

The Butterfly Spot™

September - October Edition • 2026

**Fun Fall
Activities
for Girls**

**Back to
School
Dress
Attire**


**Teen Girls
w026 Must Haves**

**10 Things
Girls Hate
To Talk About**



A Note to Our Girls

This Magazine Was Created Just for YOU! 



Welcome to The Butterfly Spot!

This is your space. Your voice. Your time. Your magazine. A place where you can be **inspired**, get **empowered** and discover the amazing girl you are becoming.

Inside these pages, you'll find real talk, helpful tips, fun ideas, good vibes and everything you need to grow in **confidence**, stay **encouraged** and chase your **dreams** fearlessly.

*You are beautiful. You are valuable.
You are enough—just as you are.* 

We created this magazine to remind you that you matter, your dreams matter and your future is bright.

Keep believing in yourself.

We're so glad you're here! 

This Magazine Is For You If You Want To... 

- ♥ Learn new things
- ♥ Build confidence
- ♥ Make smart choices
- ♥ Have fun & be yourself
- ♥ Follow your dreams
- ♥ Make a difference

Let's do this! 



*“You were born to **stand out**, not to fit in.”* 



WHAT'S INSIDE?

So many amazing things waiting for you!



Your Guide to Inspiration, Fun & Growing!

Every page is a step toward becoming your best self!

2 A NOTE TO OUR GIRLS
A special note just for you. You matter. You are enough.

3 WHAT'S INSIDE?
Your guide to all the amazing things inside!

4 GIRL POWER!
Strong girls. Bright futures. Real stories that inspire.

5 BOOKS & BUTTERFLIES
Great reads. Big dreams. Let's get into a good book!

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Real conversations about real life.

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Building strong, healthy friendships.

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Tools for your mind. Tips for how you feel.

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The Butterfly Wall. Leave your mark. Share your voice.

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Reset your mind. Refresh your spirit. You've got this!

16 STAY SMART. STAY SAFE.
Smart choices. Safe steps. Trust yourself. We got you!

17 WHAT'S HAPPENING?
Fun events, programs & ways to get involved!

18 UNTIL NEXT TIME...
Keep growing. Keep glowing. Keep becoming!



Dream



Create



Be You!



Shine

Your story is still being written...
Make it a best seller!

FALL FUN!

Take the Fun Outside!

Fresh air. Good friends. Big laughs.
Fall is the perfect time to slow down,
step outside and make memories
that last a lifetime.



OUTDOOR CRAFTS

Get creative with leaves, pinecones, and more! Let your imagination take flight.



PICNIC & PAINT

Pack a yummy picnic and paint your world beautiful!



NATURE ART

Collect nature's treasures and turn them into art.



FALL PHOTO WALK

Capture the colors, the smiles and the little moments.



BOOKS UNDER THE TREES

Find a cozy spot, open a book and let your mind soar.



FRIENDSHIP CIRCLE

Share, listen, laugh and lift each other up. That's real sisterhood.



Sometimes the best memories
don't need Wi-Fi.

Fall Fun Checklist

- ✓ Have Fun!
- ✓ Be Kind!
- ✓ Try Something New!
- ✓ Make Memories!





HEY GIRL,

COOKING BASICS FOR GIRLS

Let's Get Cooking!

Culinary 101 • Building Confidence • Creating Sweet Memories

Good food,
Good mood!



FEATURED FALL RECIPE

Pumpkin Oat Cookies



Ingredients

- 1 cup pumpkin puree
- 1/2 cup oats
- 1/2 cup whole wheat flour
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp baking powder
- 1/4 cup chocolate chips (optional)

Directions

- 1 Preheat oven to 350°F.
- 2 In a bowl, mix all ingredients until combined.
- 3 Scoop onto a baking sheet lined with parchment paper.
- 4 Bake for 12–15 minutes or until set.
- 5 Cool, enjoy, and share with a friend!

Yummy, healthy, and perfect
for fall fun!

Cooking is love
made visible.



KITCHEN TIP

OF THE MONTH



Read the whole
recipe first!

It helps you
understand each
step and makes
cooking easier
and more fun!

DID YOU KNOW?

Cooking can help
improve your math,
reading, creativity,
and even your
confidence!
That's real power
in the kitchen!



WHAT'S COOKING

at The Butterfly Spot?

We're always learning
new skills, trying new
recipes, and having
fun while doing it!

