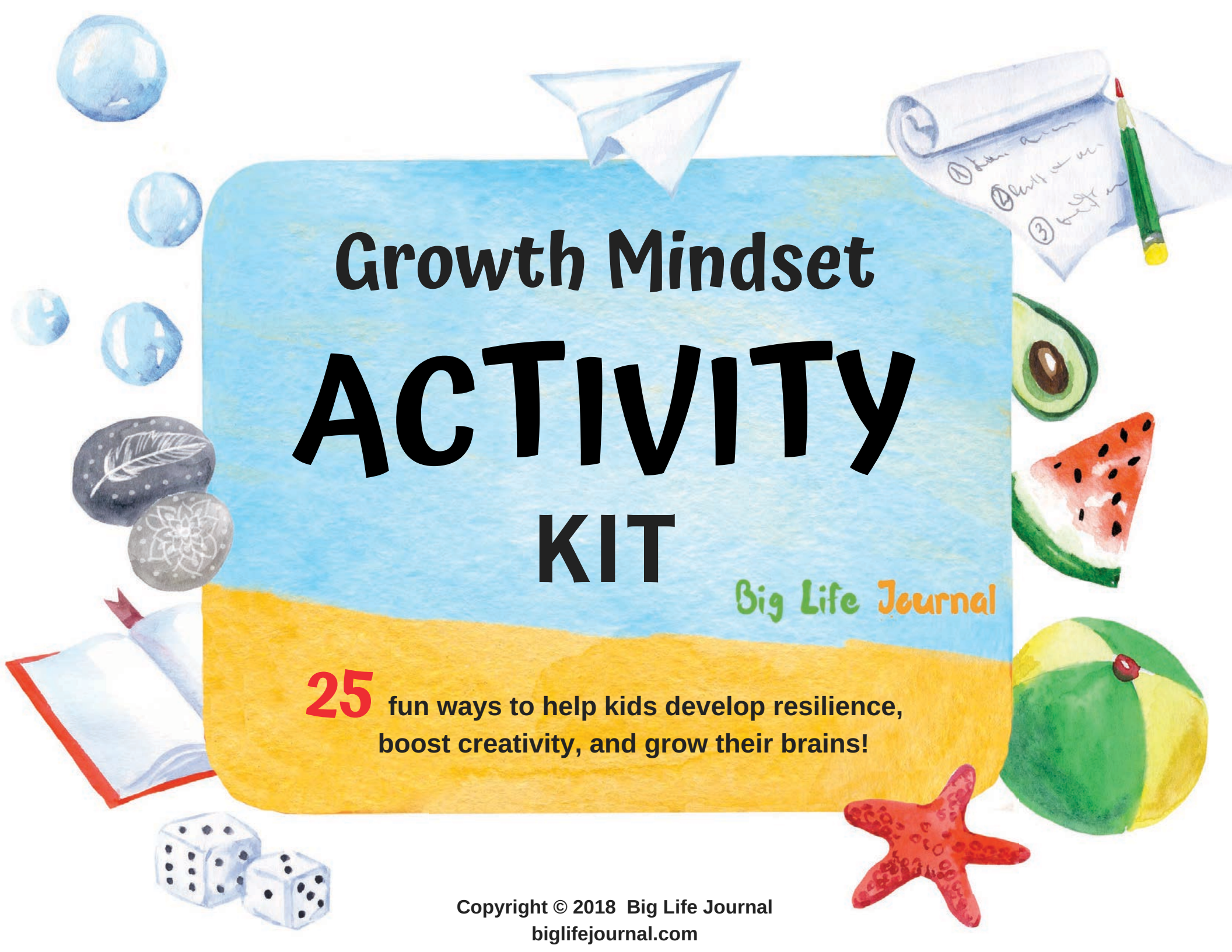




Growth Mindset ACTIVITY KIT

Big Life Journal

25 fun ways to help kids develop resilience,
boost creativity, and grow their brains!

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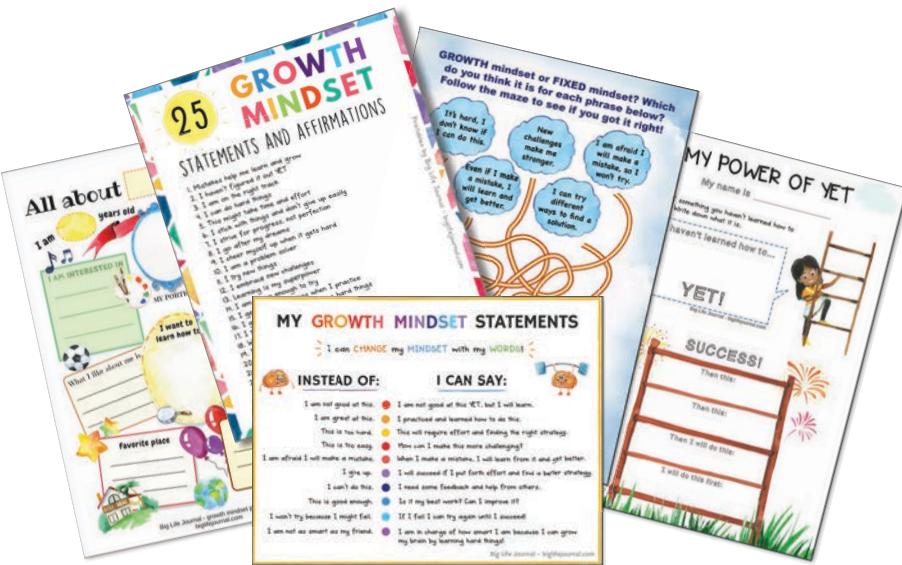
Thank you!

Big Life Journal

GROWTH MINDSET

printables

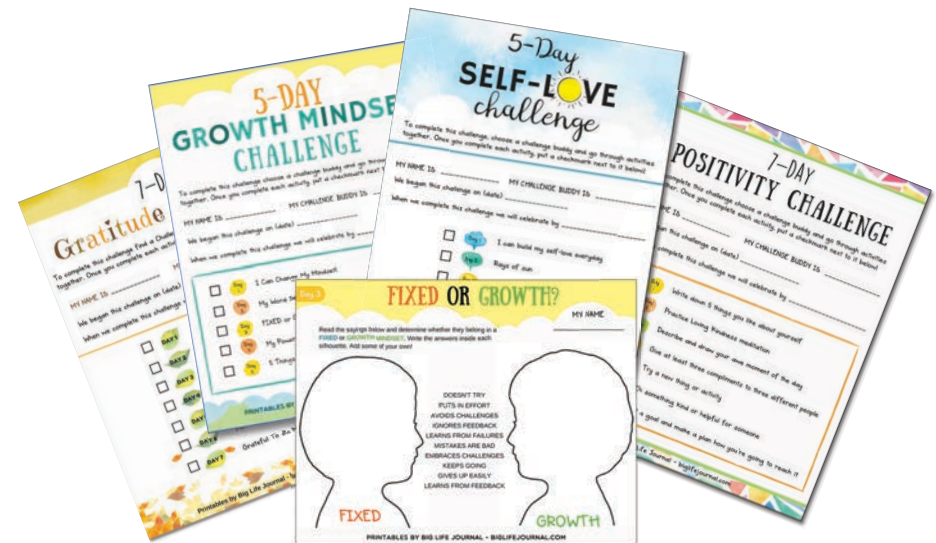
For the complete collection of Big Life Journal products, go [HERE](#).



GROWTH MINDSET PRINTABLES KIT

This is a collection of our best and most favorite printable worksheets, activities, posters, guides, and coloring pages. It's designed to help children develop a **growth mindset**, **problem-solving**, **goal-setting**, **learning from mistakes**, and more. Over 150 5-star reviews!

[Click here to learn more](#)



CHALLENGES KIT

This kit is our popular collection of printable worksheets, puzzles, and writing activities. It helps children develop a **growth mindset**, improve their **self-esteem**, be more **positive**, and cultivate an attitude of **gratitude**. Over 130 5-star reviews!

[Click here to learn more](#)

Hello Friend,

You have a wonderful selection of time-tested activities which help kids develop a **growth mindset** and key life skills.

These carefully-selected activities include movement, art, crafts, music, and breath. They engage **multiple senses** to accommodate different **learning styles**.

With this kit, kids will practice **creativity, problem-solving, resilience, learning from mistakes, trying new things, goal-setting, overcoming challenges, managing emotions, mindfulness, and gratitude.**

This kit is perfect for home, a classroom, an activity studio, or a day camp. Use it on sunny days, rainy days, during school breaks, holidays, and on days when you or your kids need a special growth mindset boost!

Ready to explore what's inside? Let's dive in!

Warmly,

Alexandra Eidens

Big Life Journal founder



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I BELIEVE IN MYSELF



I REACH FOR
THE STARS



I AM KIND



I LOVE TO LEARN



I AM BRAVE

BIG LIFE ADVENTURE CALENDAR

Are you ready to plan your adventures?

Create your own adventure calendar for your school break or for the entire year. You will practice **goal-setting** and **planning** and will create some great memories.



1. Print the blank calendar pages included in this kit.
2. On each calendar page, write down months and dates (for example, if you're planning your summer, you will create a calendar for June, July, and August).
3. Now it's time to start scheduling! Write down things you want to DO, places you want to GO, and people you want to SEE.
4. Add **activities from this kit** and schedule some time to relax.
5. Hang your calendar pages someplace you can see them often. Add to your calendar as you think of new things you want to do!



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SUPER POWER OF YET! COMIC STRIP

Ready to flex your creativity muscles? Let's draw fun comics!

But first... did you know you have the **Super Power of YET?**

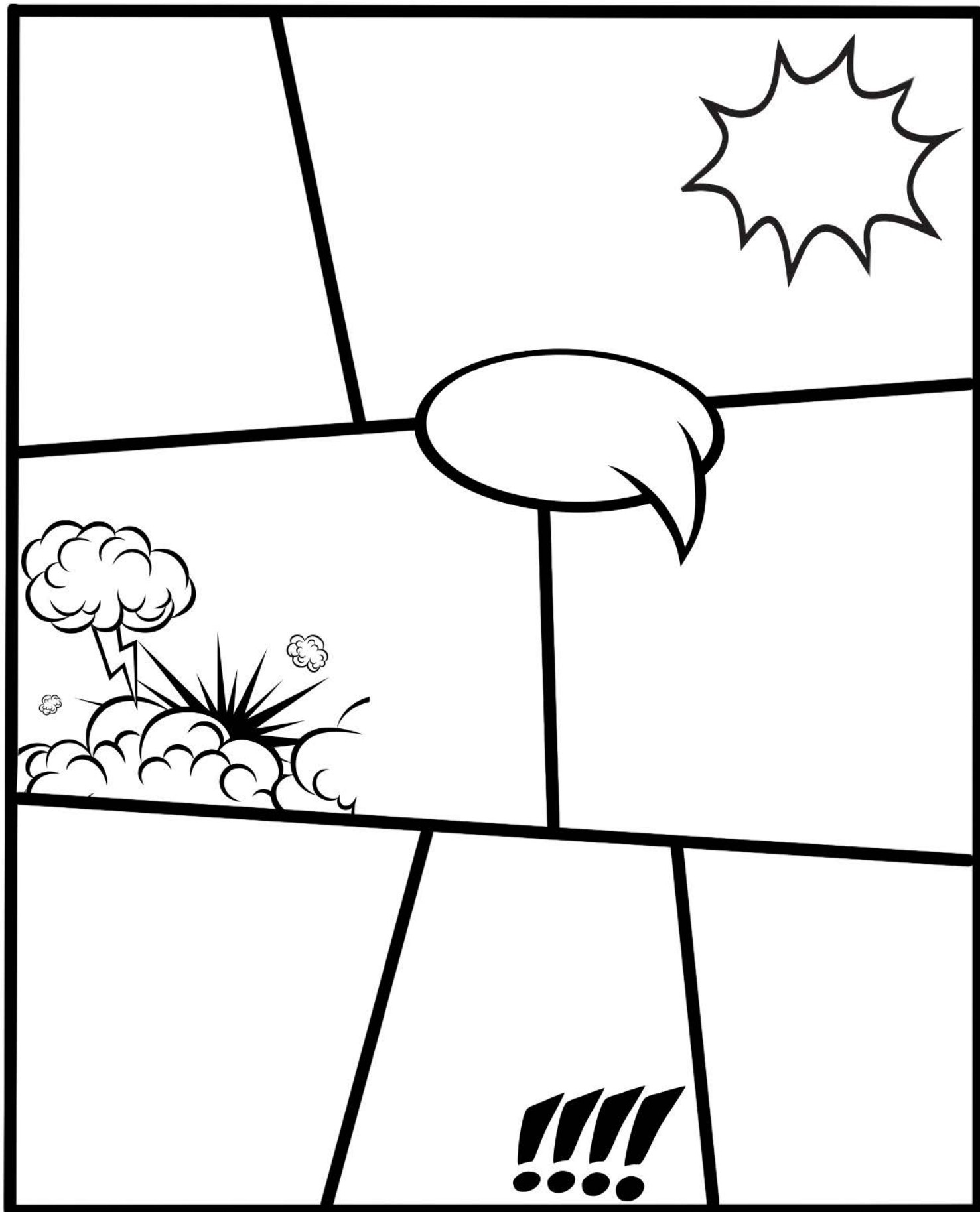
Think of something you couldn't do when you were younger. Maybe riding a bike, swimming, or playing a musical instrument? You couldn't do it **YET** and then you practiced and learned how to do it!

