

# • "Big" Life "Family" •

## • Challenge •

Big Life Journal

Complete this fun challenge together as a family (or in the classroom)! It's designed to help you exercise your growth mindset and make you feel uplifted. It will also take lots of effort to complete all squares without skipping a day so do your best!



### HOW TO MAKE

Step 1

#### Print and Cut

Print and cut the challenge boxes on pages 2-13 and the star circles on page 14.



Step 2

#### Assemble

Fold the challenge boxes on the dotted line towards the center so all the corners meet in the middle to make an envelope. Put a piece of tape on the star circles to close the flaps of your envelope.



**Tip:** If you want to use different colored paper for the reveal box envelope, trace the dotted line square onto a piece of paper then cut. It is helpful to find the center of the square by drawing a line from corner to corner for easy folding. Pre-fold the envelope then paste in the smaller activity square.



Step 3

#### Display

Tape your pre-made envelopes to a large poster board. You can also tape the squares to the wall, hang them on the fridge, place them in a bowl, etc.



Step 4

#### How to Play

Each day, select an envelope to open. Once you complete the activity, place a check mark or star in the box.



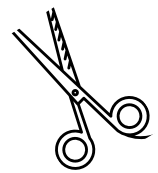
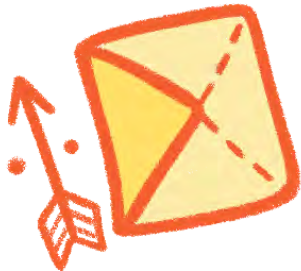
Big Life

Family





# Challenge

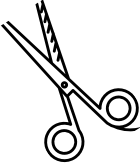


Big Life

Classroom

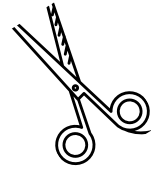


DO <sup>a</sup> RANDOM  
act of  
KINDNESS  
FOR SOMEONE! 



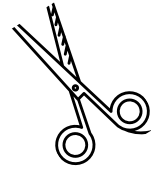
COOK <sup>a</sup> MEAL  
and  
SHARE IT  
WITH  
SOMEONE! 

**LEARN**  
to say a word  
OR PHRASE IN  
3  
LANGUAGES



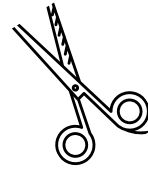
**WRITE DOWN**  
a  
**CHALLENGE**  
-you're facing and-  
**BRAINSTORM**  
**SOLUTIONS**

THANK   
3 PEOPLE   
YOU ARE  
GRATEFUL FOR  
and tell them why 



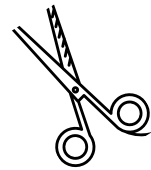
TRY   
NEW   
ACTIVITY   
OR  
GAME 

TELL SOMEONE  
-about a-  
CHALLENGE  
-you-  
RECENTLY  
OVERCAME

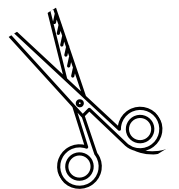


LIST   
3 things  
YOU WANT  
to get better at











# EPISODE 14 GUIDE

## IN THIS EPISODE, KIDS WILL

- discover why **effort** is key and how it can help you achieve your goals
- travel to **Colorado, USA**
- be inspired by **Kestrel**, our listener

## DISCUSSION QUESTIONS

- What did Kestrel do to help herself reach the goal in the climbing competition?
- What encouraging words and phrases can you tell yourself when you're working on something difficult?

## TRY THESE ACTIVITIES

1. Read chapter 7 "**Effort is Key**" in the [Big Life Journal Second Edition](#). In this chapter, children will reflect on the time they put forth lots of effort and how it made them feel.
2. Use the "**Things I Can Control / Things I Can't Control**" (included in the [Growth Mindset Printables Kit](#)) post to help your children overcome disappointments and frustrations and focus on problem-solving instead. It's a great visual showing that, in each situation, there are things they can control (like their effort) and things they cannot control. Suggested uses:
  - Use this printable as a discussion guide. As a family (or class), take turns explaining why each of the situations depicted belong to the specific category.
  - Tape it to the front door or a place that everyone can see before leaving home or classroom.
  - Attach this printable to your children's school planner or place it with their school binder.
3. Use the **5-Day Growth Mindset Challenge** (included in the [Challenges Kit](#)) to help your children or students develop a growth mindset.
4. Read stories from the [Famous Failures Kit](#) that are designed to help kids overcome the fear of failure. They teach about the importance of effort and perseverance. It includes 10 stories about famous people from around the world who have failed on their way to success.

*All kits can be found on [biglifejournal.com](http://biglifejournal.com).*

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms.*