From sweet treats
to healthy eats,
we cook, we laugh,
and we grow!

Great cooks
start with **heart**,
keep practicing,
and never give up!



5

THE BUTTERFLY SPOT Empowered Girls. Bright Futures.

KEEP COOKING.
KEEP GROWING. KEEP SHINING!



SCHOOL STYLE

You don't have to follow trends—create your own! ♥

Back-to-School Dress Attire ♥

Confidence is **ALWAYS** in Style.

Find your look. Rock your vibe.
Be you. Be confident. Be amazing!



STYLE TIP ♥

Wear what makes **YOU** feel comfortable, confident, and ready to learn!



SPORTY



Comfortable.
Active. Ready
for anything! ♥

- ★ Athletic sets & joggers
- ★ Hoodies & tees
- ★ Sneakers you love
- ★ Backpack = function and style

PREPPY



Polished. Put
together. Always
on point! ♥

- ★ Collared shirts & polos
- ★ Cardigans & sweater vests
- ★ Pleated skirts or khakis
- ★ Loafers, flats or clean sneakers

CASUAL



Simple. Cute.
Effortless.
All you! ♥

- ★ Jeans & cute tops
- ★ Graphic tees
- ★ Leggings & tunics
- ★ Denim jackets
- ★ Slip-ons or sneakers

CREATIVE



Express yourself.
Be bold. Be
beautiful. Be **YOU!** ♥

- ★ Mix colors & patterns
- ★ Statement pieces
- ★ Accessories that pop
- ★ Show off your unique style

CLASSIC



Timeless.
Neat. Confidently
classic. ♥

- ★ Clean jeans & tops
- ★ Neutral colors
- ★ Button-downs
- ★ Simple jewelry
- ★ Always appropriate

THE PERFECT

Finishing Touch! ♥



A backpack
that works
for you!



Jewelry that
adds a little
sparkle!



Hair accessories
that show off
your style!



Shoes that are
comfortable &
school-ready!

REMEMBER: ♥

- ♥ BE YOU.
- ♥ BE KIND.
- ♥ BE CONFIDENT.
- ♥ BE RESPECTFUL.
- ♥ BE FOCUSED.
- ♥ BE AMAZING! ♥



HAIR GOALS

Rock your crown with pride! ♥



BRAIDS
Beautiful &
protective!



PONYTAILS
Classic &
cute!



NATURAL
Love your
natural
beauty!



**STRAIGHT
OR CURLY**
Your hair,
your way! ♥

A girl with confidence
wears the best outfit
of all—her smile! ♥



We're all different—and that's beautiful!
Celebrate **YOU!** ♥



BACK-TO-SCHOOL CHECKLIST

- | | |
|---|--|
| ☐ School-appropriate outfits | ☐ Personal care items |
| ☐ Comfortable shoes | ☐ Planner or notebook |
| ☐ Backpack | ☐ Positive attitude |
| ☐ Water bottle | ☐ A big smile! ♥ |
| ☐ Hair care & accessories | |



GIRL, YOU NEED THIS!

Teen Girls' 2026 Must-Haves

The right tools + the right mindset = your best year yet!

Little things that make a BIG difference!

Smart. Stylish. Confident. *You.*

1

A BACKPACK THAT WORKS AS HARD AS YOU

- Roomy
- Comfortable
- Durable
- You style!



2

PLAN IT. DREAM IT. DO IT!

Planner or Journal to stay organized & inspired.



3

HYDRATE IN STYLE

A cute water bottle to keep you refreshed all day long.



4

GIRL EMERGENCY POUCH

Be ready for anything!



- Lip balm
- Tissues
- Mini hand sanitizer
- Hair ties
- Pads or liners
- Pain reliever

5

BOOKS THAT BUILD YOU

Feed your mind. Fuel your future. Find your favorite genre and get lost in a good book!



6

PERSONAL-CARE BASICS

Self-care is part of self-love.



7

HEADPHONES THAT HELP YOU FOCUS

For study time, podcast time or vibe time.



8

TECH ESSENTIALS

Keep your devices charged and ready to go!



THE MOST IMPORTANT MUST-HAVE:

CONFIDENCE

\$0.00

Never leave home without it.

- Believe in yourself.
- Know your worth.
- Speak up.
- Be your beautiful self.

REMEMBER:

- ☒ You are enough.
- ☒ You are powerful.
- ☒ You are capable.
- ☒ You are UNSTOPPABLE!