Now there are some things you still can't do. With practice and learning (and by using your Super Power of YET), you can learn how to do them too!

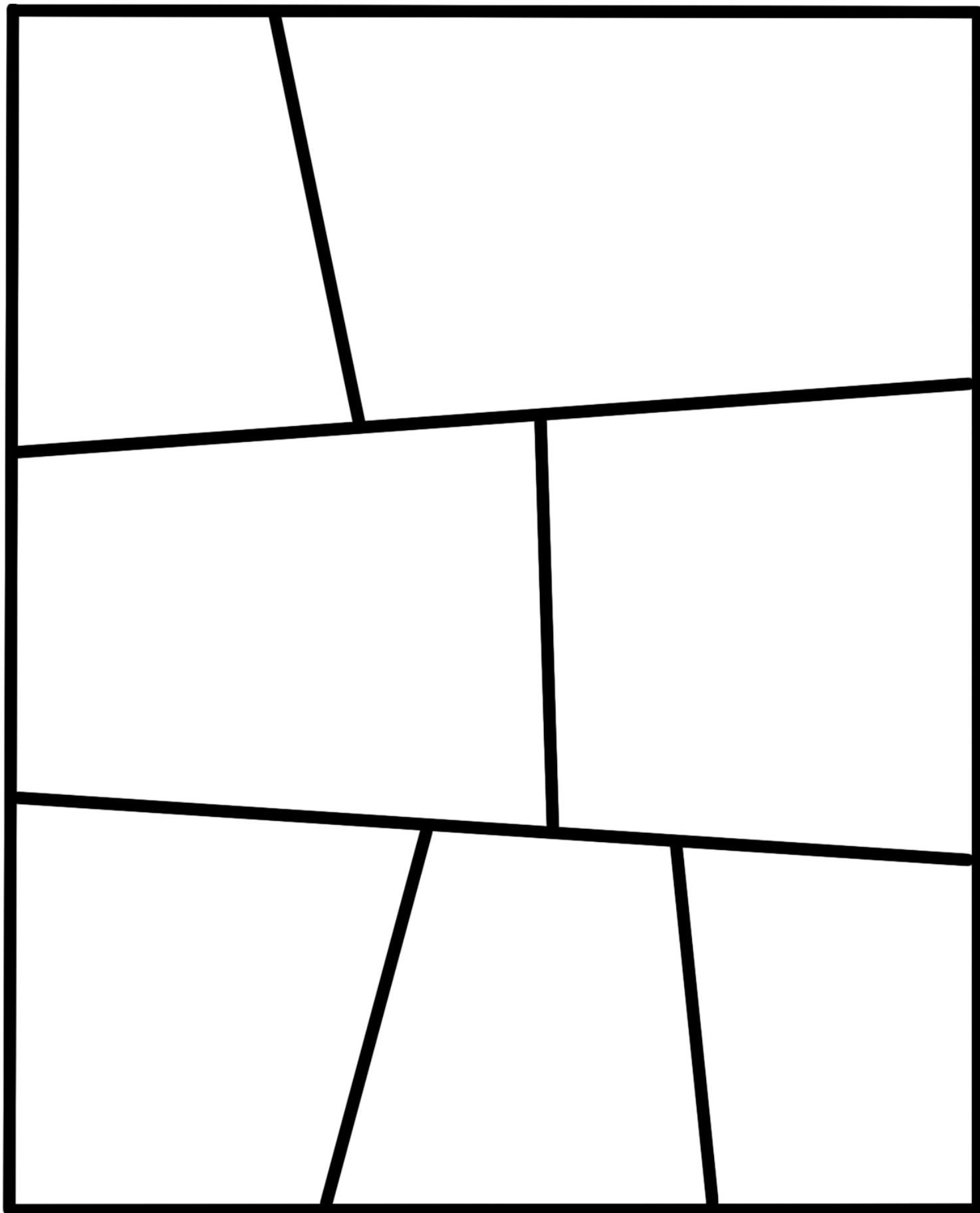


1. Print out a few blank comic pages included in this kit. Grab your favorite markers or colored pencils.
2. Create a fun character and draw a comic about their **Super Power of YET!** (something they couldn't do at first but then learned how to do).
3. Draw multiple comics to create your own comic book. Share it with your friends and family!

POWER OF YET! COMIC STRIP



POWER OF YET! COMIC STRIP



LET'S INNOVATE!

Create innovative solutions to solve fun challenges!

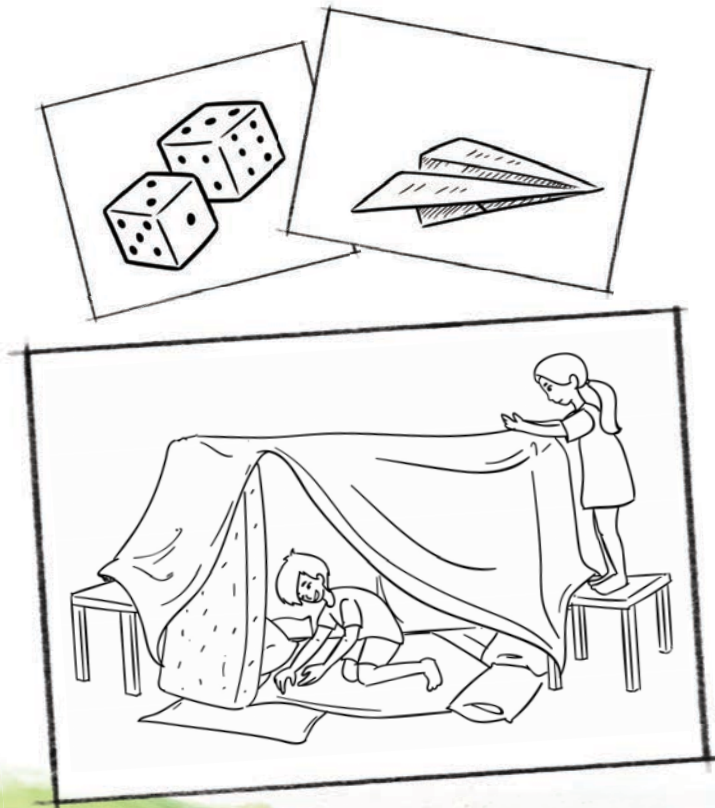
Complete the challenges below using some basic supplies and the **5-step problem-solving cards** included in this kit. You can work alone or as a team. By solving these fun challenges, you will practice **problem-solving**, **creative thinking** and **perseverance**! You might also find there are often many solutions to one problem.

Check off the challenges as you complete them. Remember to take pictures of your inventions!

CHALLENGES



- ☐ Create an invention to **MOVE** a stuffed animal across a room.
- ☐ Build a **HOUSE** for a small figure or toy.
- ☐ Create a moving vehicle powered by nothing more than the air within a blown up **BALLOON**. Materials you can use: straws, elastic bands, plastic bottles, etc.
- ☐ Build a **RAMP** for a toy car or truck. Create different versions and see how it affects the speed of the car.
- ☐ Build a **FORT** using only 6 items. Can you make it large enough to sit inside?
- ☐ Design 3 different paper **PLANES** and see which one can fly the farthest.
- ☐ Build the tallest **TOWER** you can from 6 sheets of newspaper. Can your tower support the weight of a small beanie toy?



5-Step Problem Solving

MY PROBLEM-SOLVING STEPS



STEP 4

WHAT WOULD HAPPEN IF...?

What would happen if I tried each of these solutions?



MY PROBLEM-SOLVING STEPS



STEP 5

WHICH ONE WILL I TRY?

I will choose one or more solutions to try.
If the solution doesn't work, I will try again with another solution from Step 3. I will keep trying until the problem is solved.

MY PROBLEM-SOLVING STEPS

STEP 1

WHAT AM I FEELING?

Am I curious, calm, angry, disappointed, or anything else?



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MY PROBLEM-SOLVING STEPS

STEP 2

WHAT'S THE PROBLEM?

The problem I'm facing is...

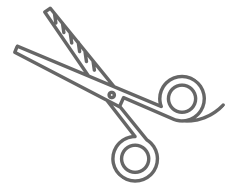


MY PROBLEM-SOLVING STEPS

STEP 3

WHAT ARE THE SOLUTIONS?

How can I solve this problem?
(list as many solutions as you can think of)



Print and cut out the cards. Use when you are facing a problem or a challenge.

HOW TO TEACH **PROBLEM-SOLVING** TO CHILDREN

A GUIDE FOR PARENTS

STEP 1 WHAT AM I FEELING?



Noticing and naming emotions diffuse their charge and gives your child a chance to take a step back. Explain that ALL emotions are acceptable, there are NO “bad” emotions. If needed, guide your child to a calming space to process their emotions so they can problem-solve, learn and grow.

STEP 2 WHAT'S THE PROBLEM?



Guide your child to formulate the problem. Repeat back what they said, “So you’re saying...” This will help them feel heard and understood. Help them take responsibility for the problem rather than pointing fingers.

STEP 3 WHAT ARE THE SOLUTIONS?



Encourage your child to list as many solutions as possible. Write them down. At this point, they don’t even need to be “good” solutions, you’re just brainstorming. Say, “What are some things you can do to fix this?” Help to brainstorm some ideas if they need more support.

STEP 4 WHAT WOULD HAPPEN IF...?



Ask, “What would happen if you tried these solutions?”, “Is the solution safe and fair?”, “How will it make others feel?” It’s important for your child to consider both positive and negative consequences of their actions. Ask, “What do you think will happen next? What do you think would happen if...?”

STEP 5 WHICH ONE WILL I TRY?



Guide your child to pick one or more solutions to try. If the solution doesn’t work, go back to the list. They’ve learned valuable information and can move on to a new approach. Encourage your child to keep trying until the problem is solved. Ask, “What did you learn? What was easy? What was hard? What would you do differently next time?”

BRAIN-BUILDING NATURE CRAFTS



Ready to explore outdoors and use your **imagination?** This fun activity will engage your multiple senses: touch, sight, hearing, and smell. It's great for your **brain development** and **creativity!**



Head outside and gather your supplies to construct your nature projects. Have **FUN** discovering the endless possibilities in your backyard, the beach, or local park. Enjoy those simple and magical moments when your senses make contact with nature!

Choose your Supplies

- Fresh and dry leaves of various colors
- Sticks and twigs
- Pine cones
- Seed pods
- Gumnuts
- Blu-tack (sticky tack)
- Googly eyes
- Small pieces of rope
- Tray or bowls to store nature collection



Here are some ideas:

- Use leaves, flowers, and googly eyes to create funny CHARACTERS.
- Use leaves, sticks, and pieces of rope to make a FAIRY HOUSE.
- Use two pine cones, two leaves ("wings"), and googly eyes to make a DUCK.
- Create a caterpillar, a butterfly, and a mouse!

The possibilities are endless when you use your imagination!

GROWTH MINDSET STORY STONES

This fun activity will help you practice your **problem-solving** and **story-telling skills**, exercise your **creativity**, and expand your **vocabulary**.

Invite a friend or anyone else to create Growth Mindset Story Stones with you. You will be drawing and writing stories right onto the stones! Grab your supplies and follow the steps below.

Supplies needed:



White or light-colored flat or smooth stones.



Colorful markers



1. Choose your favorite book (you can use the growth mindset book list included in this kit).



2. Draw the characters and scenes from the book onto the stones.



3. Find positive and inspiring words in the book such as *kind*, *dreams*, *persistent*, *love*, *challenge*, *brave*, or any other words you like.



4. Write the words you found onto the stones with markers. They will help you tell the story!



5. Re-create the story using the stones. You can make your own version of the story. Share your story with your friend or family!

"I'm a HELPER" JAR!

Did you know **YOU** can make someone else's day **better** by doing something **KIND**? And when you do something kind for others **YOU** feel **happy**, **confident**, and **joyful**!

Let's practice sharing kindness by helping others!

Create your own "I'm a Helper" jar by following the steps below.



1. Print out the label "I'm a helper!" included in this kit.
2. Attach it to an empty jar or container. Add stickers, ribbons, and other decorations to the jar to make it your own!
3. Print out the "helper" strips included in this kit. Use the blank strips to create other helper tasks. Throw in something unexpected and fun like "Have a dance party" or "Make someone laugh".
4. Put all the strips inside the jar.
5. **Pick out one task per day for a week.**
Optional: track the tasks you completed on your calendar pages.

I'm a helper!



Make a snack for someone



Fold laundry



Help wash or put away the dishes



Make a card for someone



Help make a meal



Vacuum or sweep the floor



Read a book to a family member



Help with yard work or gardening



Do a chore for a family member



Make a centerpiece for your kitchen table



Help set the table for a meal



Take out the trash

HIGH FIVE TREASURE HUNT

This fun treasure hunt will help you practice **problem-solving** and **communication skills**. Play it anytime you need a **confidence** boost!

Get together with one or more partners to create handprints and take turns hiding and finding them.

Be sure to **HIGH FIVE** your partners when all the handprints are found!



1. Make 6 copies of the handprint printable provided in this kit.
2. On each handprint, write down a positive affirmation (use the ones we provided or make up your own). Read the affirmations out loud as you are writing them.
3. Choose one player to hide the handprints around the house or outside. No peeking!
4. Other player(s) will have to put their treasure hunting skills to work and gather all the handprints. Make it challenging and set up a timer! See if everyone can find all the handprints in 5 minutes. What about 2 minutes?

