



# Ideas TO CONNECT With your "CHILD"

 Big Life Journal

- Talk about when they were little
- Create a new recipe
- Make a Big Life Board**
- Make paper airplanes
- Play "Gratitude Alphabet Game"**
- Go on a special date
- Take a yoga class together
- Play "Let's Chat" discovery game**
- Play a new board game
- Make a fort
- Make affirmation bracelets**
- Camp in your backyard
- Play "My Nature Adventures Bingo"**
- Create a family manifesto
- Make homemade popsicles
- Work on a puzzle
- Find animals in the clouds
- Build a Brain Poster**
- Go on a twalk (walk + talk)
- Play charades
- Play "Toss & Talk" ball game**
- Make pizza
- Watch old family videos
- Fly a kite
- Play "Reading Bingo"**
- Blow "Self-Love & Gratitude Bubbles"**
- Cuddle and chat
- Learn a magic trick
- Paint positive words on rocks
- Create "My Big Life Bucket List"**
- Make "Love & Connection Cube"**
- Play in the rain
- Create your song list
- Learn how to jump rope
- Plan a trip together
- Make a time capsule
- Start a new family ritual
- Go berry picking
- Make "My Special Memories Tree"**
- Make a bird feeder
- Draw family portraits
- Have breakfast for dinner
- Have a Big Life karaoke party**
- Learn to skip stones
- Have a pajama day
- Go for a bike ride
- Go for a scenic drive
- Create an obstacle course**
- Have an "un-birthday" party
- Color inspiring messages**

The printable kits are available at [biglifejournal.com](http://biglifejournal.com)

● **Growth Mindset Printables Kit**

● **Resilience Kit**

● **Growth Mindset Activity Kit**

● **Self-Esteem & Confidence Kit**

# 7

# WAYS TO HELP kids cope with BIG LIFE CHANGES

Big Life Journal

## 1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them **time to process** and begin to accept the change.



## 2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them **work through the emotions** that they're feeling.

If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



## 3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to **help kids cope** with major life changes.

Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on [biglifejournal.com](http://biglifejournal.com)



## 4. KEEP ROUTINES THE SAME

Give your child as much **consistency and stability** as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a **sense of safety**.



## 5. PROVIDE CONNECTION AND PLAY

Remain consistent is your child's **connection with you**. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



## 6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some **sense of agency** by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



## 7. TALK ABOUT OTHER CHANGES

Talk about things they **successfully coped with** in the past. They might include:

- Starting school
- Getting a new pet
- Joining the soccer team
- Going to first grade

