



Emotional Wellness & Identity

Identity Builder Toolkit

- "I Am..." cards for strengths, values, and quirks
- "What Matters to Me" worksheet (beliefs, passions, boundaries)
- "My Personal Playlist" scroll: songs that reflect moods, memories, and dreams
- "Values Sort" activity: choose top 5 guiding principles

Self-Talk Flip Cards

- One side: common negative thoughts
- Flip side: affirming, realistic reframes
- Example: "I'm not good enough" → "I'm learning, and that's enough"

Digital Life & Boundaries

Online Identity Reflection

- "Who am I online vs. offline?" worksheet
- "My Digital Footprint" scroll: what I post, what I follow, what I want to represent
- "Social Media Mood Tracker": how different platforms affect feelings

Tech-Life Balance Bingo

- Challenges like "1 hour offline," "call a friend instead of texting," "read before bed"

Life Skills & Independence

Adulting Starter Pack

- "How to Do Laundry Without Crying" guide
- "Basic Budget Builder" worksheet
- "Phone Call Scripts" for appointments, interviews, or awkward conversations

- "Meal Planning for Mortals" scroll: simple, teen-friendly recipes



Goal-Setting Toolkit

- "Dream Big, Start Small" planner
- "One Thing a Week" challenge chart
- "Progress Tracker" with space for wins, setbacks, and lessons



Relationships & Communication



Emotional Boundaries Guide

- "What's Mine, What's Yours" worksheet
- "How to Say No (Without Guilt)" scroll
- "Green Flags / Red Flags" in friendships and dating



Family Communication Cards

- Prompts like "One thing I wish you knew," "Let's talk about..."
- "Silent Signal" cards for when they want to talk—but not yet



Creativity & Expression



Teen Journal Prompts

- "What makes me feel powerful?"
- "What do I want to be remembered for?"
- "If I could design a world, what would it look like?"



Creative Expression Kits

- "Draw Your Mood" pages
- "Poetry Starter Scrolls"
- "Playlist Builder" for different emotions or life chapters

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