

• 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 centre 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 coloured paper for the reveal box envelope, trace the dotted line square onto a piece of paper then cut. It is helpful to find the centre of the square by drawing a line from corner to corner for easy folding. Pre-fold the envelop 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.



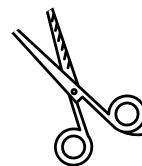
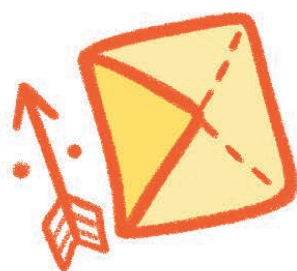
Big Life

Family





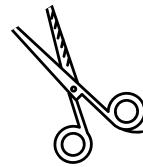
Challenge

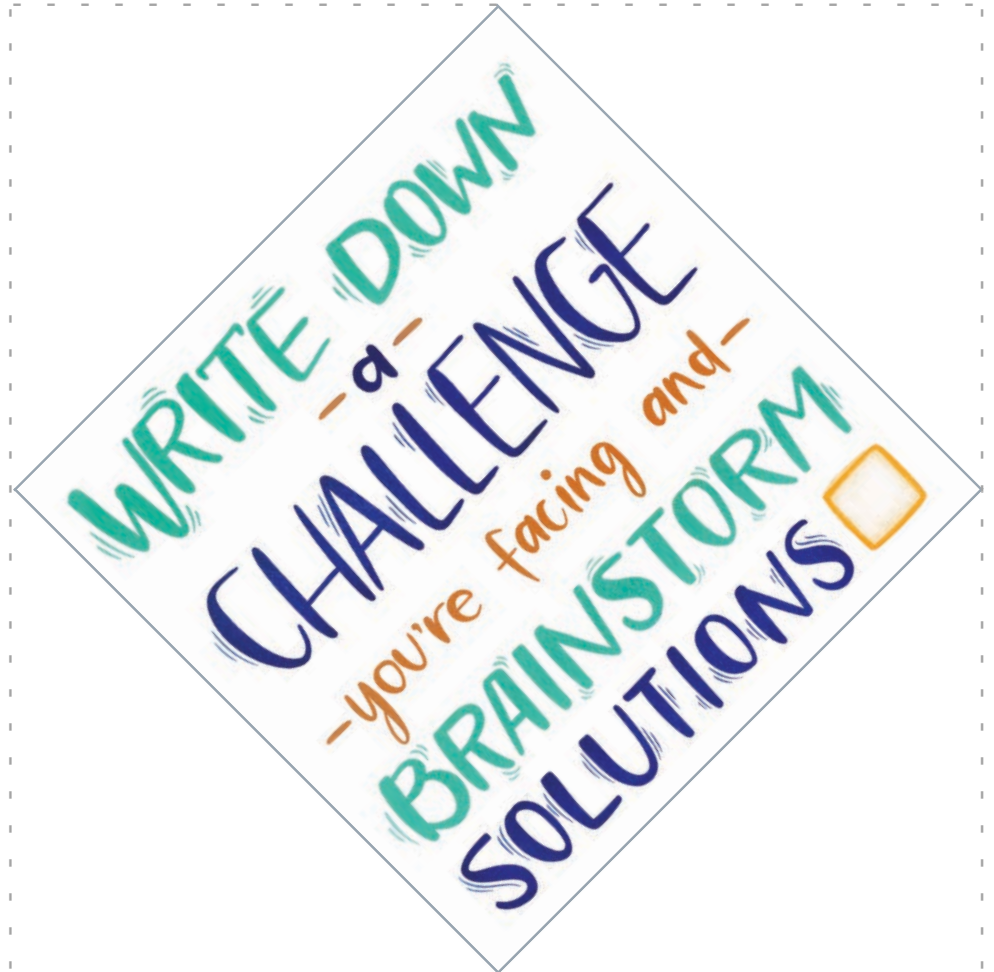
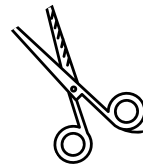
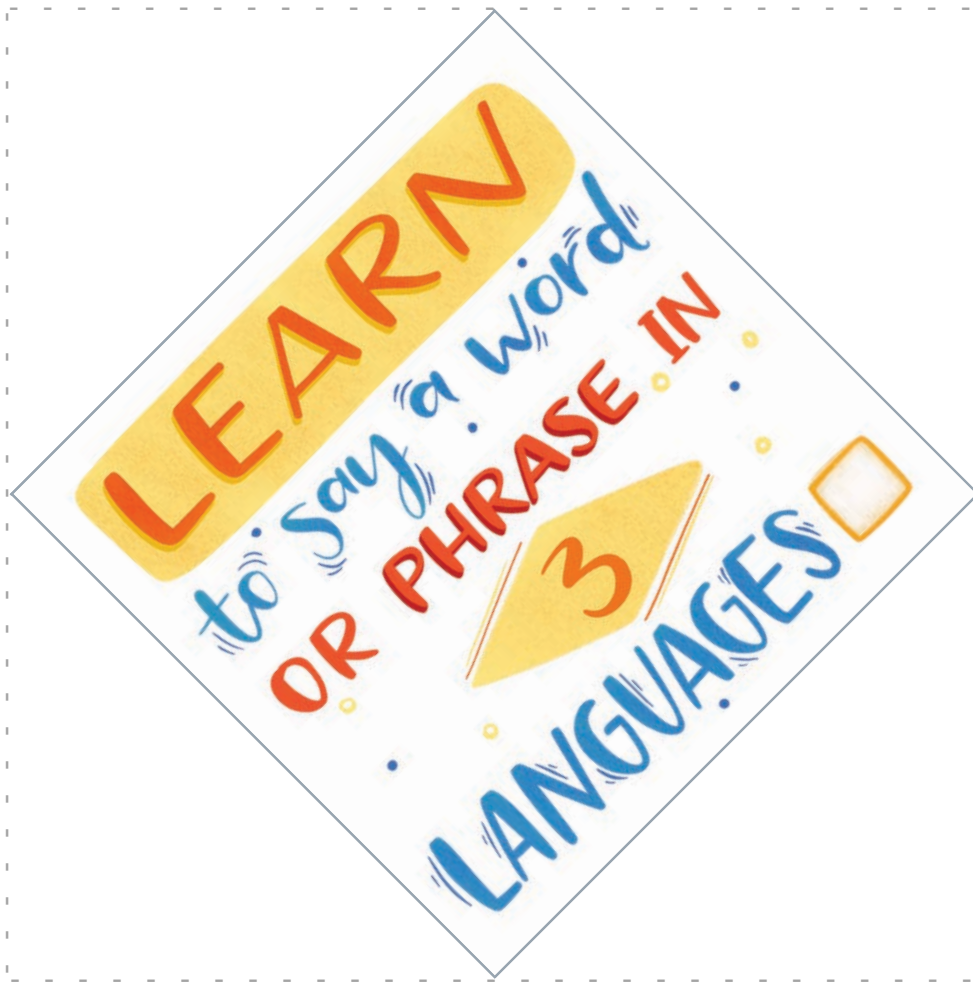


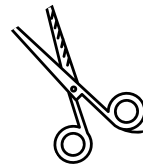
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Classroom

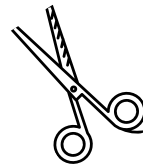




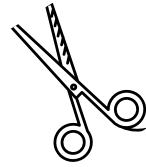


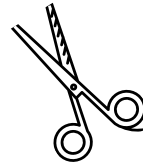


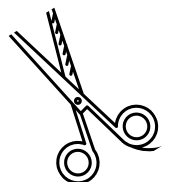
TELL SOMEONE
-about a-
CHALLENGE
-you-
RECENTLY
OVERCAME 



LIST
3 things
you WANT
to get better at 









EPISODE 14 GUIDE

IN THIS EPISODE, CHILDREN 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 children 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-uk.co.uk.

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



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