

Big life Journal

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

The printable kits are available at biglifejournal.com

- Growth Mindset Printables Kit
- Resilience Kit

- **Growth Mindset Activity Kit**
- Self-Esteem & Confidence Kit



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

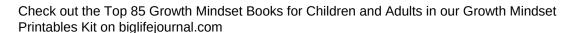
Take time to address your child's questions and concerns. Help them work through the emotions that they're feeling.



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.





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

