

Thrive Book Series Reading List For Girl Scout Juniors

The Thrive Book Series suggested reading list focuses on broadening and deepening our ability to empathize and identify with people from backgrounds which are different from own, but this year we're also focusing on "YOU" and advocating for a community where everyone can be their best self. That's why the list includes books to help Girl Scouts develop social-emotional skills, while aiming to celebrate our differences and make others feel included.



By reading from the suggested book club reading list, we want our community of Girl Scouts and their families to see themselves reflected in the books. Some families may consider the topics in these books sensitive in nature, so we want everyone to get started by connecting with their parent/caregiver on the book title.



BOOK TITLE	AUTHOR	DATE READ / QUICK NOTE
Keep Calm and Be Happy: 88 Tips for Having a Better Day	Helaine Becker	
Save Me a Seat*	Sarah Weeks	
Breathe Like A Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere	Kira Willey	
Say Something	Peter H. Reynolds	
Be You*	Peter H. Reynolds	
What Do You Do With An Idea	Kobi Yamada	
What Do You Do With A Chance	Kobi Yamada	
What Do You Do With a Problem	Kobi Yamada	
The World Needs More Purple People*	Kristen Bell & Benjamin Hart	

* These books are available digitally on [NC Kids Digital Library](#)

Capture Your Reading Experience!

We encourage you to take some time to reflect on the book(s) you've read by creatively capturing each book and completing the book club discussion questions.

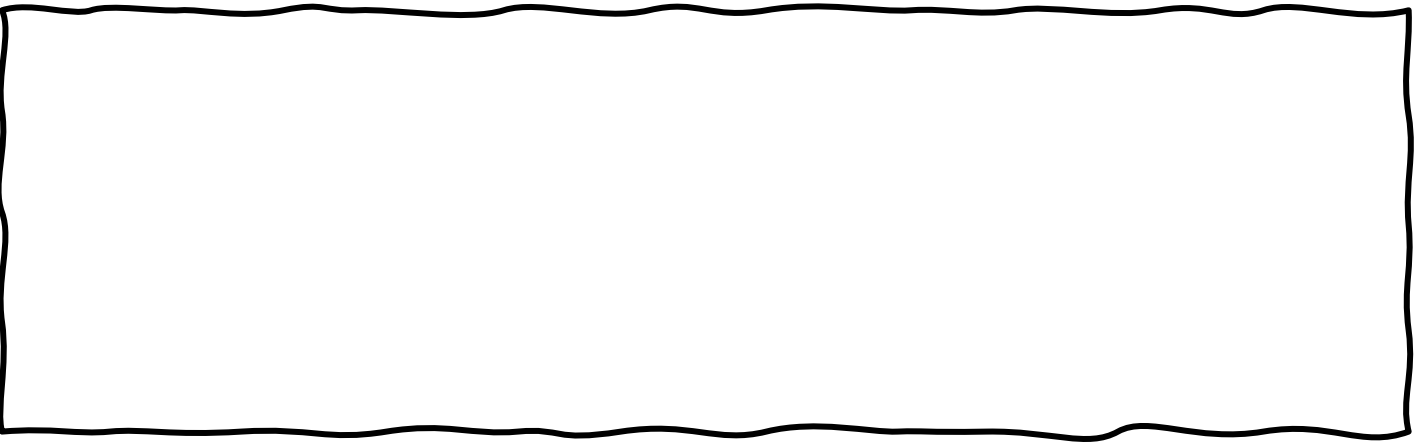
To creatively capture the book(s) you've read, you may decide to draw a picture or paint a scene from the book. Or perhaps you'll write a poem or create a skit that tells how related to the book. Use this space below to make notes about the book(s) you read by jotting down ideas for your creative expression. Here's a look at the definition for each of those words in case they are new to you, or you need a refresher.

Diversity: Having different types of people in a group, such as people of different races and cultures. Many schools in America are diverse and include students of different races and from different backgrounds and cultures. It's important to accept and respect people from different background in order to support diversity.

Equity: Fairness or justice in how people are treated. For example, providing children with disabilities accommodations at school so they can use their equal right to education.

Inclusion: Accepting or taking in others. The opposite of this is exclusion, which is when you don't allow or take in others.

Here are my ideas for creatively capturing the book(s) I read:



Book Discussion Questions

Reflection is the necessary debrief that reinforces what you have learned. As you explore the "whats" and "whys," you make meaningful connections between the activity at hand and future challenges that come your way. Use the book club discussion questions below to reflect on the book(s) you've read.

- This story reminds me of...
- What was your favorite/least favorite part of the book?
- Think about the main character(s) in the book. How is the character(s) similar to you and how is the character different? If this character was someone you had the chance to interact with, how would you honor and appreciate their differences?
- What is the message of the book?
- What feelings did you have when reading this story?
- Did you learn anything new from this book?
- Was this book a window allowing you to see others or a mirror in which you saw characters similar to yourself / your family. How?

Get the Patch



[Purchase this patch](#) after reading from the Book Series reading list. Girl Scouts should read at least one book. Remember the Thrive Book Series patch is meant to be worn with the Building Beyond Today advocacy patch (pictured at the top of this document), both patches can be purchased using this link or by emailing our retail shop at shop@nccoastalpines.org.

Digital Resources

If you are unable to check out a book from your local library in person, consider using one of these online resources for digital access to the books. Please note digital access may require either a library card or student identification card. Reach out to your local library with question regarding book checkout and digital resources.

Interact [Map](#) of North Carolina Public Libraries

[North Carolina Digital Library](#)

[NC Kids Digital Library](#)

[NC Cardinal](#)

[Libby](#) (app)

[Need a library card?](#)

Questions?

We hope that you have enjoyed reading from our suggested reading list. If you have questions about this reading list, please feel free to reach out.



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