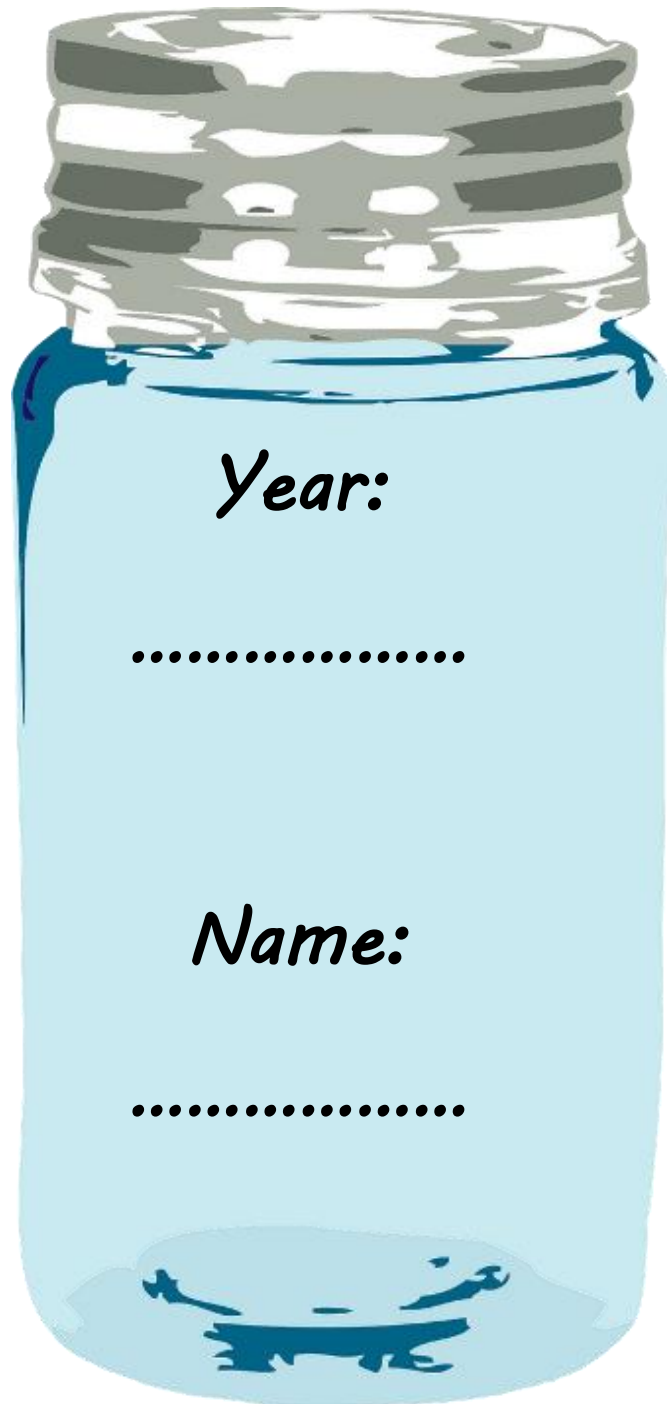


# My Time Capsule



Ideas and inspirational sayings from the *BIG LIFE JOURNAL* for Kids, [www.biglifejournal.com](http://www.biglifejournal.com)

All other images: creative commons from Pixabay and Microsoft

# *My memories of 2019: Describe the situations in a few sentences.*

*I laughed out loud when...*



*I was really proud when...*



*This made me think:•*





be

# GRATEFUL

This made me grateful:

Find one thing with each letter of the word. You can also write a short sentence or phrase. Think of big and small things and everything in between.

