOOL

CONFIDENCE & MINDSET

TOOLKIT

A fun, printable workbook to help children feel calm, confident and ready for a new school year.

Welcome, Mindset Maverick!

Dear Parent or Caregiver,

Welcome to the Back-to-School Confidence & Mindset Adventure Toolkit for Kids!

Starting a new school year is a big adventure. It can bring excitement, curiosity and new opportunities, but it can also bring worries, uncertainty and lots of mixed emotions. Whether your child is returning to school, moving into a new year group, or facing new challenges, this toolkit has been created to help them feel confident, capable and ready for the journey ahead.
Inside this toolkit, you will find a collection of fun and engaging activities designed for your child, to build self-belief, resilience and a positive mindset. From affirmations and confidence-building exercises to creative worksheets, gratitude activities, kindness challenges and reflection pages, each activity encourages children to explore their strengths and develop the skills they need to thrive both in school and in life.

You may notice that affirmations are included throughout the toolkit. Affirmations are positive statements that help children practise encouraging and empowering thoughts. While they are not magic words, they can help children develop confidence, challenge self-doubt and build a stronger belief in their own abilities over time.

The activities in this toolkit are designed to be simple, enjoyable and easy to fit into everyday family life. You don't need hours of free time or any special expertise. Just a few minutes spent talking, reflecting, colouring, creating or completing activities together can make a meaningful difference to your child's confidence and emotional wellbeing.

As your child works through the toolkit, encourage them to:

- Celebrate their strengths and unique qualities
- Embrace mistakes as opportunities to learn and grow
- Talk openly about their feelings and worries
- Practise positive self-talk and self-belief
- Recognise the people who support and encourage them
- Be kind to themselves and others

Most importantly, remind your child that confidence isn't about being perfect. It's about believing in themselves, being willing to try, and knowing that they can learn and grow through every experience.

I hope this adventure toolkit helps your child start the school year feeling calm, confident and excited about all the possibilities ahead.

If you have any questions or would like support with your child's confidence, mindset or emotional wellbeing, please don't hesitate to get in touch.

Wishing your child a fantastic school year filled with learning, growth and success.

Best wishes,



Saima Hirji
Certified Kids Life Coach
Mindset Maverick Kids

What Are Affirmations?

Affirmations are positive statements that help us practise encouraging thoughts. The more we practise, the easier it becomes to believe in ourselves.

1. Daily Back-to-School Affirmations

Read these affirmations with your child each morning to build confidence and a positive mindset:

- I can handle new things
- I am getting better every day
- Mistakes help me grow
- I am ready for a great day!

Mirror Challenge:

Say each affirmation together while looking in a mirror. Encourage your child to look at themselves as they speak. Over time, invite them to create an affirmation of their own.



My Affirmation Cards

Color your favorite affirmation



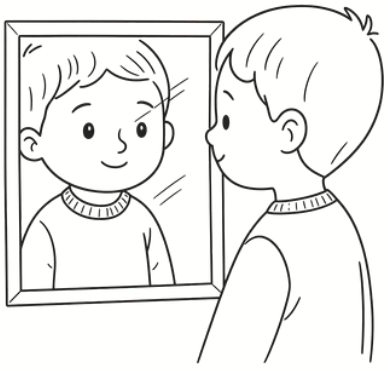
I can do hard things.



Mistakes help me learn.



I am brave enough to try.



I believe in myself.



Every day I grow stronger

Create Your Own Affirmation

Write your own positive statements.

I am .....

I can .....

.....

.....

.....

.....

.....

.....

.....



My Morning Power-Up Routine

Starting the morning with a simple routine can help your child feel calmer, more focused and more prepared for the day ahead. These small steps encourage positive thinking, emotional awareness and confidence before school.

Tick each activity as you complete it:

☐ Take 3 slow, deep breaths

☐ Stretch your arms up to the sky

☐ Say one affirmation out loud

☐ Think of one thing you're looking forward to today

☐ Choose one small goal for today:

.....

.....

What Is a Worry?

A worry is a thought that pops into your mind and makes you feel nervous, unsure or a little scared. Everyone has worries sometimes–even grown-ups! Worries often show up when something is new, important or unknown. The good news is that worries are not there to stop you. They are simply trying to get your attention and remind you to be prepared. When you talk about your worries, ask for help and think about what you can do, they often start to feel smaller and easier to manage.

Meet Wally the Worry!

Sometimes, worries can feel loud–especially when something is new, tricky or important..

Imagine your worry is a little character called
Wally the Worry.

Wally may pop up and say things like:

- "What if I don't know anyone?"
- "What if I make a mistake?"
- "What if I can't do it?"

