



# BACK TO SCHOOL KIT

## Surprise Notes

Drop into Lunchboxes, Backpacks, or Hoodie Pockets

A note doesn't have to be long to land deep.

These little slips carry tiny dares, truths, and emotional anchors – perfect for kids (or parents!) who need a boost mid-day.

### Instructions:

- Print and cut out the notes
- Personalize or leave them as-is
- Slip them into lunchboxes, pencil cases, or stuck-on mirrors
- This will give your kid a great beginning of the School Year



## Evening Echo Cards

Reflective + Ridiculous ideas to to End the Day with Connection

### Instructions:

- Print and cut out the cards
- Keep them in a jar, envelope or box
- Let your child pull one in the evening - dinner time, after bath time or at bedtime.





# 8 SURPRISE NOTES



 Whisper a compliment to your shoe today. (No explanation needed.)

**Dare you?**



 Our family is stronger because you're in it.

**Here is a truth**



 Ask someone a weird question today. Bring it home.

**We're curious**



 If your brain had a cape, what color would it be?

**Think about it**



 You don't have to be perfect to be powerful.

**Remember**



 Pretend your pencil is a microphone. Give one silent speech.

**A little giggle**



 There's no one else like you – and that's kind of magic.

**Here is a truth**



 What's the most random thing you saw today? We want to know.

**We're Curious**





# 7-MINUTE MORNING MISSION

A Choose-Your-Own Ritual to Start the Day with Team Energy

Choose one quick mission each morning. Take turns picking.

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## **Move Together:**

- Do a 3-second group freeze dance — everyone chooses their own ending pose.
- Act out how you want to feel today using only animal movements.
- Strike a “what’s-your-mood” pose (one at a time, everyone guesses).
- Pass the invisible energy ball around the room — it grows or shrinks depending on who holds it.

## **SAY SOMETHING SMALL**

- “My brain feels like...” (a volcano? A sleepy bear? A Wi-Fi signal?).
- Everyone shares a weird dream or thought — real or imagined.
- Play “Whisper Brag”: each person whispers one tiny thing they’re proud of to another (quietly, like a secret).
- Answer this: “If today were a snack, what would it be — and why?”

## **IMAGINE TOGETHER**

- Name your invisible backpack superpower today. What’s in it?
- Choose a “family mascot” for the day. Is it a sleepy sloth? A disco raccoon? A wise owl?
- Everyone predicts one strange or delightful thing they’ll notice today.
- Invent a word that describes your current mood. (Bonus: if time allows, define it together as a family mood.)

## **CREATE A MINI RITUAL**

- Everyone says one encouraging thing to the person on their right.
- Assign everyone a “role” today — Team Listener, Team Cheerleader, Team Silly Breaks.
- Do a “whoosh hug” — fast arms around the group, then hands to heart, while saying “woosh!”.

Friday Wild card - “Opposite Day Breakfast Table”:

Answer every question wrong (on purpose) for one minute.





# EVENING ECHO CARDS



What's one tiny win you had today?

**YES!**



If today was a song, what song would it be?

**Rythm of the day**



Who was kind to you – or who needed kindness?

**Who was kind?**



Tell the weirdest sentence you heard today.

**That was weird!**



What was something that made you laugh today (even just a little).

**That was funny**



If you had a redo button, would you use it today?

**Redo?**



What moment from today do you want to remember?

**What a moment**



What did you notice today that no one else seemed to see?

**See something special?**





# 8 DIY SURPRISE NOTES



**Dare you?**

**Here is a truth**

**We're curious**

**Think about it**

**Remember**

**A little giggle**

**Your favorite moment**

**Who was weird?**





# BACK-TO-SCHOOL BAGEL FACES

After a long first day back, whether it's the kids wrestling with new routines or parents surviving the calendar onslaught — everyone needs a snack that says:

**“We made it back! Together.”**

*A customizable, calming, silly-but-satisfying snack for re-entry from the school galaxy*

## **Ingredients (Choose Your Own Adventure Style)**

Pick a base:

- Mini bagels, toast rounds, rice cakes
- Spread it with:
- Cream cheese
- Hummus
- Nut butter
- Mashed avocado

## **Add face parts:**

Sliced strawberries, cucumbers, bananas, olives, blueberries, mini pickles, raisins

Shredded cheese “hair,” pretzel stick eyebrows, or fruit leather smiles

Sweet or savory — totally up to your family mood.

## **How to Serve:**

Lay out toppings like an art palette

Each person makes their own “Today Face”

Prompt ideas:

“This is how my brain felt during math class.”

“This is what I looked like hearing the alarm clock this morning.”

“This is my victory face after the school day!”

 Take a photo, tag [@superpowerfamily](#) on Pinterest — or just eat and laugh.