G \_\_\_\_\_

R \_\_\_\_\_

A \_\_\_\_\_

T \_\_\_\_\_

E \_\_\_\_\_

F \_\_\_\_\_

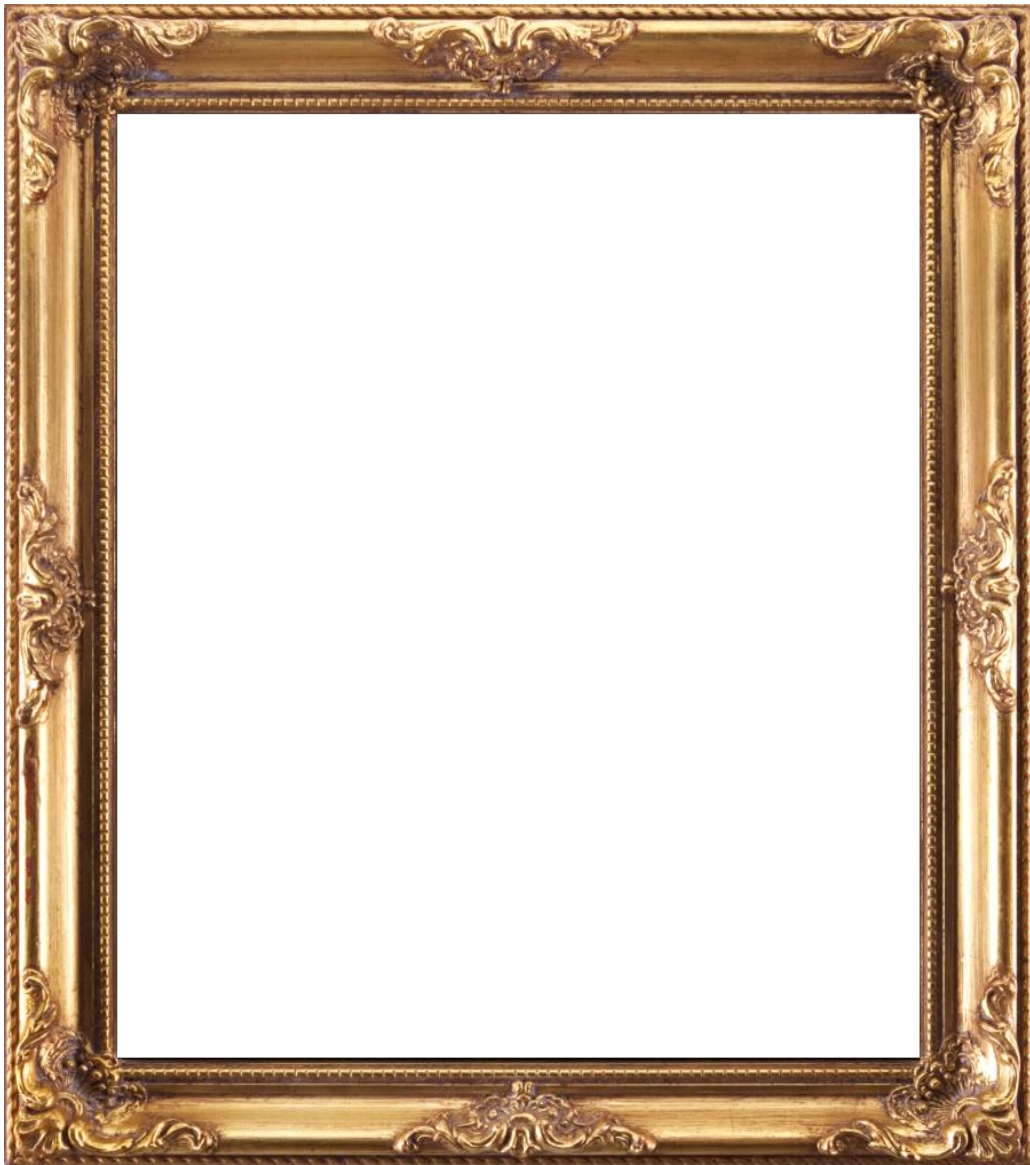
U \_\_\_\_\_

L \_\_\_\_\_

Be  
YOURSELF.  
EVERYONE  
ELSE IS ALREADY  
TAKEN.

*Draw yourself on this page and add all the things that make you unique.*

*If you need more ideas, ask your classmates what makes you unique.*



# CHALLENGES make you STRONGER



## *Our roots keep us standing strong:*

We can think of our lives as trees. The loving adults, teachers, friends, our thoughts, values are roots which keep us standing strong. Challenges are like the wind in the trees. Trees sway in the wind and storm but keep standing tall and strong as long as their roots are deep.

Think of some challenging or difficult situations in the last year. Were you tired – sad – disappointed – scared – ...