But remember: Wally is not always right. A worried thought does not mean something bad will happen.

When Wally appears, you can:

⭐ Take a slow, deep breath
⭐ Talk to someone you trust
⭐ Remember what you are good at
⭐ Think of one small thing you can do next



Let's Talk to Wally

1. What is something you feel worried about?

.....

2. What could help you feel more prepared?

.....

3. Who could you ask for help?

.....

4. What strength could help you through this?

.....

5. Write a new affirmation to try this week:

.....

My Feelings Check-In

Colour the face that matches your feeling.



Great Good Okay Worried Upset

What might help you feel a little better?

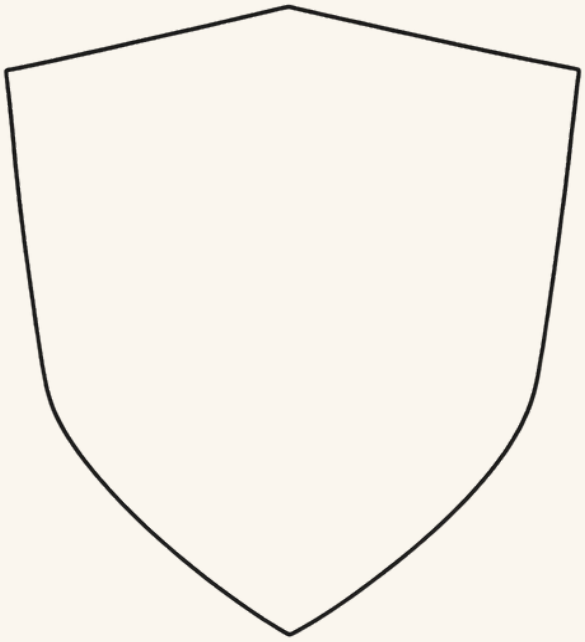
.....

My Strength Shield

Just like a shield helps protect a knight, your Strength Shield reminds you of all the amazing things that make you strong on the inside.

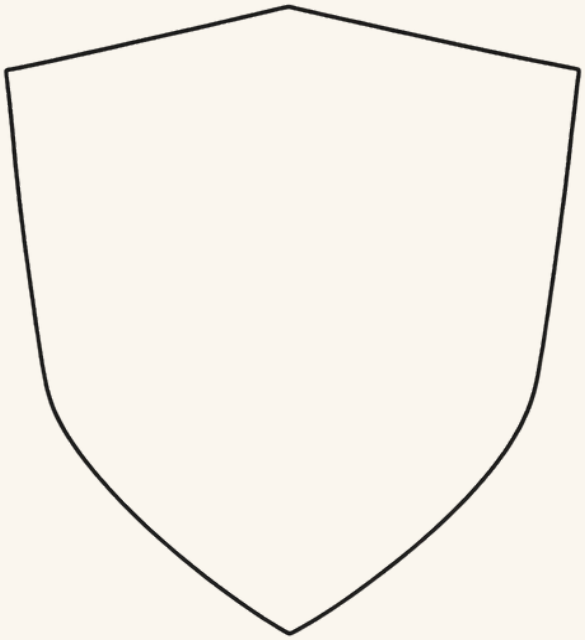
In each section of the shield, write or draw something about yourself. Think about your talents, the things you have achieved, what makes you unique, and the people who help you feel safe and supported.

Your shield is a reminder that whenever you feel nervous, worried or unsure, you already have strengths, special qualities and caring people around you to help you through challenges. Keep your shield somewhere you can see it and remember just how capable and amazing you are!



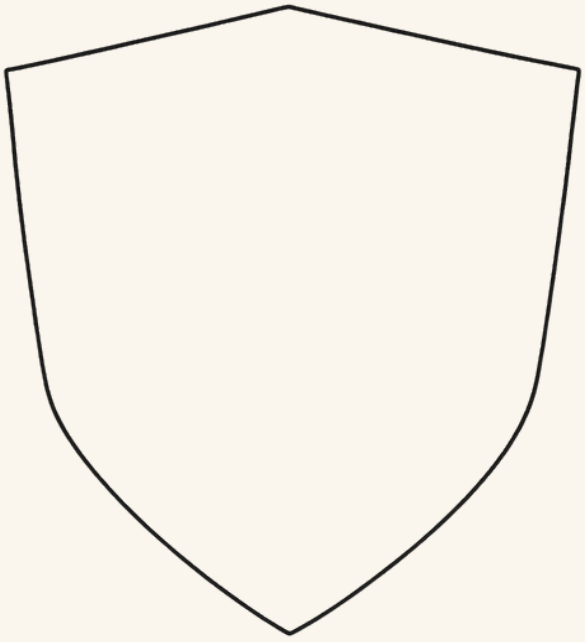
My Strengths

What am I good at?
What positive qualities do I have?