Read the affirmations out loud once you find each handprint!

5. Once all the handprints are collected high five each other! Now switch places and have a different player hide the handprints.

HIGH FIVE TREASURE HUNT

GROWTH MINDSET AFFIRMATIONS

I am kind.

I am a leader

I am loved.

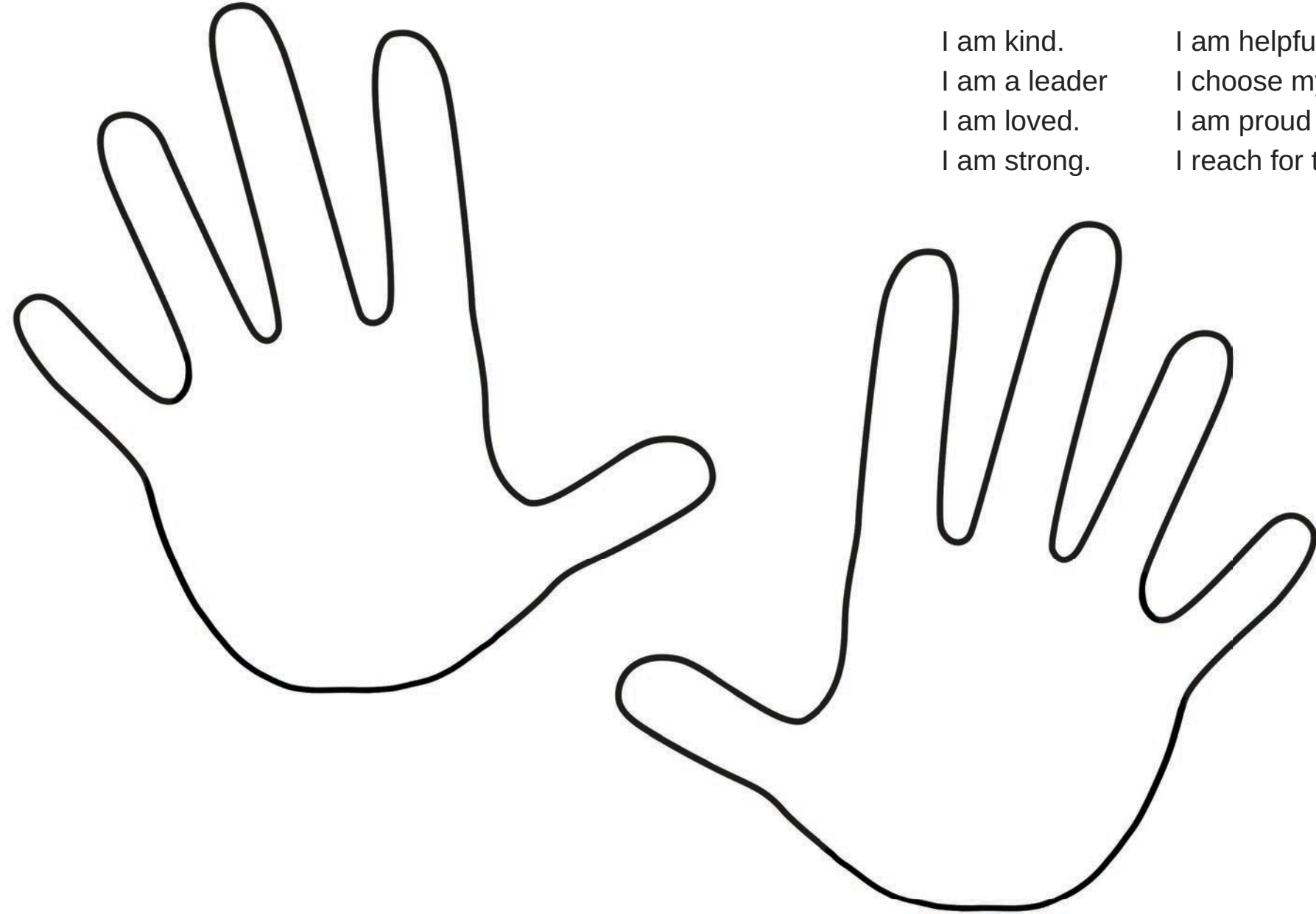
I am strong.

I am helpful.

I choose my attitude.

I am proud of myself.

I reach for the stars.



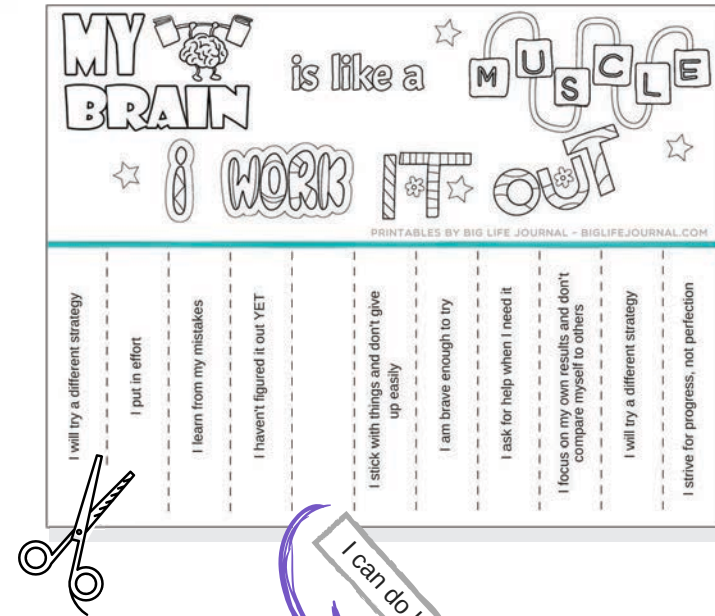
"I SPY A GROWTH MINDSET" GAME

DIRECTIONS HOW TO PLAY

2 or more players

- 1** Provide a jar (or a small box) for each player and label it.
- 2** Print the sheets and cut the strips on the dotted lines. Hang the printables somewhere visible.
- 3** Every time a player uses a growth mindset statement, let them pull the tab off the printable and drop it in their jar.

See how many strips you can get together as a team in one week! What about two weeks?



“ALL THINGS ARE
difficult



BEFORE THEY ARE
easy”

- Thomas Fuller

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I will try a different strategy

I put in effort

I learn from my mistakes

I haven't figured it out YET

I can do hard things

I stick with things and don't
give up easily

I am brave enough to try

I ask for help when I need it

I focus on my own results and don't
compare myself to others

I will try a different strategy

I will try a different strategy



“There is a difference between

NOT KNOWING

and not knowing

YET!”

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- Sheila Toblas

I will try a different strategy

I put in effort

I learn from my mistakes

I haven't figured it out YET

I can do hard things

I stick with things and don't
give up easily

I am brave enough to try

I ask for help when I need it

I focus on my own results and don't
compare myself to others

I will try a different strategy

I will try a different strategy



“ I'm not telling you
it's going to be **EASY**

I'm telling you
it's going to be **WORTH IT!** ”



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- Art Williams

I will try a different strategy

I put in effort

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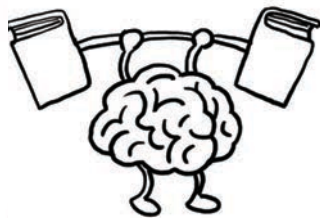
I focus on my own results and don't
compare myself to others

I will try a different strategy

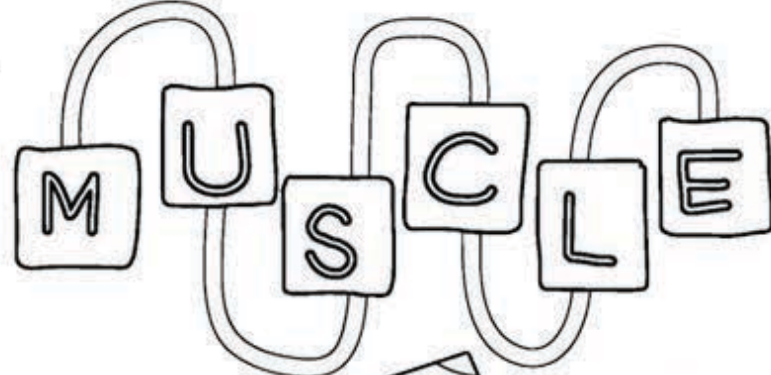
I strive for progress, not perfection



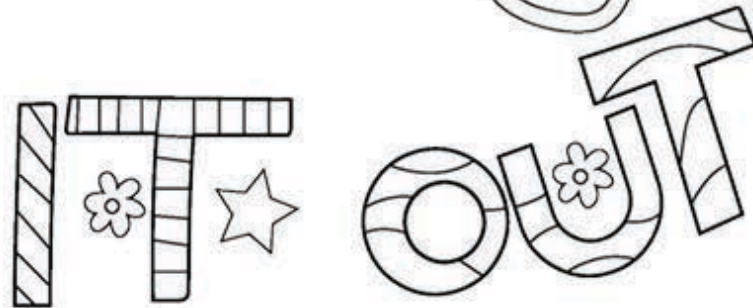
MY BRAIN



is like a



WORK



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I will try a different strategy

I put in effort

I learn from my mistakes

I haven't figured it out YET

I can do hard things

I stick with things and don't give
up easily

I am brave enough to try

I ask for help when I need it

I focus on my own results and don't
compare myself to others

I will try a different strategy

I strive for progress, not perfection



We have a

GROWTH

MINDSET!



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I will try a different strategy

I put in effort

I learn from my mistakes

I haven't figured it out YET

I can do hard things

I stick with things and don't
give up easily

I am brave enough to try

I ask for help when I need it

I focus on my own results and don't
compare myself to others

I will try a different strategy

I strive for progress, not perfection



My Emotions Fan

Is the weather **HOT** where you are?

Let's cool off with this Emotions Fan! Emotions change like the weather. Sometimes you might feel **furious** like a powerful thunderstorm, other times you might feel **joyful** like a sunny day.

With this fun activity, you will exercise your **creativity** and learn more about different types of **emotions**!

1. Print out the fan cards provided in this kit. Cut them out around the dotted lines.
2. Read the words written on the cards. What do they mean? Look them up online, if needed. Write the word meanings on each card in the space provided.
3. In the circle, draw a face that depicts that card's emotion.
4. Decorate the bottom of the cards as you wish!
5. Using a fastener, align the pieces and clip them together!

BONUS! Use stuffed animals, action figures, or dolls to act out different scenarios when these emotions are used.



My Emotions Fan Printable

A vertical fan template with a dashed outer border and a solid inner border. At the top is a circle. Below it, the word **Furious** is printed. The fan is divided into three horizontal sections by two lines: a small section for the emotion name, a medium section for a trigger, and a large section for a response.

Furious

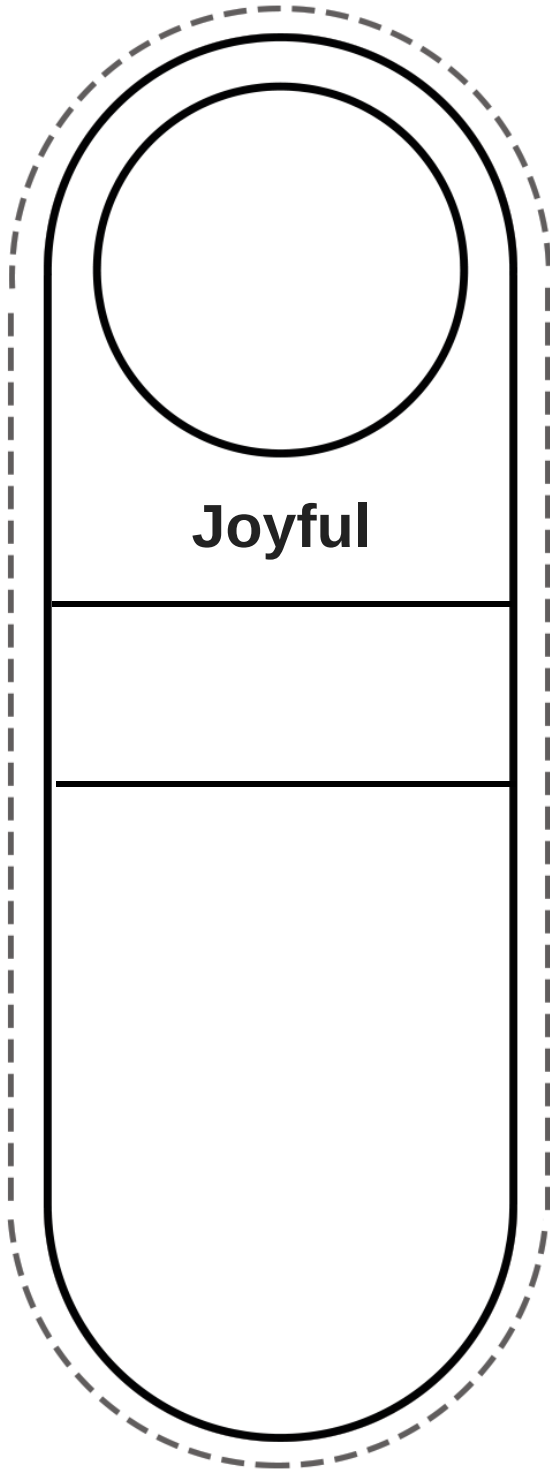
A vertical fan template with a dashed outer border and a solid inner border. At the top is a circle. Below it, the word **Disappointed** is printed. The fan is divided into three horizontal sections by two lines: a small section for the emotion name, a medium section for a trigger, and a large section for a response.

