

Wicked Cool!

Bucket List

Team up with your tween before school starts to see how many items you can check off the list together to help build their confidence.

Spread kindness

Getting into the habit of doing small, thoughtful gestures of kindness can help tweens think “we,” not “me,” and realize the joy of giving, not getting.

Give or send a surprise thank you

Thank-you notes not only make the recipient feel good, but they can make a tween’s gratitude soar as well.

Test out a new activity

Helping tweens try new things without fear of failure or embarrassment boosts self-confidence.

Be a change agent for good

Learning the joy of giving, not getting, is one of the best secrets to true happiness.

Find the best part of the day

Helping tweens focus on the positive parts of their days develops optimism and a healthy life outlook.

Set a new goal

A proven way to foster can-do attitudes is to help tweens learn to set goals and achieve their best one step at a time.

Interview a grown-up you admire

Helping tweens find people they admire gives them examples to copy to better themselves.

Learn a new family task

Encourage tweens to do a chore swap with a family member so they can learn a new skill.