Keep shining!

9

SNEAKERS YOU LOVE

Comfortable. Trendy. You!



10

CUTE ACCESSORIES THAT POP

Show off your style!

- Necklaces
- Bracelets
- Earrings
- Rings
- Hair clips



11

SNACKS THAT FUEL YOU

Healthy snacks = more energy, more focus!



12

AFFIRMATION CARDS OR POST-ITS

Positive words. Positive vibes. Every day!



Bonus Must-Haves!

HAIR CARE

Keep your crown flawless!



SUNGLASSES

Protect your eyes & look good!



UMBRELLA

Be ready for rainy days!



GOOD ATTITUDE

It goes with every outfit!



Collect what you love. Use what you need. Be who *YOU* are!



7

THE BUTTERFLY SPOT



Empowered Girls. Bright Futures.



You've got this, girl!



BOOKS & BUTTERFLIES

The Butterfly Spot's Top 5 Book Reads

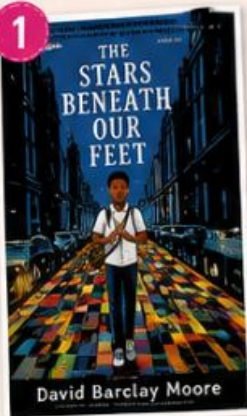
Great books open your mind, build your confidence, and help you become the girl you are meant to be.

Read more. Grow more. Be more.



A good book is a best friend you can always count on.

1



THE STARS BENEATH OUR FEET

by David Barclay Moore
Ages 10+

WHY WE PICKED IT:

A powerful story about family, talent, and finding hope in tough times. It reminds us that the choices we make can change our future.

Butterfly Rating

BUTTERFLY BOOK PICK



THE REMARKABLE JOURNEY OF COYOTE SUNRISE

by Dan Gemeinhart
Ages 9-12

WHY WE PICKED IT:

Coyote's journey teaches us about healing, courage, and the importance of finding your people. A beautiful story about starting over and discovering yourself.

Our Featured Read!

3



FRONT DESK

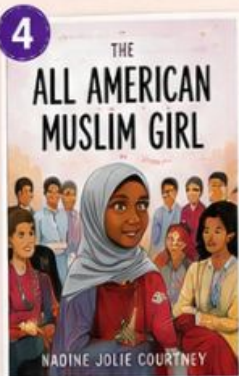
by Kelly Yang
Ages 8-12

WHY WE PICKED IT:

An eye-opening look at hard work, kindness, and standing up for what's right. It helps us see the world through someone else's eyes.

Butterfly Rating

4



ALL AMERICAN MUSLIM GIRL

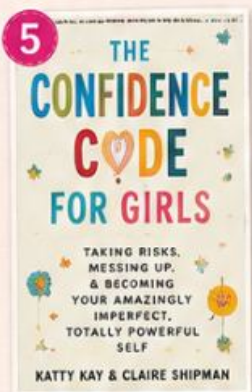
by Nadine Jolie Courtney
Ages 10+

WHY WE PICKED IT:

A heartfelt story about identity, faith, friendship, and finding the courage to be your true self—no matter what others think.

Butterfly Rating

5



THE CONFIDENCE CODE FOR GIRLS

by Katty Kay & Claire Shipman
Ages 9-13

WHY WE PICKED IT:

Packed with real talk, tips, and inspiration to help girls believe in themselves and go after their dreams!

Butterfly Rating

WHY WE LOVE BOOKS!

- ✓ They take us to new places.
- ✓ They teach us new things.
- ✓ They help us understand others.
- ✓ They give us ideas.
- ✓ They build our confidence.
- ✓ They inspire us to dream bigger!

What will YOU read next?

WHERE TO FIND GREAT BOOKS:

- ♥ Your local library
- ♥ Bookstores
- ♥ School book fairs
- ♥ Thrift stores
- ♥ Online bookstores
- ♥ Ask a friend!

READING TIP

Find a cozy spot, turn off distractions, and give your book your full attention. You'll enjoy it even more!



DID YOU KNOW?

Reading just 20 minutes a day can expose you to over 1.8 million words in a year!





READING CORNER

Don't just read the story.

THINK

about what the story is teaching YOU.

OUR FEATURED READ



A story about healing, courage, and finding where you belong.



Let's dive deeper into our

BUTTERFLY BOOK PICK!