Disappointed

A vertical fan template with a dashed outer border and a solid inner border. At the top is a circle. Below it, the word **Content** is printed. The fan is divided into three horizontal sections by two lines: a small section for the emotion name, a medium section for a trigger, and a large section for a response.

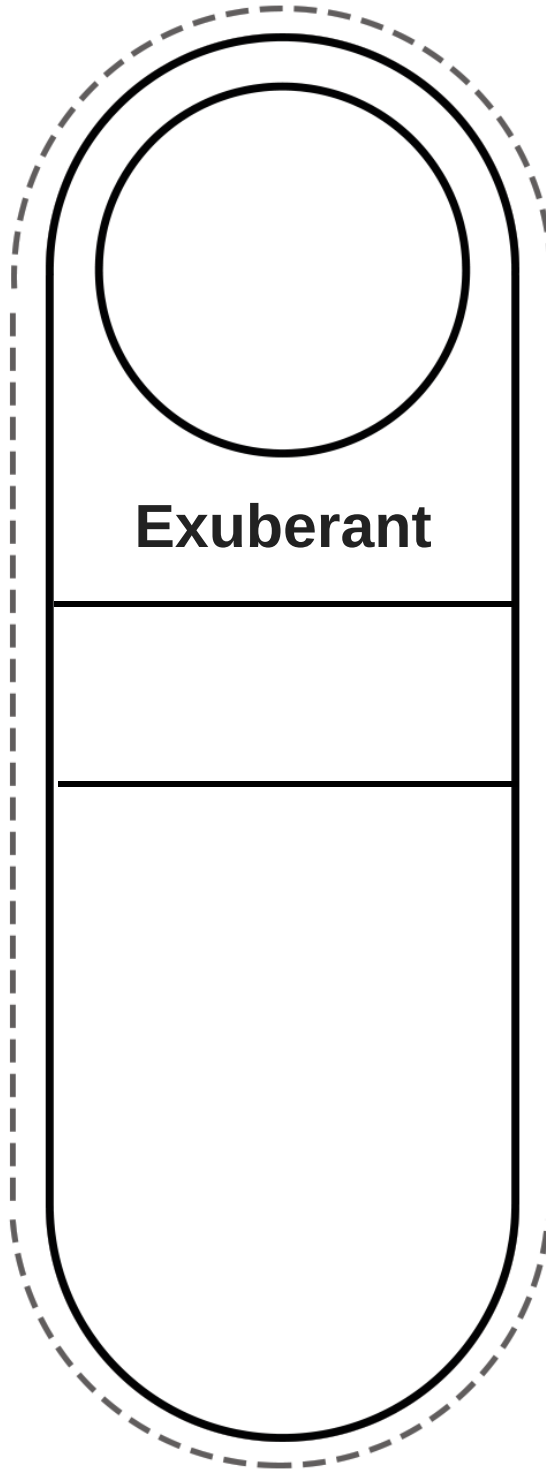
Content

My Emotions Fan Printable



A vertical, rounded rectangular card template for the emotion 'Joyful'. It features a dashed outer border and a solid inner border. At the top is a large circle for a drawing. Below the circle, the word 'Joyful' is printed in a bold, sans-serif font. The card is divided into three horizontal sections by two solid lines: a small section for the word, a medium section for a drawing, and a large section for a message.

Joyful



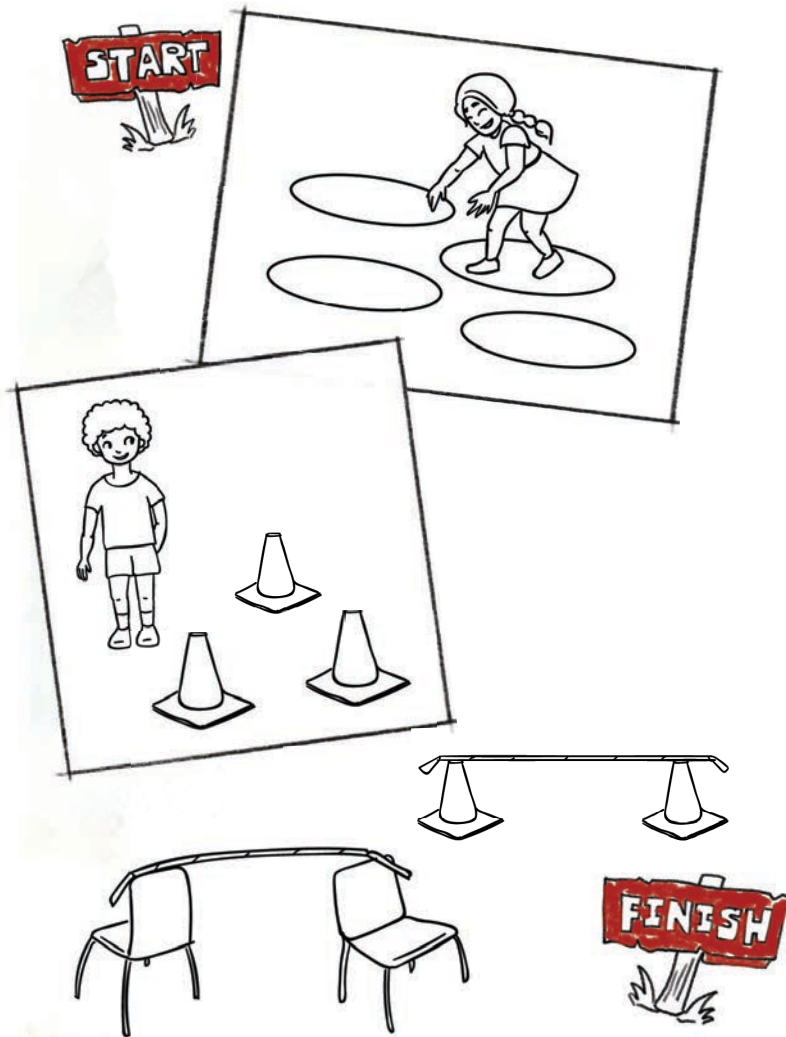
A vertical, rounded rectangular card template for the emotion 'Exuberant'. It features a dashed outer border and a solid inner border. At the top is a large circle for a drawing. Below the circle, the word 'Exuberant' is printed in a bold, sans-serif font. The card is divided into three horizontal sections by two solid lines: a small section for the word, a medium section for a drawing, and a large section for a message.

Exuberant

OBSTACLE COURSE

Ready to **MOVE** your body and build your brain at the same time?

This challenging and super fun activity will help you exercise your **creativity**, **problem-solving**, and **communication skills**. Find a partner so that you can encourage and challenge each other!



1. Find an open space indoors or outdoors to build your obstacle course.

2. Draw your course out on a piece of paper. Use your imagination!

3. Gather items (see ideas below) and start building!

CHALLENGE YOURSELF!

- ★ Set a goal to make it through the course in a certain amount of **time**.
- ★ Do the course **blindfolded** with your partner giving you directions.
- ★ Turn out the lights and use a **flashlight** to work your way through it.

ITEMS YOU CAN USE

(check with a parent or teacher)

Pillows

Balls

Pool noodles

Buckets

Jump ropes

Sidewalk chalk

Balloons

Hula Hoops

Blankets or sheets

Empty boxes

Hangers

Stretchy bands

OCEAN BREATHING



Can you make your breath sound like the ocean?

This **relaxing** breathing activity will help you quiet your mind and feel **calm** any time of the day. If you do it regularly, you will get better at **learning** and even become **healthier**! Use the calendar pages to mark the days you do the ocean breathing. See if you can do it once a day for an entire week! Find a partner to practice with and encourage each other.



1. FIND a quiet spot. Sit on a pillow or a blanket and cross your legs as shown in the image. Make yourself comfortable.



2. TAKE a few slow deep breaths in and out.



3. Take a deep breath in and **EXHALE** by making a “ssshhhh” sound-similar to ocean waves crashing on the seashore.



BONUS! Find ocean sounds to play in the background while you're doing this breathing. This will bring extra calm and relaxation.



TOSS & TALK BALL GAME

Let's talk! This fun ball game is a great way to build your **communication skills**, boost your **confidence**, and get you moving! It's sure to spark some laughs! You will learn fun and interesting things about others and get to know them better.

You will need at least one partner to play this game.

What to do:

- 1 Using the marker, write fun and interesting questions ALL over the ball. See our list for ideas!
- 2 Gather in a circle or stand face to face if just two people are playing.
- 3 One person tosses the ball. Another person catches it, reads out loud the FIRST question they see and answers it.
- 4 After answering the question, the player tosses the ball to another person and the game continues!

Toss & Talk Questions:

Favorite color (word, song, movie, book, dessert)?
Where were you born?
What sport do you play?
Chocolate or vanilla?
Spring or Fall?
Summer or Winter?
Peas or carrots?
Can you whistle?
What's your favorite thing to do?
What super power do you wish you had?
Which country do you want to visit?

Items needed:



A blow-up beach ball



Permanent marker



Let's



DISCOVERY GAME



14

1 of 4



DIRECTIONS HOW TO PLAY

Optional black and white wheel on page 4.

- 1 Choose one or more game partner.
- 2 Cut the wheel out and place it on even surface.
- 3 Spin the wheel or roll the dice to pick your topic. You can use one of the following:
 - A pencil tip and a paper clip 
 - A die 
 - A fidget spinner 
- 4 Your game partner will choose a question from that topic on page 3.
- 5 After you answer the question, it's your partner's turn! If more than two players, go around the circle to take turns.



DISCOVERY GAME

1. About You!

- What is one thing you like about yourself?
- Name one thing which makes you unique.
- What is your happiest memory?
- Describe a time when you worked hard on something and didn't give up.
- What accomplishment are you the most proud of?

3. Learning

- What is your favorite subject to learn?
- If you could travel to any planet to explore it, where would you go?
- If you could be a teacher for a day, what would you teach?
- Which animal would you like to learn more about?
- What is one interesting thing you learned recently?

5. Your Mindset

- What would you tell someone if they made a mistake and felt down?
- What can you do to encourage yourself to keep going when it's difficult?
- Finish the sentence: "When I work hard, I...".
- What is the opposite of growth mindset?
- Describe the funniest mistake you've ever made!

2. Family

- Describe your perfect family weekend.
- Who in your family inspires you? How does she/he inspire you?
- What is your favorite thing to do with your family?
- What was your favorite family event this year?
- Name a member of your family who doesn't give up on their dreams.

4. Nature

- What is your favorite season? Why?
- What is your favorite place outside to explore?
- If you could live anywhere in the world, where would it be? Why?
- What part of nature are you most thankful for? Why?
- Would you rather live on a mountain or by the ocean? Why?

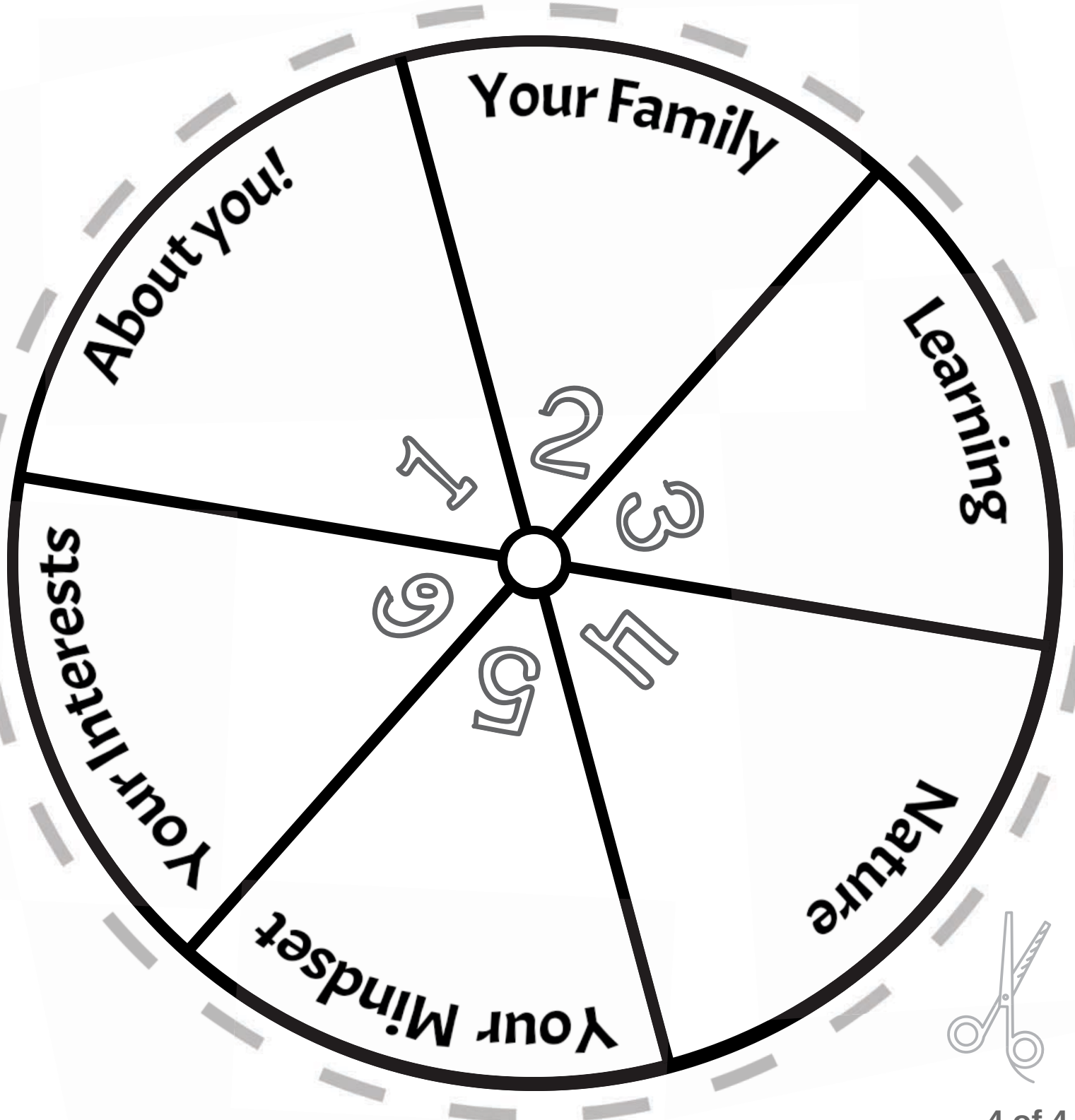
6. Your Interests

- What song always puts you in a good mood?
- Name one thing you love doing every day.
- What is your favorite book and who is your favorite character?
- What is your favorite movie and who is your favorite character?
- What would you like to do when you're older?

