

# STRONG ★ GIRLS ★

**'I love being a strong girl. This book is one big celebration of strong girls because being a strong girl is a vibe. It's our vibe. I'm so proud and happy that we get to be strong together.'**



## DISCUSSION NOTES

**Looking at the questions and activities below, let's discuss some of the different types of strength there are and how you can feel stronger.**

1. Sometimes, we show strength by working towards a goal – even when we know it's going to be hard. Have a think about what goal you'd like to work towards and with that goal in mind, think about what you need to achieve it. Can you break it down into smaller chunks? Is there something specific you need to improve or practise first? This could be a physical goal, but also is applicable to any goal!

2. A strong mindset can be your greatest asset, helping you to feel confident and focused in high-pressure situations. Having a routine can help you prepare for these moments, like an important sports match or a test at school. Do you already have a routine like that? If so, what is it? If not, make a list of things you could experiment with to find the routine that works for you.

For example, think about what you'll eat before an event; whether you want to listen to music while you prepare and if there are any specific activities that will calm you, like doing some slow breathing.

3. It's important to focus on the positives in life, but sometimes that can be hard when our brains fill with negative thoughts. When this happens, it's important to try to guide your brain into a more positive mindset. Write down a list of five things that have gone well for you today, big or small. Try to make this a daily habit, listing the positive things from your day and talking about it at dinner time or just before bed.

4. When you are in a difficult situation, it is important to lean on the people around you. Sometimes being strong means asking for help. Think about who can support you if you're in a difficult situation. Who could you talk to about your problem to make it feel more manageable? Think about trusted adults in your life, your family, your friends or your teammates.

5. We all have difficult days and it is important to allow ourselves to acknowledge how we are feeling instead of trying to hide our emotions. Remember to be kind to yourself when you are feeling low. Thinking about difficult times you've faced in the past, what made you feel better then? It might be playing a game you really like with your friends, or taking time to do something creative like drawing or painting. Make a list and keep hold of it so you have some ideas ready for the next time you have a hard day.

6. We all feel scared sometimes, especially if we are trying something new. But always remember that doing scary things can bring amazing opportunities. Is there an opportunity you've been too scared to put yourself forward for, or to say yes to? It might be a big competition, an assembly at school or a show. If you did put yourself forward, what are some of the good things that could come out of it? How would you feel if it went well?

7. We all have different strengths. No two people are the same. Sometimes we need a little reminder of what makes us strong. Can you make a list of five of your strengths – they might be kindness; working well in a team, problem-solving; or being able to work hard towards a goal. You could also ask your friends or family what they think your strengths are! Keep this list of your strengths somewhere so you can remind yourself of them next time you're scared to try something new.

8. One great thing about being strong is that you can use that strength to help others. Who do you want to support? You could think about your family, friends, classmates or teammates. Or could you use your strength to help others in your community or around the world?

**And remember, being strong comes in many different forms – physical strength, strength of mind and being strong for others are just some of them. And you are already stronger than you think you are.**