LET'S TALK ABOUT IT!

Answer these questions. Then share your thoughts with a friend, family member, or your book club!

- 1 Why did Coyote choose to live on the school bus with her dad?
- 2 How did Coyote change throughout the story?
- 3 What does Coyote learn about forgiveness?
- 4 Who in the story showed Coyote kindness? How did it help her?
- 5 What would you have done if you were Coyote?
- 6 What is one lesson from this book that you will remember forever?



Books help us understand the world and ourselves.

WHAT WOULD YOU DO?

Put yourself in the story!

SCENARIO 1

You're starting over at a new school and don't know anyone. How would you have the courage to be yourself?



SCENARIO 2

Someone hurt your feelings, but you know forgiving them will help you move forward. What would you do?



SCENARIO 3

You have a dream, but it feels scary and uncertain. What's one small step you could take today?



Courage doesn't mean you're not afraid. It means you keep going anyway.

MY THOUGHTS

What did you love? What surprised you? What will you never forget?

Write it. Own it. Be proud of it.



BUTTERFLY CHALLENGE

Take the challenge and grow!

- ☐ Read this entire book.
- ☐ Write down your favorite quote.
- ☐ Thank someone who inspired you.
- ☐ Do one kind thing for someone.
- ☐ Set a goal and take one step toward it.
- ☐ Share what you learned with someone else.
- ☐ Rate the book.



I ACCEPT THE CHALLENGE!

READ IT TOGETHER!

Great conversations make great readers!

Talk about this book with someone who supports you.

- ♥ A best friend
- ♥ A parent or guardian
- ♥ A sibling
- ♥ A mentor
- ♥ Your book club



Share your thoughts. Listen with respect. Learn from each other. Grow together.

RATE OUR PICK!

How many butterflies?



I GIVE THIS BOOK!...

- ♥ What I loved most: _____
- ♥ A word to describe this book: _____
- ♥ Would you recommend it?
() YES! () Maybe () Not for me
- ♥ Who would you recommend this book to? _____



CAN WE TALK?

10 Things Girls Hate to Talk About

"Girl...we know you don't want to talk about it. That's exactly why we're talking about it."



No judgment.
No embarrassment.
Just Girl Talk.

1 BODY CHANGES

Your body is changing and that's normal! It can feel confusing, scary, or even exciting.

- ♥ You're not alone.
- ♥ It's okay to have questions.
- ♥ Your body is becoming YOU.

Embrace every stage of your journey.

2 PERIODS & PMS

Let's keep it real—periods can be annoying!

- ♥ Track your cycle.
- ♥ Keep supplies with you.
- ♥ It's okay to talk about it.

It's natural.
It's not shameful.
It's life.

3 PERSONAL HYGIENE

Good hygiene is self-respect. It's not just for you, it's for your health too!

- ♥ Daily care is self-care.
- ♥ Fresh feels confident!

Clean. Confident.
Beautiful YOU!

4 FEELING LEFT OUT

It hurts. A lot. But it doesn't last forever.

- ♥ You don't have to fit in to belong.
- ♥ Real friends won't leave you.
- ♥ Focus on what makes you happy.

You're never really alone.

5 BULLYING & MEAN GIRLS

No one has the right to treat you badly.

- ♥ Don't keep it a secret.
- ♥ Tell a trusted adult.
- ♥ Walk away and stay strong.

You are STRONGER than their words.
You matter!

6 CRUSHES & FIRST LOVE

Butterflies are fun... but confusing too!

- ♥ It's okay to like someone.
- ♥ Don't lose yourself trying to impress them.
- ♥ Love yourself first!

Real love starts with self-love.

7 PEER PRESSURE

You don't have to do what everyone else is doing.

- ♥ It's okay to say NO.
- ♥ Your future is too important.
- ♥ True friends respect your choices.

A strong NO today protects your tomorrow.

8 SOCIAL MEDIA

It's fun, but it's not always real.

- ♥ Don't compare your life.
- ♥ Protect your peace.
- ♥ Post wisely.
- ♥ Think before you share.

Your worth isn't measured in likes.

9 SAYING NO

You have the right to protect your time, body, and boundaries.

- ♥ It's okay to say no to anything that doesn't feel right.
- ♥ You don't owe anyone an explanation.

Your NO is powerful. Use it!

10 ASKING FOR HELP

Asking for help is NOT a sign of weakness.