Let's



DISCOVERY GAME

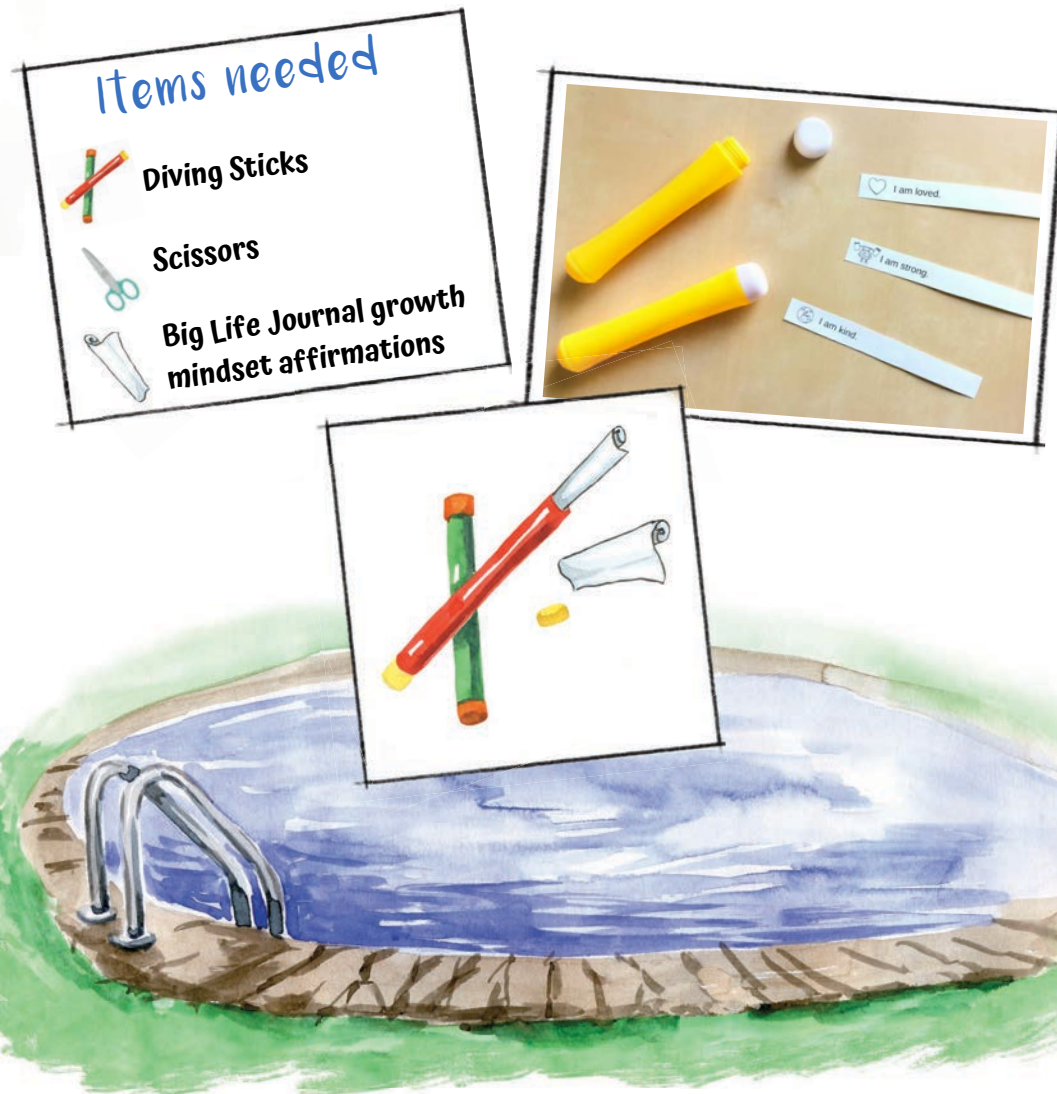


4 of 4

DIVE INTO A GROWTH MINDSET

This is a fun way to enjoy the warm weather while learning **positive affirmations**! This energizing activity will remind you of your amazing **abilities to learn, grow, and get better**.

Play this game in the pool with one or more partner.



What to do:

1. Print the page with affirmation strips included in this kit. Write your own affirmations on the blank strips. Use the scissors to cut out the strips.
2. Grab the diving sticks and slide off one rubber end from each stick.
3. Roll each affirmation up and insert into a diving stick (one affirmation per stick). Slide the rubber ends back on.
4. Toss all the diving sticks in the water.
5. Now it's time to jump in the water and start collecting the diving sticks! Make it a **fun competition** and see WHO collects the most diving sticks.
6. When all sticks are collected from the water, open each one up to **read the affirmations together**.

DIVE INTO A GROWTH MINDSET

Big Life Journal growth mindset affirmations



I am kind.



I am loved.



I am strong.



I am helpful.



I am a leader.



I choose my attitude.



I am proud of myself.

BIG LIFE KARAOKE OR DANCE PARTY

Did you know that dancing and singing boosts **confidence**, **creativity**, and can help you **make new friends**? You don't need a special reason to dance or sing, you can do it any day and every day. And it's especially fun to do with new friends!

Have a dance party outside even when it's raining!



Find the growth mindset song list on Spotify
<http://spoti.fi/2DwnJoa>
(search for the Big Life Journal playlist)



Find the song lyrics to sing along.



Crank up the music and have FUN!



GRATITUDE ALPHABET GAME

Did you know that **being grateful** makes you more **confident**, **healthy**, and even helps you **sleep better**?

This fun game will help you remember many things you're grateful for. Grab a ball, invite your friends or family members and start playing!

I am grateful for...

A... Astrology
B... Bananas
C... Cookies
D... Dad
E... Easter

....



1. Stand in a circle or, if only two players, stand facing each other.
2. One player tosses a ball to another person and says something he/she is grateful for that starts with the letter "A".
3. Next, the ball is tossed to another person who says something he/she is grateful for that starts with the letter "B".
4. Continue tossing the ball until you go through the entire alphabet. And that includes the hard letters like Q and Z!

THERE ARE SO MANY THINGS TO BE GRATEFUL FOR!

SELF-LOVE AND GRATITUDE BUBBLES

Blowing bubbles is not only fun but also surprisingly **relaxing**. You get to practice **deep breathing** which can calm you down and make you feel better.

Moving your body and changing your location can do wonders for your mood!

- Grab your bubble mixture (see the recipe below to make your own).
- Head outside or even to the bathroom and start blowing **bubbles** in the air.
- Every time you pop a bubble, say something you **love** about **yourself** or something you are **thankful** for!



NATURE KITCHEN

Get **creative** and grow your **brain** with this fun imaginative play!

Find an indoor or outdoor space to set up your own nature kitchen (check with a parent or teacher first). Grab safe kitchen supplies or toy pots and pans. Use your **imagination** to come up with all sorts of fun nature “foods” and “soups” for your kitchen. Create your own recipes and share them with friends and family.

Get **exploring!** and get **cooking!**

Nature Kitchen Food!

Supplies: flat stones, clear coat paint, acrylic paint or markers

Gather 7-10 flat stones.

On each stone draw or paint a fruit or vegetable.

Once dry add clear coat paint to seal the drawings.

Use your “food” rocks to build your own mini nature kitchen!



Nature Soup!



Ingredients & Supplies: Water, petals, leaves, sticks, sand/soil, natural food coloring, citrus fruit, safe kitchen supplies (bowls, trays, wooden spoons, whisks), and more!



Go on a nature walk and gather ingredients.

Lay out ingredients in separate containers or trays so they are easily accessible.

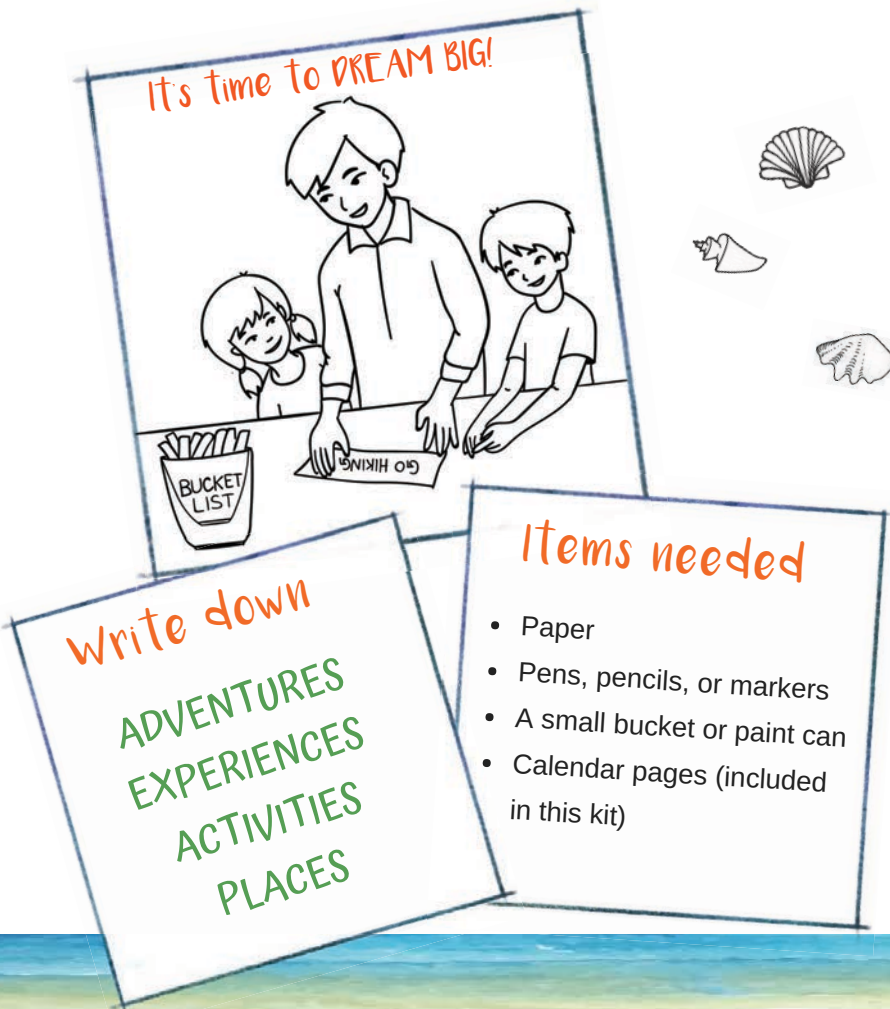
Add each ingredient to a bowl to make your nature soup! Remember to mix it too!

Enjoy the fun creations! Remember not to eat your nature food and soup.

MY BIG LIFE BUCKET LIST

Let's create a bucket list! It's a fun and exciting way to come up with things you'd like to do and places you'd like to visit. You will practice **setting goals, organization, and planning**.

Grab a partner or two and do it together! You can create a bucket list of things to do during the school year, over the summer, or before you turn a certain age.



1. Discuss and decide if you want a **theme** for your bucket list.
2. Grab paper and pens. Write or draw things you want to do and places you want to visit. Be **creative**! Think of some fun adventures and experiences!
3. Grab your **calendar** pages. Mark the dates for your adventures.
4. Fold your papers and drop them into your bucket or can. As you complete the items on your list, grab the paper out of your bucket. See how fast you can **empty** it!

BONUS! Decorate your bucket with paint, markers, stickers, and any other craft materials. Turn it into a centerpiece on your dining table or hang it somewhere you can easily **see** it!

My Adventures in Nature Bingo

My name is _____

I will complete this bingo by (end date) _____

The goal is to complete TWO rows of squares (vertical, horizontal, or diagonal) by the end date.
Color in the square once you have completed it!

Collect three leaves each a different color	Create one of your own adventures	Draw a picture with chalk on a sidewalk	Make a maze on the ground using sticks	Take a walk in the rain
Find an ant nest	Find one white, one yellow, and one purple flower	Jump in a puddle while holding hands with someone	Spot a wild animal	Create one of your own adventures
Visit a park and lay on the grass	Build a campfire	Create one of your own adventures	Play hide and seek outside	Collect ten stones all different shapes and sizes
Create one of your own adventures	Spot a butterfly	Roll down a really big hill	Walk barefoot on the grass or sand	Find a pine cone
Make a mud pie	Spend a night sleeping outside	Spot a bird	Create one of your own adventures	Fly a kite



WEEKLY SUNSHINE REPORT

Let's **SHINE** the light on everyone in your family or class! This activity is great to build **self-esteem and confidence**. You will also practice sharing **kindness and love** with others.