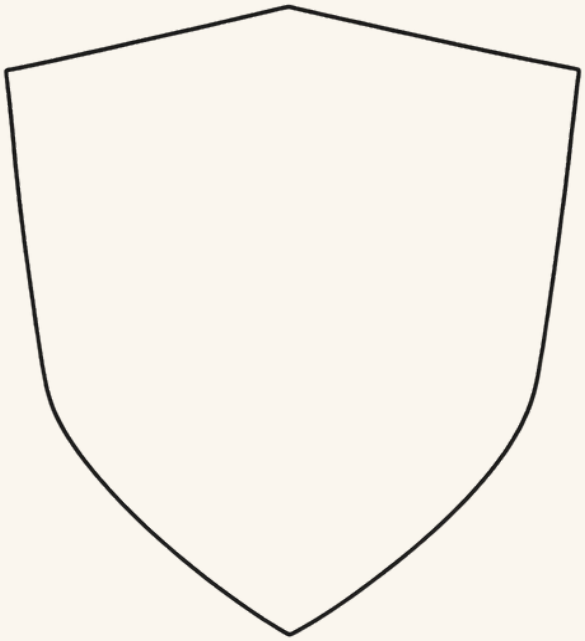
What I'm Proud Of

What achievements, big or small,
make me feel proud?



What Makes Me Unique

What makes me special and
different from everyone else?



My Safe People

Who can I talk to when I need help,
support or encouragement?
what does this mean

Growth Mindset Challenge

I Didn't Give Up!

think about a time when something felt difficult, but you kept trying.
Draw or write about what happened.

What felt difficult?

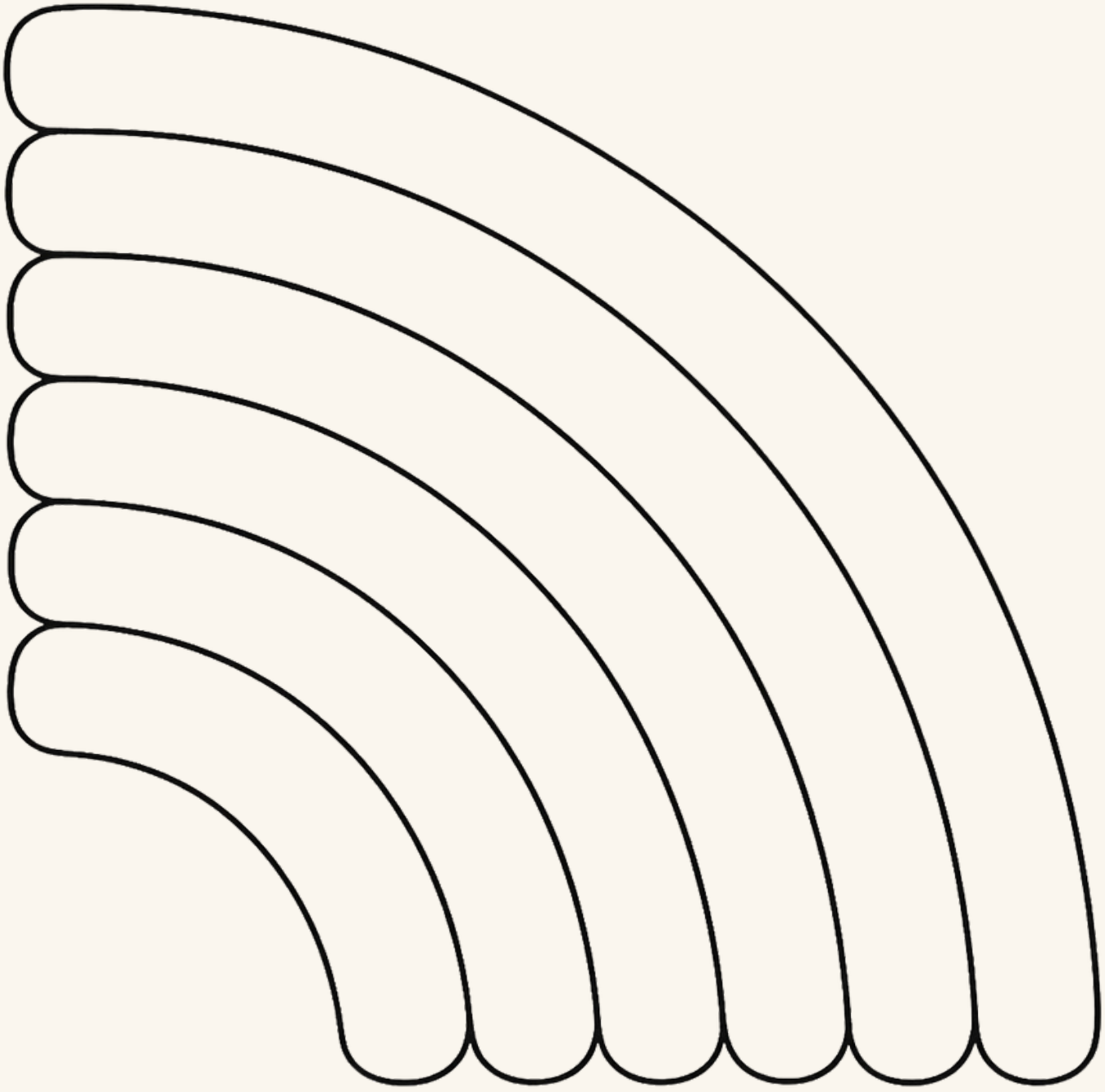
What did you do to keep trying?