- ♥ Talk to a parent, teacher, mentor, or trusted adult.
- ♥ You deserve support.
- ♥ You don't have to handle it alone.

It takes courage to ask. You're not alone.

IT'S OKAY TO NOT BE OKAY. TALK ANYWAY.

You are brave. You are enough. You are not alone.

Keep talking. Keep trusting. Keep growing.

We you!

WHO CAN I TALK TO?

- ♥ Mom or Dad
- ♥ Grandparent
- ♥ Teacher or Counselor
- ♥ Coach or Mentor
- ♥ Older Sibling
- ♥ Trusted Friend

TALK TIPS

- ♥ Choose a time and place that feels safe.
- ♥ Start with what's on your mind.
- ♥ It's okay to cry.
- ♥ It's okay to take your time.
- ♥ Keep talking until you feel heard.

You matter.

YOU DESERVE...

- ♥ Respect
- ♥ Kindness
- ♥ Honesty
- ♥ Support
- ♥ Love
- ♥ A voice

Talking about hard things can make you feel lighter. Try it!



MIND & MOOD

Breathe • Stretch • Reset

Your mind matters. Your feelings matter.
Taking care of **YOU** helps you show up as your best!

Calm is not something you find. It's something you create.



PAUSE & POSE

Try these simple poses to relax, refocus & feel your best.

1 CHILD'S POSE

Rest. Release. Relax.



- ♥ Kneel and sit back on your heels.
- ♥ Stretch your arms forward.
- ♥ Take deep breaths.
- ♥ Great for stress, tired days & overthinking.

2 TREE POSE

Balance. Focus. Grow.

- ♥ Stand tall.
- ♥ Place one foot on your leg.
- ♥ Hands together at your heart.
- ♥ Find your balance inside & out.



3 BUTTERFLY POSE

Open. Breathe. Let Go.

- ♥ Sit tall.
- ♥ Bring the soles of your feet together.
- ♥ Gently flap your wings.
- ♥ Release tension & open your heart.



4 MOUNTAIN POSE

Stand Strong. Be Steady.

- ♥ Stand tall.
- ♥ Feet steady.
- ♥ Shoulders back.
- ♥ Take a deep breath.
- ♥ You are strong, you are amazing, you belong.



CHECK IN WITH YOURSELF

Take a moment. Be honest. You matter.

♥ How am I feeling right now?



♥ What's something that made me smile today?

♥ What's something that's stressing me out?

♥ What do I need more of in my life?

♥ What can I let go of today?

♥ What's one thing I can do for ME today?

It's okay to not be okay.
It's not okay to stay that way.

JUST BREATHE

Try this 4-Count Calm Breathing.



Repeat 3-5 times.
You've got this!

REMEMBER:

- ♥ Your feelings are valid.
- ♥ You are stronger than you think.
- ♥ This moment doesn't define you.
- ♥ Better days are ahead.

MOOD BOOSTERS

Simple things that help lift your mind & mood.



Listen to your favorite music.



Read a good book that inspires you.



Write it out in your journal.



Get outside & enjoy nature.



Talk to someone you trust.



Do something kind for someone else.

Good mood. Good mind.
Good YOU.

DAILY REMINDER

Be gentle with your mind.
You're doing the best you can.

I am capable.

I am worthy.

I am enough.

I am me.

I am a work in progress.

You can't always control what happens, but you CAN control how you respond. Choose peace. Choose YOU.



THE GIRL IN THE MIRROR

See Her. Love Her. Believe in Her.

The girl looking back at you is
amazing, strong, smart, beautiful,
and so much more!

She is enough—just as she is.
And she is becoming everything
God created her to be.



You are
WORTH IT.
You are
LOVED.
You are
YOU.

Self-love
isn't selfish.
It's
necessary!



I AM PROUD OF...

- ♥ The way I try my best.
- ♥ The choices I make.
- ♥ My growth and progress.
- ♥ My kind heart.
- ♥ The courage I show every day.

I AM BECOMING...

- ♥ The best version of myself.
- ♥ A confident leader.
- ♥ A girl who makes a difference.
- ♥ Everything I was created to be.

I SEE...

A girl full of potential.
A heart full of dreams.
A future full of possibilities.



BUTTERFLY CHALLENGE

Look at yourself
and give that girl
one compliment
that has absolutely
nothing to do with
her appearance.



