



Tina & Tilly

A 7-Day GIFTS Story Journal for middle-school girls. This is your free Day 1.

For the grown-up who gave her this

Someone who loves you picked this for her. We want one thing most: for a girl to grow up grateful, intelligent, responsible, and loving. This journal helps, one small step at a time, through a simple habit called GIFTS, with short Tina & Tilly stories and real-life challenges. No screens. No nagging. Helpful for girls who wrestle with attention, anxiety, friendship, big feelings, or feeling different. Educational entertainment, not therapy.

The first day

Tina got to the new school early and could not stop talking. "Is this the right hall? Are you new too? I love your jacket. I talk a lot when I'm nervous, sorry, okay I'll stop." Her two long ponytails bounced when she turned.

Across the hall, a tall girl named Tilly kept her eyes down and her hair over her face. New school. She knew exactly zero people. She found the quietest seat at the quietest lunch table and hoped nobody would look at her.

Tina sat down right next to her. "This seat taken? Cool. I'm Tina." Tilly almost said nothing. Then she said, "Tilly." It was small. But it was a start.

Two girls. Two very different ways of being nervous. One brand-new school. This is where it begins.

How to use this

Each day: read the little story, pick what you would do, try one small thing, then write or doodle. That is it. The more you use your GIFTS, the more they feel like you.

G Grace **I** Imagine **F** Focus **T** Thank **S** Share

A bad moment is not a bad you.

Story. In science, Tina raised her hand to answer, mixed up two words, and a couple of kids laughed. Her face went hot. She wanted to disappear under the desk for the rest of her life.

What would you do?

- A) Decide you are bad at science and never raise your hand again.
- B) Tell yourself, "Everybody messes up. Let it go," and try again tomorrow.
- C) Get mad at the kids who laughed.

Today's small thing

Pick one mistake or hard moment from today. Let it go. Say to yourself the kind thing you would say to a friend.

Grace

Give yourself grace, and give it to others too. You are still learning. So is everyone else.

Write or doodle

One thing I can let go of today is:



Color in a star when you do it.

A bad moment is not a bad you. Tomorrow is new.