Spread some sunshine today!



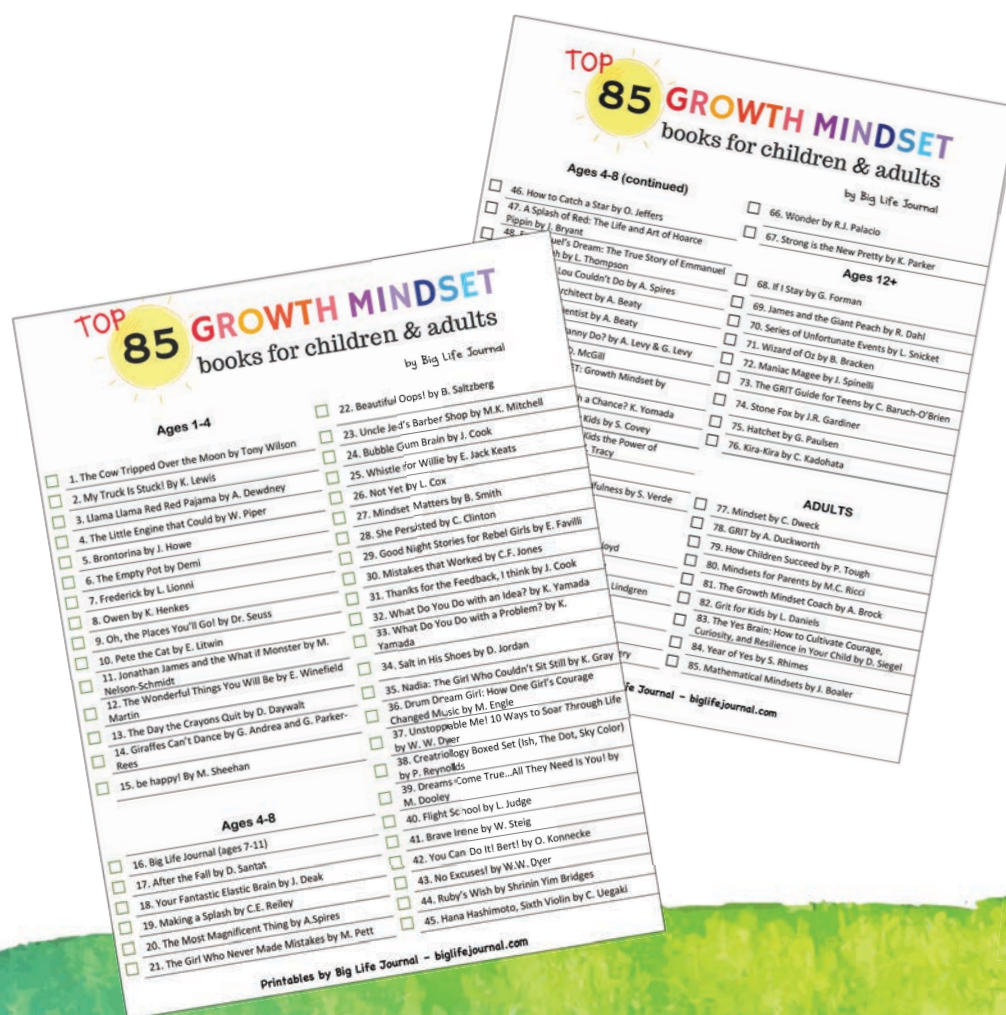
1. Choose a person to be the Weekly Sun in your family or class.
2. Make a sun out of paper and tape it to the wall. First, cut out a circle using one or more sheets of paper. Second, cut out several strips of paper (the "rays") and position them around the circle.
3. Write the person's name in the center of the circle.
4. Each day, other family members or classmates will write something positive about the person on the sunshine rays (things they like about him/her or why they're grateful for him/her).
5. At the end of the week, read all the statements out loud to celebrate your Weekly Sun!

Choose your next Weekly Sun and repeat the process!

GROWTH MINDSET BOOKS

Did you know that when you read story books you learn a great deal? Books can teach us lots of things including how to not give up when it gets hard and how to be kind to someone.

Grab our list of **Top 85 Growth Mindset Books** and find the ones you would like to read! Head to your local library to find the books you chose.



TOP 85 GROWTH MINDSET books for children & adults

by Big Life Journal

Ages 1-4

- ☐ 1. The Cow Tripped Over the Moon by Tony Wilson
- ☐ 2. My Truck Is Stuck! By K. Lewis
- ☐ 3. Llama Llama Red Red Pajama by A. Dewdney
- ☐ 4. The Little Engine that Could by W. Piper
- ☐ 5. Brontorina by J. Howe
- ☐ 6. The Empty Pot by Demi
- ☐ 7. Frederick by L. Lionni
- ☐ 8. Owen by K. Henkes
- ☐ 9. Oh, the Places You'll Go! by Dr. Seuss
- ☐ 10. Pete the Cat by E. Litwin
- ☐ 11. Jonathan James and the What if Monster by M. Nelson-Schmidt
- ☐ 12. The Wonderful Things You Will Be by E. Winefield Martin
- ☐ 13. The Day the Crayons Quit by D. Daywalt
- ☐ 14. Giraffes Can't Dance by G. Andrea and G. Parker-Rees
- ☐ 15. be happy! By M. Sheehan

Ages 4-8

- ☐ 16. Big Life Journal (ages 7-11)
- ☐ 17. After the Fall by D. Santat
- ☐ 18. Your Fantastic Elastic Brain by J. Deak
- ☐ 19. Making a Splash by C.E. Reiley
- ☐ 20. The Most Magnificent Thing by A. Spires
- ☐ 21. The Girl Who Never Made Mistakes by M. Pett

- ☐ 22. Beautiful Oops! by B. Saltzberg
- ☐ 23. Uncle Jed's Barber Shop by M.K. Mitchell
- ☐ 24. Bubble Gum Brain by J. Cook
- ☐ 25. Whistle for Willie by E. Jack Keats
- ☐ 26. Not Yet by L. Cox
- ☐ 27. Mindset Matters by B. Smith
- ☐ 28. She Persisted by C. Clinton
- ☐ 29. Good Night Stories for Rebel Girls by E. Favilli
- ☐ 30. Mistakes that Worked by C.F. Jones
- ☐ 31. Thanks for the Feedback, I think by J. Cook
- ☐ 32. What Do You Do with an Idea? by K. Yamada
- ☐ 33. What Do You Do with a Problem? by K. Yamada
- ☐ 34. Salt in His Shoes by D. Jordan
- ☐ 35. Nadia: The Girl Who Couldn't Sit Still by K. Gray
- ☐ 36. Drum Dream Girl: How One Girl's Courage Changed Music by M. Engle
- ☐ 37. Unstoppable Me! 10 Ways to Soar Through Life by W. W. Dyer
- ☐ 38. Creatriology Boxed Set (Ish, The Dot, Sky Color) by P. Reynolds
- ☐ 39. Dreams Come True...All They Need Is You! by M. Dooley
- ☐ 40. Flight School by L. Judge
- ☐ 41. Brave Irene by W. Steig
- ☐ 42. You Can Do It! Bert! by O. Konnecke
- ☐ 43. No Excuses! by W.W. Dyer
- ☐ 44. Ruby's Wish by Shrinin Yim Bridges
- ☐ 45. Hana Hashimoto, Sixth Violin by C. Uegaki

TOP 85 GROWTH MINDSET books for children & adults

by Big Life Journal

Ages 4-8 (continued)

- ☐ 46. How to Catch a Star by O. Jeffers
- ☐ 47. A Splash of Red: The Life and Art of Hoarce Pippin by J. Bryant
- ☐ 48. Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah by L. Thompson
- ☐ 49. The Thing Lou Couldn't Do by A. Spires
- ☐ 50. Iggy Peck, Architect by A. Beaty
- ☐ 51. Ada Twist, Scientist by A. Beaty
- ☐ 52. What Should Danny Do? by A. Levy & G. Levy
- ☐ 53. I Won't Quit by D. McGill
- ☐ 54. I Can't Do That, YET: Growth Mindset by E. Cordova
- ☐ 55. What Do You Do with a Chance? K. Yomada
- ☐ 56. The 7 Habits of Happy Kids by S. Covey
- ☐ 57. I Think, I Am! Teaching Kids the Power of Affirmations by L. Hay and K. Tracy
- ☐ 58. You! S. Magsamen
- ☐ 59. I Am Peace: A Book of Mindfulness by S. Verde

Ages 9-12

- ☐ 60. The Key to Extraordinary by N. Lloyd
- ☐ 61. Marvelous Mattie by E.A. McCully
- ☐ 62. Ronia, The Robber's Daughter by A. Lindgren
- ☐ 63. Pippi Longstocking by A. Lindgren
- ☐ 64. Mrs. Piggle Wiggle by B. MacDonald
- ☐ 65. Anne of Green Gables by L.M. Montgomery

- ☐ 66. Wonder by R.J. Palacio
- ☐ 67. Strong is the New Pretty by K. Parker

Ages 12+

- ☐ 68. If I Stay by G. Forman
- ☐ 69. James and the Giant Peach by R. Dahl
- ☐ 70. Series of Unfortunate Events by L. Snicket
- ☐ 71. Wizard of Oz by B. Bracken
- ☐ 72. Maniac Magee by J. Spinelli
- ☐ 73. The GRIT Guide for Teens by C. Baruch-O'Brien
- ☐ 74. Stone Fox by J.R. Gardiner
- ☐ 75. Hatchet by G. Paulsen
- ☐ 76. Kira-Kira by C. Kadohata

ADULTS

- ☐ 77. Mindset by C. Dweck
- ☐ 78. GRIT by A. Duckworth
- ☐ 79. How Children Succeed by P. Tough
- ☐ 80. Mindsets for Parents by M.C. Ricci
- ☐ 81. The Growth Mindset Coach by A. Brock
- ☐ 82. Grit for Kids by L. Daniels
- ☐ 83. The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by D. Siegel
- ☐ 84. Year of Yes by S. Rhimes
- ☐ 85. Mathematical Mindsets by J. Boaler

GROWTH MINDSET MOVIES

Do you like movies? Choose the movies you want to watch from the "75 Growth Mindset Movies" list included in this kit. Grab some popcorn! Watch the characters practice their resilience and problem-solving while overcoming their obstacles. When the movie is over have an interesting **discussion** about it with your family or friends. Use the questions below for guidance.



Here are some topics you can discuss together!



WHAT DID YOU
LEARN FROM THIS
MOVIE?

DID THE CHARACTERS
HAVE A FIXED OR
GROWTH MINDSET?
WHY?

WHY DO YOU THINK
THE CHARACTERS
MADE THE CHOICES
THEY DID?

CAN YOU
IMAGINE A
DIFFERENT
ENDING?



GROWTH MINDSET

movies & videos for children

by Big Life Journal

Animated Films

- ☐ 1. Zootopia (2016), PG
- ☐ 2. Sing (2016), PG
- ☐ 3. Leap! (2016) or Ballerina, PG
- ☐ 4. Moana (2016), PG
- ☐ 5. The Good Dinosaur (2015), PG
- ☐ 6. Meet the Robinsons (2007), G
- ☐ 7. Inside Out (2015), PG
- ☐ 8. Trolls (2016), PG
- ☐ 9. Frozen (2013), PG
- ☐ 10. Brave (2012), PG
- ☐ 11. Storks (2016), PG
- ☐ 12. UP (2009), PG
- ☐ 13. Finding Dory (2016), PG
- ☐ 14. Finding Nemo (2003), G
- ☐ 15. Chicken Run (2000), G
- ☐ 16. Stick Man (2016), G
- ☐ 17. Rock Dog (2017), PG
- ☐ 18. Kung Fu Panda (2008), PG
- ☐ 19. Coco (2017), PG
- ☐ 20. Cars 3 (2017), PG
- ☐ 21. Kiki's Delivery Service (1989), G
- ☐ 22. Secret World of Arriety (2010), G
- ☐ 23. Wall-E (2008), G
- ☐ 24. Ferdinand (2017), PG
- ☐ 25. Turbo (2013), PG

Featured Films

- ☐ 26. Hotel for Dogs (2018), PG
- ☐ 27. Dolphin Tale (2011), PG
- ☐ 28. Queen of Katwe (2016), PG
- ☐ 29. Cool Runnings (1993), PG
- ☐ 30. The Neverending Story (1984), PG
- ☐ 31. Hidden Figures (2016), PG
- ☐ 32. The Martian (2015), PG-13
- ☐ 33. Walt Before Mickey (2015), PG
- ☐ 34. Wild Hearts Can't Be Broken (1991), G
- ☐ 35. Fly Away Home (1996), PG
- ☐ 36. Rudy (1993), PG
- ☐ 37. Pay It Forward (2000), PG-13
- ☐ 38. The Blind Side (2009), PG-13
- ☐ 39. The Lord of the Rings (2001), PG-13
- ☐ 40. The Karate Kid (1984), PG
- ☐ 41. October Sky (1999), PG
- ☐ 42. Wonder (2017), PG
- ☐ 43. Greatest Showman (2017), PG
- ☐ 44. Because of Winn-Dixie (2005), PG
- ☐ 45. Charlotte's Web (2006), G
- ☐ 46. The Wizard of Oz (1939), Not Rated
- ☐ 47. The Little Prince (2016), PG
- ☐ 48. The Adventures of Sharkboy and Lavagirl (2005), PG
- ☐ 49. Anne of Green Gables (1986), Not Rated
- ☐ 50. The Secret Garden (1993), G