DAILY REMINDERS

YOU ARE
YOUR OWN
**BEST
FRIEND.**

I am
capable.

I am
strong.

I am
enough.

I am
growing.

I am
becoming.

NOTE TO SELF:

Dear Me,
Keep going.
Great things
take time.

Love,
Me



FRIENDSHIP CHECK

Who's Really in Your Circle?

Friends lift you up, not tear you down.
The right friends help you become your best self.
Let's learn to spot the difference! ♥



GREEN FLAGS ♥

These are signs of a healthy friendship!

- ♥ Supports you and wants the best for you.
- ♥ Celebrates your wins like they're their own.
- ♥ Listens to you and cares about your feelings.
- ♥ Respects your "no" without getting mad.
- ♥ Keeps your confidence and doesn't gossip.
- ♥ Lets you be YOU, not who they want you to be.

Real friends bring out the BEST in you!

FRIENDS
DON'T CHANGE
YOU. THEY
CHALLENGE YOU,
SUPPORT YOU,
AND HELP YOU
GROW. ♥

RED FLAGS ♥

These are signs a friendship may not be good for you.

- ♥ Constant jealousy or competition.
- ♥ Gossiping about you or telling your secrets.
- ♥ Pressuring you to do things that don't feel right.
- ♥ Embarrassing you or putting you down.
- ♥ Controlling who you talk to or hang out with.
- ♥ Only shows up when they need something.

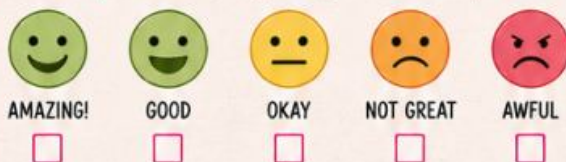
It's okay to outgrow people.
Protect your peace! ♥

REMEMBER: ♥

- ♥ You teach people how to treat you.
- ♥ Boundaries aren't mean... they're healthy!
- ♥ You deserve friends who choose you, every day.
- ♥ Quality over quantity. Always.

♥ MY FRIENDSHIP CHECK ♥

Think about someone you spend a lot of time with.
How do you FEEL after spending time with this person?



Answer these honestly... ♥

- | | | |
|---|-------|----------|
| ♥ Do I feel happy and respected with this person? | YES | NO |
| ♥ Can I be myself around them? | YES | NO |
| ♥ Do they support my goals and dreams? | YES | NO |
| ♥ Do I feel GOOD about myself after we hang out? | YES | NO |
| ♥ Do they make me feel peace or pressure? | PEACE | PRESSURE |
| ♥ Is this a friendship that helps me grow? | YES | NO |



MY CIRCLE ♥

Write the names or initials of people who are in your circle.



Surround yourself with people who see your worth! ♥

SET BOUNDARIES ♥

It's okay to say...

"I need space right now."

"That doesn't feel good."

"I can't do that."

"I choose peace."

I PROMISE MYSELF... ♥

I will protect my energy.

- ♥ I will walk away from what no longer serves me.
- ♥ I will choose friends who help me be the best me!

I CHOOSE ME. ♥





THE

Leave Your Mark.
Speak Your Truth.

BUTTERFLY WALL

There's
BEAUTY
in being
YOU!

It's okay to be
a work in progress.
Great things take
time!

This is your space. Your voice. Your story.
Write it. Draw it. Spray it. Own it!

I AM PROUD OF...

I FEEL STRONGEST WHEN...

**YOUR
VOICE
BELONGS
HERE.**

I WISH GIRLS KNEW...

DEAR FUTURE ME...

ONE THING I WANT
ANOTHER GIRL TO KNOW...

Future Me
is cheering
for you!

YOU ARE...

- ♥ Brave
- ♥ Capable
- ♥ Important
- ♥ Loved
- ♥ Enough
- ♥ Amazing
- ♥ Unstoppable

REMEMBER:

Your voice matters.
Your dreams matter.
You matter.
Never forget that.

**BE
YOU
TFUL**

DON'T BE AFRAID TO COLOR OUTSIDE THE LINES.
THIS IS YOUR WALL. MAKE IT BOLD. MAKE IT REAL. MAKE IT YOU!





BREATHE, GIRL!

Your Personal RESET Button

It's okay to slow down.
It's okay to take a break.
You matter. Your peace
matters. Your heart
matters.

Peace
starts
with
you.



