

• "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.



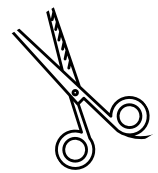
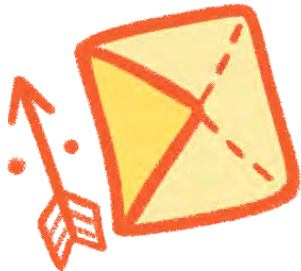
Big Life

Family





Challenge

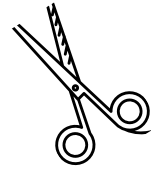


Big Life

Classroom

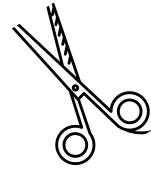


DO ^a RANDOM
act of
KINDNESS
FOR SOMEONE! 



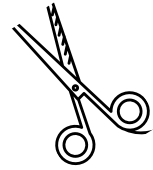
COOK ^a MEAL
and
SHARE IT
WITH
SOMEONE! 

LEARN
to say a word
OR PHRASE IN
3
LANGUAGES



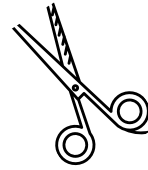
WRITE DOWN
a
CHALLENGE
-you're facing and-
BRAINSTORM
SOLUTIONS

THANK
3 PEOPLE
YOU ARE
GRATEFUL FOR
and tell them why

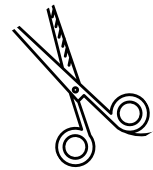


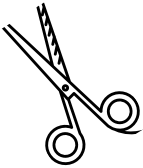
TRY
NEW
ACTIVITY
OR
GAME

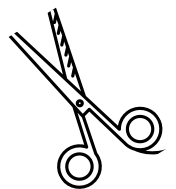
TELL SOMEONE
-about a-
CHALLENGE
-you-
RECENTLY
OVERCAME



LIST 
3 things
YOU WANT
to get better at









EPISODE 13 GUIDE

IN THIS EPISODE, KIDS WILL

- discover why **effort** is key and how it can help you achieve your goals
- travel to **Spain**
- be inspired by **Eduarne Pasaban**, a famous mountaineer

DISCUSSION QUESTIONS

- What did you learn from Eduarne's story?
- Think of something which was hard for you at first but then got easier with time and effort. What was it?
- Think of someone who puts forth effort (a book character or someone you know). Who is it? What can you learn from them?

TRY THESE ACTIVITIES

1. Turn to 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. Help your kids or students harness the power of a growth mindset with this inspirational [Growth Mindset Poster](#).
3. Use the "**Growth Mindset Praise Examples**" printable (included in the [Growth Mindset Printables Kit](#)) with eight examples of how you can praise your children to foster a growth mindset. Remember to focus on progress, strategies, effort, practice, and determination.
4. Use the "**My Growth Mindset Statements**" (included in the [Growth Mindset Printables Kit](#)) to discuss how our words impact our mindset. Suggested use:
 - Cover the part under "I Can Say" and only show the part where it says "Instead of."
 - Ask your children how they can change each statement from negative to empowering.
 - Go down the list and write your children's suggestions down on a separate piece of paper.

All kits can be found on 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.*