What happened when you kept going?

⭐ I am proud of myself because:

Gratitude Rainbow

Write or draw one thing you are grateful for on each stripe of the rainbow, then colour it in. You can choose a person, place, memory, activity or anything that makes you feel happy and thankful.



First Week Reflection

Write about your first week and answer the questions below.

What was the best part of my week?

.....

What am I proud of?

.....

What was something difficult?

.....

How did I handle it?

.....

What is one thing I want to do next week?

.....

KINDNESS BINGO

Colour, tick or mark each square when you complete a kind act.

helped a friend	Shared a toy or book	Said thank you	Used kind words	Smiled at someone
Listened carefully	Included someone new	Held the door open for someone	Cheered someone up	Took turns
Tidied up	Gave a compliment	FREE SPACE	Let someone go first	Helped clean up
Said sorry	Offered to help	Welcomed someone	Used a calm voice	Comforted someone
Picked up litter	Waited patiently	Encouraged someone	Asked if someone was okay	Did a kind deed at home

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Weekly Confidence Tracker

Tick each confidence step you tried this week.

Confidence Step	Tick
I tried something new.	☐
I asked for help when I needed it.	☐
I used kind words when talking to myself.	☐
I kept trying when something felt difficult.	☐
I helped or encouraged someone.	☐
I spoke up and shared an idea.	☐
I stayed calm when I felt worried.	☐
I made a mistake and tried again.	☐
I completed something I started.	☐
I was proud of myself.	☐

TIPS FOR PARENTS

Starting a new school year can bring lots of emotions for children. While excitement is often part of the journey, it's also normal for children to feel nervous, uncertain or overwhelmed by change. One of the most powerful things you can do as a parent is create a safe space for your child to talk about their thoughts and feelings without fear of judgement.

💡Remember, confidence doesn't come from having all the answers. It grows when children feel heard, supported and encouraged to keep trying.

Transition Conversation Starters

Use these gentle questions to encourage meaningful conversations and emotional check-ins

- What are you most excited about this year?
- Is there anything you're feeling nervous about?
- Who would you like to play or spend time with?
- What would make your day feel really good?
- What is one thing you are looking forward to learning?
- What is something you're proud of from last year?

Growth Mindset Language for Parents

Small changes in language can have a big impact on how children view challenges and setbacks.

Try swapping these common phrases:

✗ Don't worry
✓ Let's talk about what's on your mind.

✗ Just try harder.
✓ What strategy can we try next?

✗ You're so smart.
✓ 'm proud of how hard you worked on that

✗ You can't do it yet.
✓ You're still learning, keep going.

✗ that was a mistake.
✓ What can we learn from that?

Simple Ways to Build Confidence at Home

- Celebrate effort, not just results.
- Encourage your child to solve small problems independently.
- Allow mistakes to become learning opportunities.
- Help your child recognise their strengths and achievements.
- Model positive self-talk and resilience.
- Spend a few minutes each day connecting without distractions.

A Final Reminder

Every child develops confidence at their own pace. Some children jump into new situations with ease, while others need more time and reassurance. By offering patience, encouragement and consistent support, you're helping your child build the confidence and resilience they need to thrive both in school and beyond.



About Saima Hirji

Saima is a Certified Kids and Parent Life Coach and the founder of Mindset Maverick Kids.

She supports children, teens and parents with confidence, resilience, emotional wellbeing and self-belief. Through practical tools and compassionate guidance, Saima helps families understand what may be happening beneath behaviour and create calmer, more connected relationships.

Need more support?

Every child is different, and sometimes families need more personalised support.

To learn more about coaching sessions, parent support and helpful resources, visit:

mindsetmaverickkids.com

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