"You don't
have to solve
everything today.
Sometimes
you just need to
RESET."



PUT THE PHONE DOWN



STEP OUTSIDE



PLAY YOUR SONG



JOURNAL



CREATE



LAUGH



REST



TALK TO SOMEONE

MY RESET BUTTON

When I feel overwhelmed, I can...

1.

2.

3.

60-SECOND RESET CHALLENGE

When you feel stressed, try this quick reset!

1 - BREATHE

Close your eyes. Take a deep breath in
for 4 seconds... hold for 4... breathe
out for 4. Repeat 3 times.

2 - REALIGN

Roll your shoulders. Stretch your
arms. Let go of the tension.

3 - REFLECT

Ask yourself: What do I need right
now? Then do one small thing for YOU.

Pause. Reset. Keep Going.

REMINDERS FOR YOU

- I am allowed to take breaks.
- My mental health matters.
- It's okay to ask for help.
- I am stronger than I think.

BREATHE IN
confidence.

BREATHE OUT
fear.



STAY SMART. STAY SAFE.

Being Aware Isn't Being Afraid—It's Being Prepared.

STAY SAFE TIPS:

- ✓ Know your boundaries.
- ✓ Keep personal information private.
- ✓ Trust your instincts.
- ✓ Stay aware when you're out.
- ✓ Choose friends who lift you up.
- ✓ Know when to tell a trusted adult.

ONLINE SAFETY:

- ♥ Be kind.
- ♥ Think before you post.
- ♥ Don't share passwords.
- ♥ Talk to a trusted adult if something feels wrong.



Trust Your Instincts.

If it doesn't feel right, speak up.

NO IS A COMPLETE SENTENCE.

- ♥ You are allowed to say NO.
- ♥ You are allowed to leave.
- ♥ You are allowed to tell.
- ♥ You are allowed to call someone.
- ♥ You are allowed to ask for help.

Remember:
You are smart.
You are strong.
You are not alone.

“Being brave doesn't mean handling everything by yourself.”

GET HELP.

It's a sign of strength, not weakness.

MY SAFE CIRCLE

List 3 trusted adults you can talk to:

- 1 _____
- 2 _____
- 3 _____

YOU DESERVE TO FEEL:

- ✓ SAFE
- ✓ RESPECTED
- ✓ HEARD
- ✓ VALUED
- ✓ SUPPORTED
- ✓ LOVED



You have the right to feel safe in every space—online and in real life. Protect your peace. You matter.



DREAM IT. PLAN IT. DO IT!

Don't just
wish for it...
WORK
for it!

MY BIG DREAM:

SOMETHING I
WANT TO LEARN:

A GOAL FOR SCHOOL:

SOMETHING I
WANT TO TRY:

SOMEONE WHO
INSPIRES ME:

MY FIRST STEP:

Your Dreams Deserve a Plan

MY DREAMS CAN
TAKE ME ANYWHERE!

Where will your dreams
take you?

Write or draw your dreams
in the spaces below.



EDUCATION

I will keep learning.
Knowledge is power!



CAREER

I can do anything
I set my mind to!



TRAVEL

I will see the world
and make memories!



CREATIVITY

I will create
beautiful things!



ENTREPRENEURSHIP

I can build my
own future!



FRIENDSHIP

I will surround
myself with
good people!



GIVING BACK

I will make a
difference in
someone's life!

A dream
becomes
a goal
when you give
it a plan.

Your dream
doesn't have
to look like
anyone else's."

BELIEVE
IN YOURSELF.
WORK HARD.
STAY KIND.
NEVER GIVE UP!



YOU ARE
CAPABLE.
POWERFUL.
WORTHY.
ENOUGH.



Go. See. Do. Be. You!

Your future
is bright!
Keep shining,
Beautiful!

DEAR GIRL..

This Is Only the Beginning.



Keep dreaming.



Keep learning.



Keep asking questions.



Keep using your voice.



Keep choosing yourself.



Keep becoming.

Never
shrink
your wings
to fit into
places you've
outgrown.

You have the power
to shape your story.
Your future is yours—
make it amazing!

Until Next Time...
Keep Flying!

THE BUTTERFLY SPOT

Empowered Girls.

Bright Futures.

www.daretodreamyounggirls.com

You are enough. You are worthy.
You are powerful. Keep believing in YOU!

THANK YOU
FOR BEING
AMAZING YOU!