

10 Ways To Make Growth Mindset FUN for Children

Big Life Journal

1 MAKE A MISTAKE MAKING JAR

Any time someone makes a mistake, drop a pom pom into the jar. Celebrate when the jar is full!



2 USE FUN ANALOGIES

Our brains build a bridge when we learn something new. The more we do something, the stronger the bridge!

3 TAKE A NEW CLASS AS A FAMILY



4 CREATE A FAMILY GROWTH MINDSET CHEER

"We can do hard things!" or
"We do our best and have fun!"

5 MAKE CONFIDENCE BANANAS

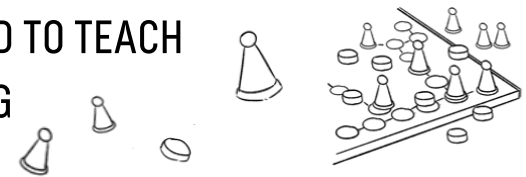
Write positive messages on bananas with a marker.



6 RECORD A PEP TALK

Have your child record a pep talk and play it back to them when they feel discouraged!

7 ASK YOUR CHILD TO TEACH YOU SOMETHING



8 CREATE A FAMILY MANIFESTO

Include things like being brave, making mistakes, valuing learning, and doing your best.



9 PLAY "I SPY GROWTH MINDSET"

Have all family members call out growth mindset words and behaviour.



10 MAKE A "NOT YET" POSTER

Write or draw things each family member wants to learn or get better yet.





BIG LIFE JOURNAL together with BIG LIFE KIDS PODCAST

As your children (or students) go through their Big Life Journal for kids - 2nd Edition, they can listen to the FREE Big Life Kids Podcast. The chapters are aligned with the episodes in Season 1 and 2. For ways to listen, go to biglifejournal.com/podcast.



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|---|--|
| 1. Believe in Yourself _____ | 1. Discover Growth Mindset and How to Believe in Yourself
2. Grissom Believes in Himself |
| 2. Mistakes Help you Grow _____ | 3. How to Turn Failures into Robots
4. Emma Bounces Back From a Setback |
| 3. Be Persistent _____ | 5. Be the Kid Who Never Gives Up
6. Josh Learns Persistence |
| 4. Be Grateful _____ | 7. Discover How Gratitude Can Change Your Life!
8. Joshua Helps the Community |
| 5. Be Unique, Be You _____ | 9. Celebrate Your Uniqueness
10. Peyton Celebrates Who She Is |
| 6. Challenges Make You Stronger _____ | 11. Be Strong Like Smriti and Rise to the Challenge!
12. Izayah's Hospital Trip Made Him Stronger! |
| 7. Effort is Key _____ | 13. Do Your Best and Reach for Everest!
14. Kestrel Rocks at Climbing |
| 8. Love Learning _____ | 15. Explore Your Universe: Love Learning to the Moon and Back!
16. Ellie & Grace Learn Life Skills in Mexico! |
| 9. Be Kind _____ | 17. Discover the Superpower of Kindness!
18. Aden's Acts of Kindness! |
| 10. Make a Difference in the World _____ | 19. Make a Difference in the World |

How to make **THE MOST** of your

BIG LIFE JOURNAL



CONSIDER THIS BEFORE STARTING

Ask yourself these questions:

- What do I hope my child will GAIN by using Big Life Journal?
- How much do I KNOW about growth mindset?
- How much TIME do I have available to be my child's Journal Buddy?



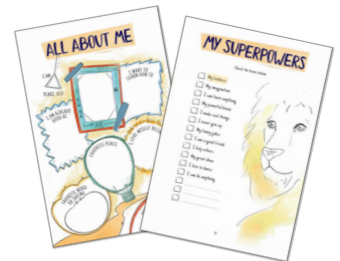
HOW TO GET KIDS EXCITED ABOUT IT

- Show **your** excitement about the journal and joining them as their Journal Buddy.
- Share your positive thoughts and feelings about learning from each other.



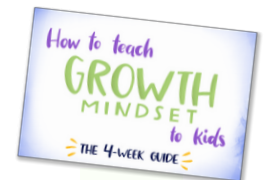
WHERE TO BEGIN

- Encourage your child to start with the All About Me and the My Superpowers pages at the beginning of the journal.
- Ask them what **they** think the journal is about.
- Slow down, this will set the stage for you and your child and give you time to mentally prepare and process this new journey.



HOW TO MAKE IT EASY FOR YOU

- Focus on your purpose.
- Do a bit of prep work.
- Use our free 4-Week Guide available in the blog post on our website.



HOW TO MAKE IT ENJOYABLE

- Keep It Simple, Sweetie. Kids like simple ideas and topics, trust the process.
- Have realistic expectations. Change usually doesn't happen overnight.
- Release the pressure. Just remember to keep it relaxed.
- Remember, writing prompts are only suggestions.



HOW TO MAKE IT FUN

- At the end of each chapter, your child can colour an inspiring message. Carefully cut out the pages to assemble into their own beautiful poster.
- For each topic, invite your child to make a poster, collage, or picture.



HOW TO MAKE THE MOST OF IT

- It's important to put ideas into practice!
- Make it a fun game to brainstorm how you both can apply the topics in real life.
- Brainstrom three ways you can practice what you learned in the journal together.