GROWTH MINDSET

movies & videos for children

by Big Life Journal

Featured Films (continued)

- | | |
|---|--|
| ☐ 51. Matilda (1996), PG | ☐ 71. Pathway Transformation Initiative - Growth Mindset by Fullerton College |
| ☐ 52. A Wrinkle in Time (2018), PG | ☐ 72. Growth Mindset Video on YouTube by infobundl |
| ☐ 53. School of Rock (2003), PG-13 | ☐ 73. Learning and the Brain by Learning and the Adolescent Mind |
| ☐ 54. Ramona and Beezus (2010), G | ☐ 74. Sesame Street: Janelle Monae - Power of Yet |
| ☐ 55. Akeelah and the Bee (2006), PG | ☐ 75. C.J. Luckey - The Power of Yet |

Short Animated Films

- | |
|--|
| ☐ 56. Piper (2016), G |
| ☐ 57. Soar (2014), G |
| ☐ 58. The Boy Who Learned to Fly (2017), G |
| ☐ 59. Let Me In (2008) |
| ☐ 60. For The Birds (2001) |
| ☐ 61. KIWI! (2006) |
| ☐ 62. The Gift (2016) |
| ☐ 63. Jinxy Jenkins & Lucky Lou Short Film (2014) |
| ☐ 64. Elmo Doesn't Give Up (2017) |

Videos

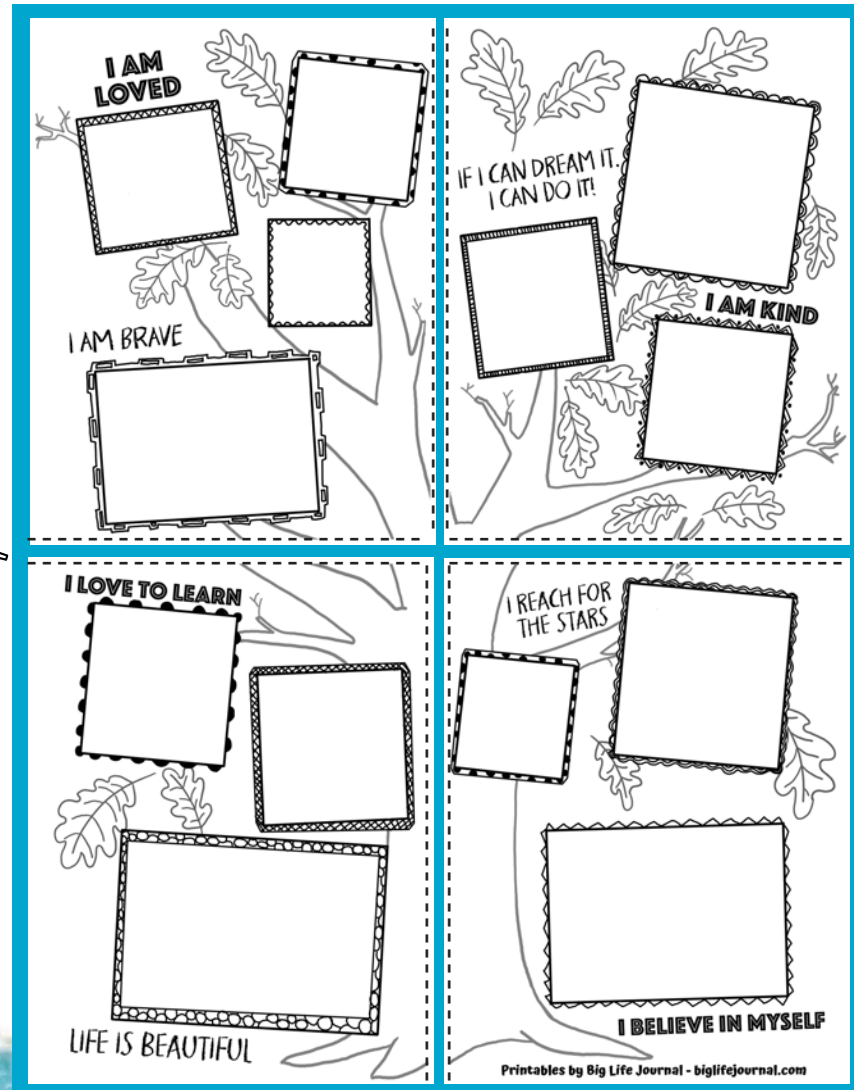
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|--|
| ☐ 65. Famous Failures by Motivating Success |
| ☐ 66. Understanding Talent by sportscotland |
| ☐ 67. Fixed vs. Growth Mindset: The Natural Talent Myth! by Make Up Your Mind |
| ☐ 68. You Can Learn Anything by Khan Academy |
| ☐ 69. How Many Times Should You Try Before Success? by fundersandfounders |
| ☐ 70. Grit: The Key to Your Success by Florida Virtual School |

My Special Memories Tree

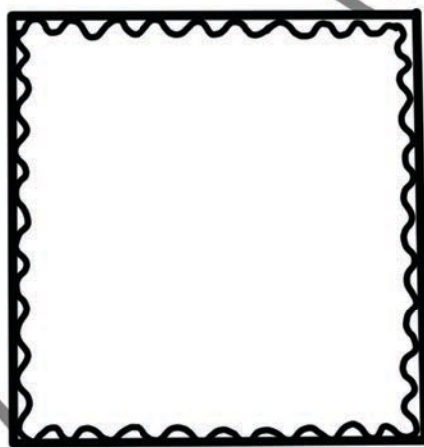
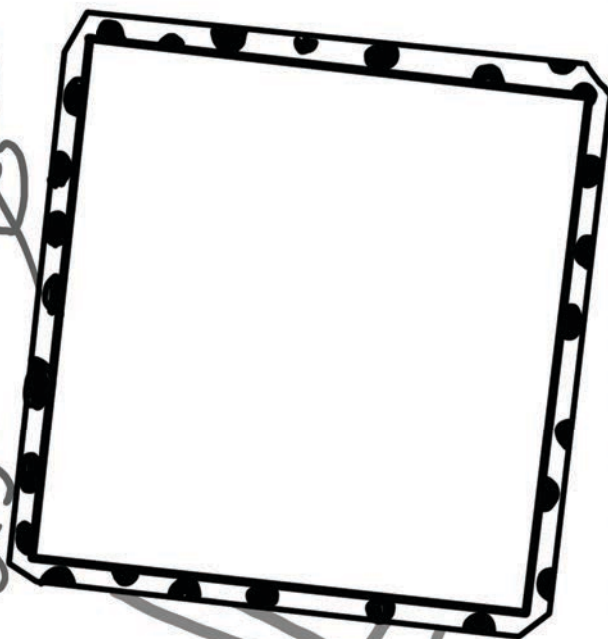
Capture your favorite memories from your summer, vacation, or school year. In the empty boxes, record your achievements, fun events, or anything else you would like. Be creative! Draw, write poems, jot down sentences, and tape photos. This is a wonderful way to practice **positivity** and **mindfulness**!

- 1** **Print** out the 4 pieces of the poster. **Cut** along the dotted lines (cut on the *inside* line so the black dotted line does not show).
- 2** **Line up** the edges and **tape** the front and/or back of the poster.
- 3** Have fun drawing and writing your special memories inside boxes!

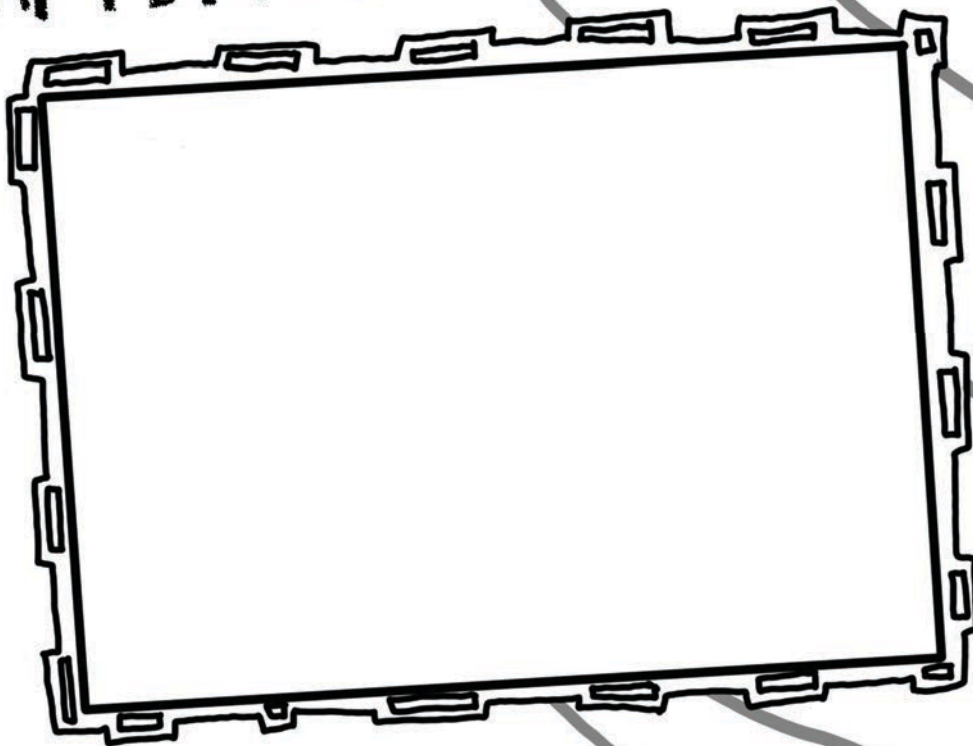
BONUS: You can use this printable to **PLAN** your summer or vacation! Draw or write things you want to do and places you want to go.



**I AM
LOVED**

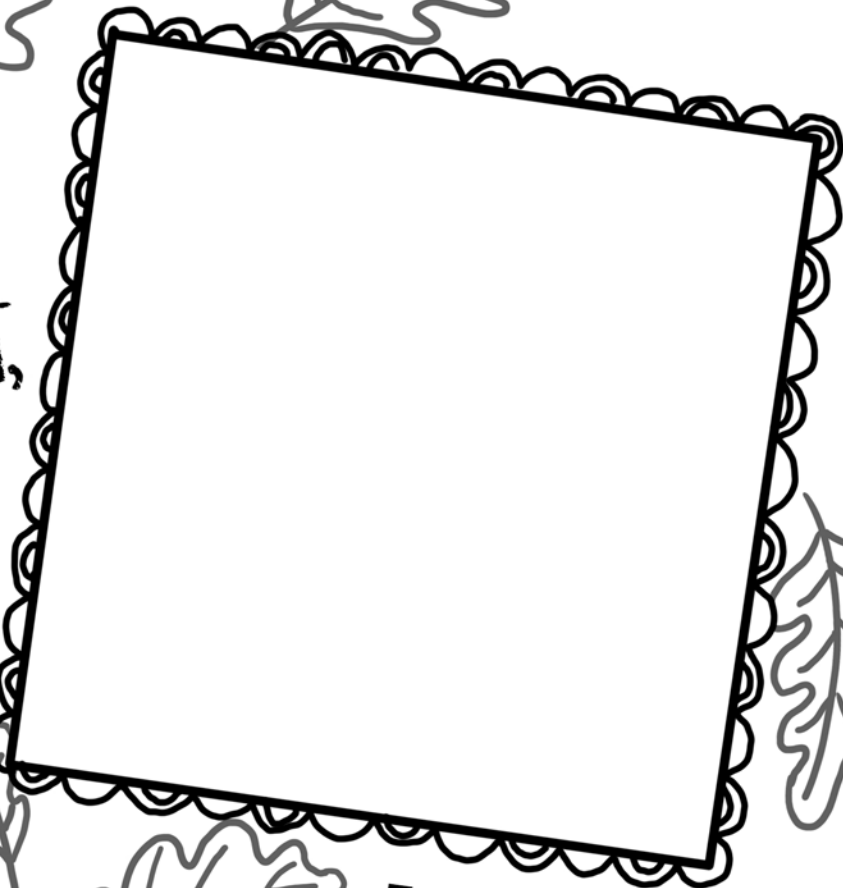


I AM BRAVE

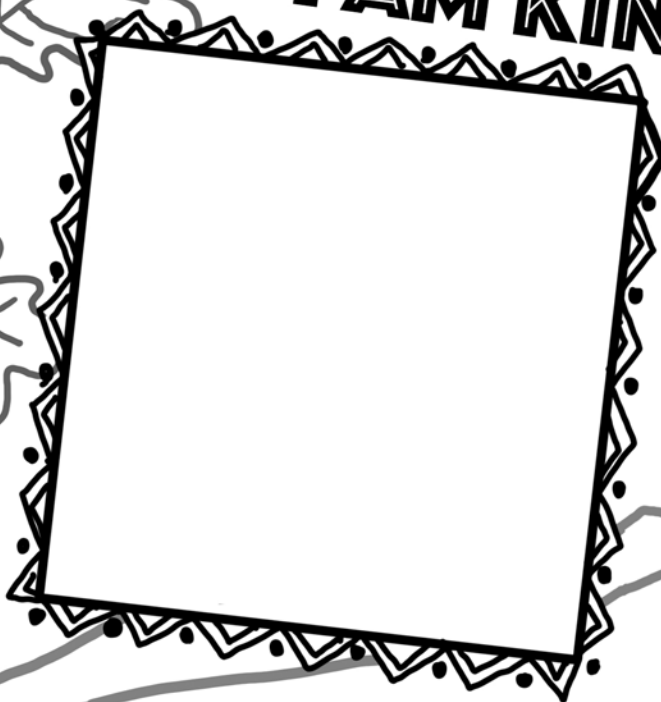




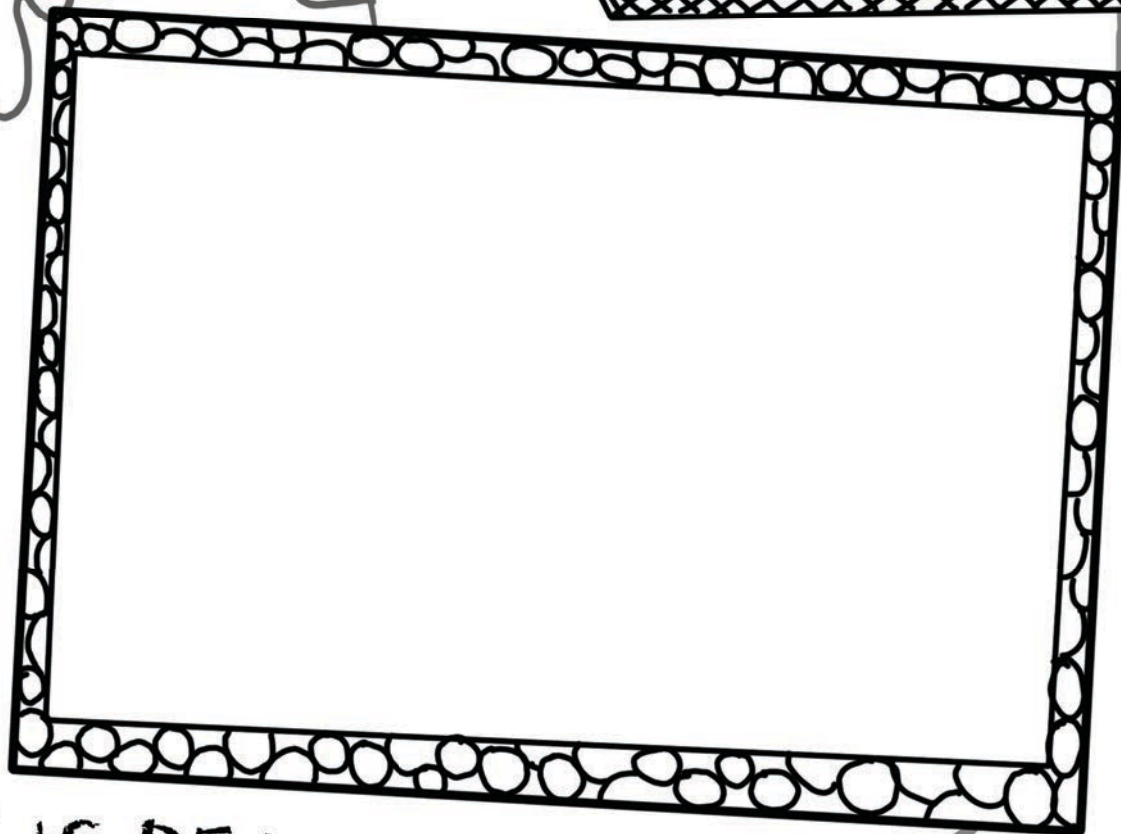
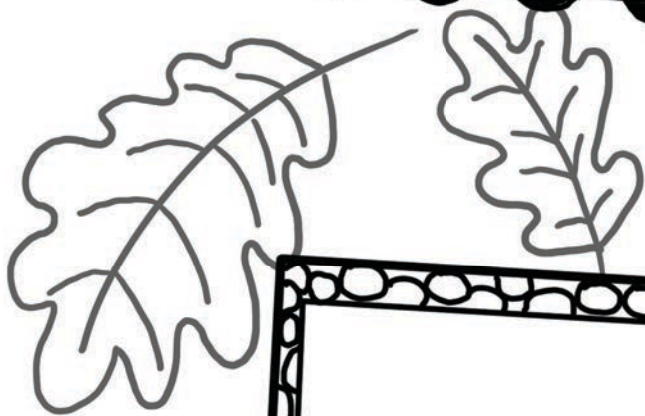
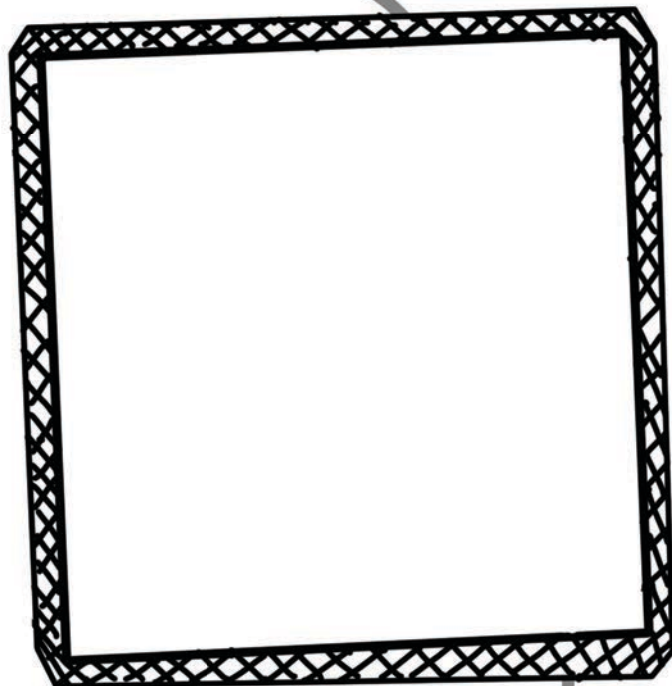
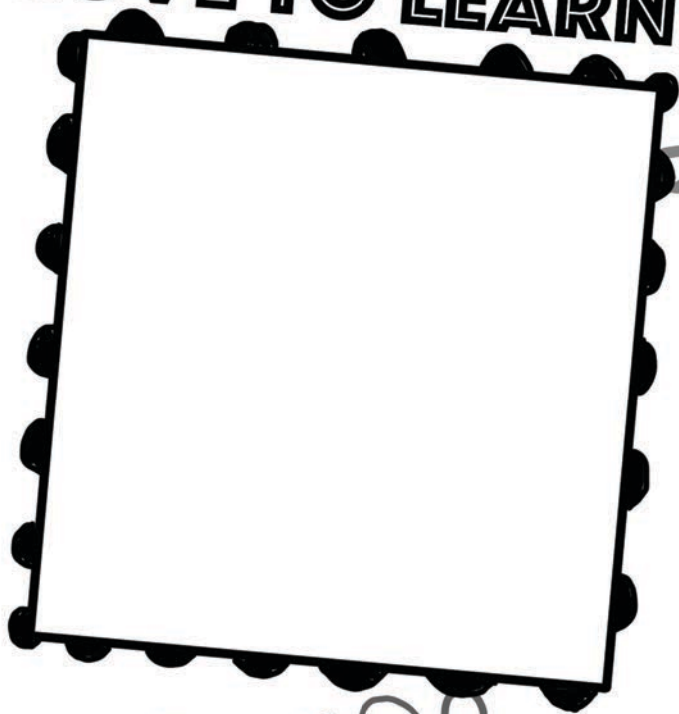
IF I CAN DREAM IT,
I CAN DO IT!



I AM KIND

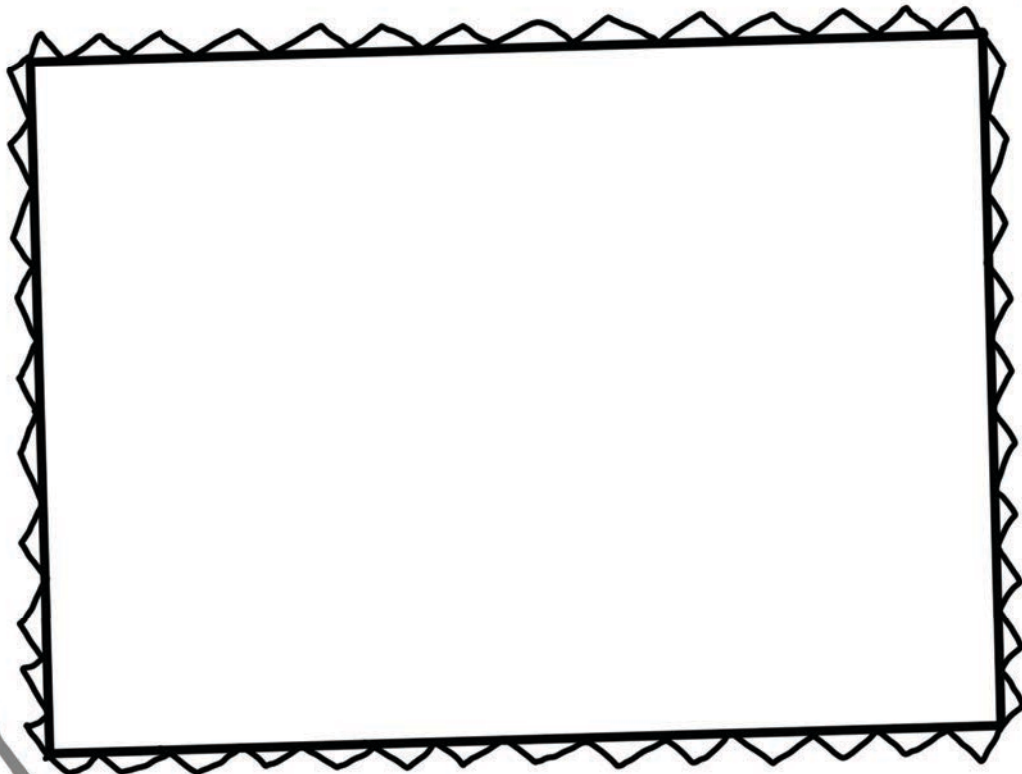
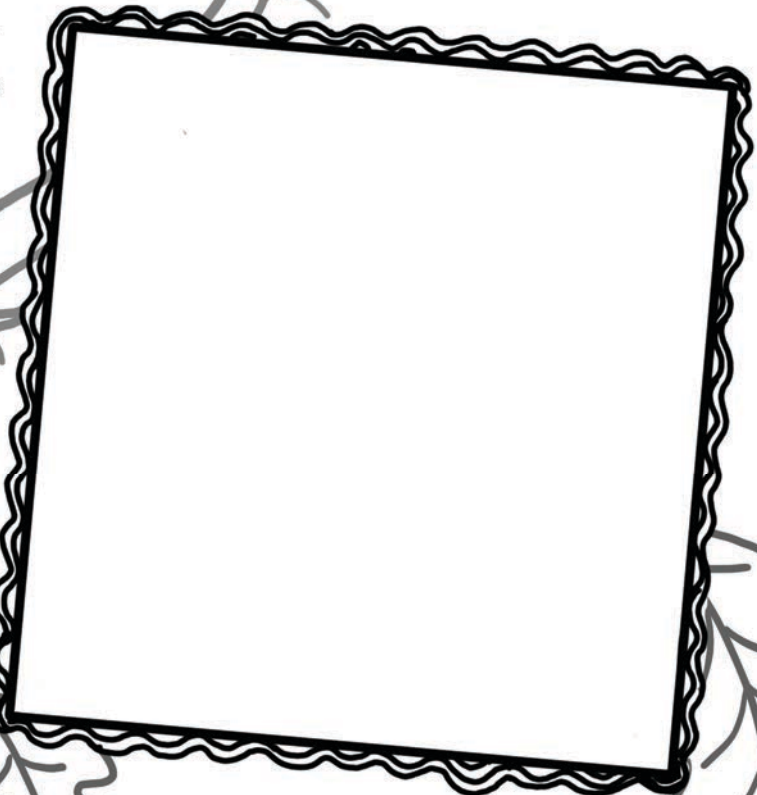
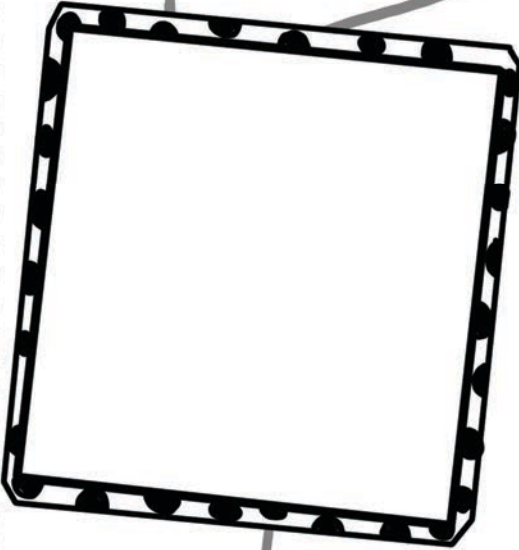


I LOVE TO LEARN



LIFE IS BEAUTIFUL

I REACH FOR
THE STARS



I BELIEVE IN MYSELF