## *What happened?*

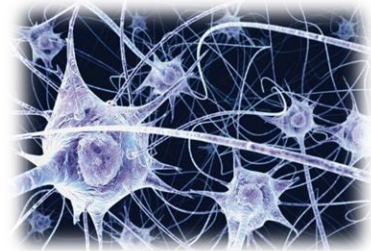
## *How did you feel about it?*

## *How did you solve the problem?*

**SUCCESS**  
*is the SUM*  
**OF SMALL EFFORTS**  
**REPEATED**  
*day IN & day OUT*  
ROBERT COLLIER



*Imagine you are walking in the deep snow. The first time you walk the path, it is slow and difficult. When you walk the same path again, you walk in your own footsteps and it gets easier and easier.*



*The same happens in your brain. Every time you learn something new the cells in your brain create a new path. When you practice something the path in your brain gets faster and stronger.*

*Think of a few things that you can do well. How did you learn them?*

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## Keep Dreaming and Believing

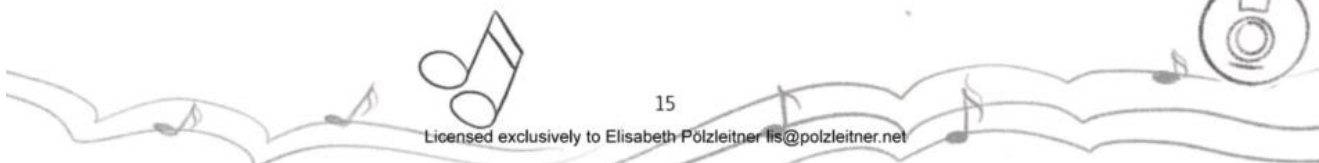
Our story begins in a landfill in Cateura, Paraguay. Every day, huge trucks bring the city's garbage to this landfill. Once the trash has been dumped, the landfill workers pick through it, trying to find metal and plastic bottles to sell. Working at the landfill is hot and dangerous, and often makes the workers very sick.

When an environmental engineer named Favio came to Cateura, he realized that as long as the city continued to throw away so much trash, the landfill would continue to grow.

The trash was destroying the environment; the Paraguay River was filthy and filled with plastic bags and containers. Most kids were destined to become gancheros, or trash pickers, just like their parents. Favio, however, believed he could still make a difference. He decided to give free music lessons.

Soon there were kids of all ages lining up to learn. But Favio didn't have enough instruments for them all. A new violin was worth more than a house in Cateura.

Colá, a landfill worker, visited Favio, and asked, "Do you think we could make the instruments?" Favio knew they had no money, and no equipment...what would they make instruments out of? Colá had the answer. "What do we have more of than anything else?!" he asked Favio. "Garbage!"



It took a lot of trial and error to get the instruments just right. Oven trays became violins; huge oilcans became cellos and double basses. Saxophones and flutes were made from bottle caps and drainpipes!

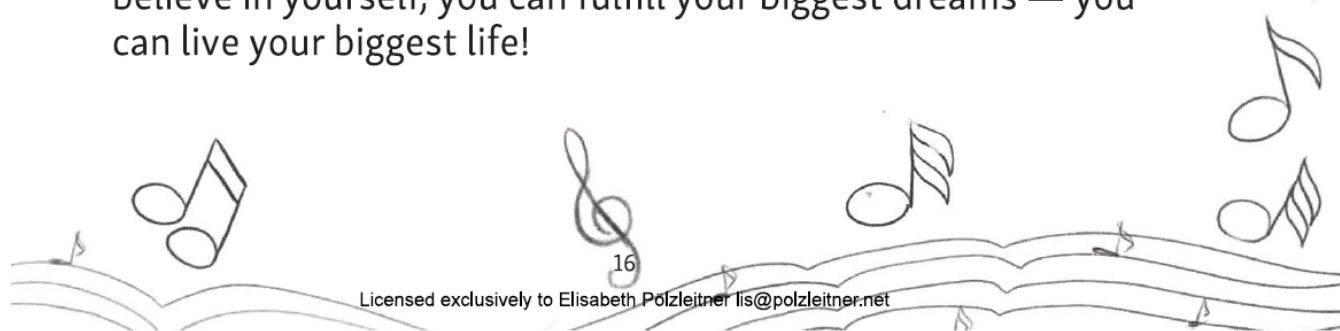


Many people laughed at Colá's idea — but Colá believed in himself, and the children of Cateura believed in him too. Favio and Colá soon realized they had made real musical instruments, fit for an orchestra, from trash. And so, the orchestra Los Reciclados was born.

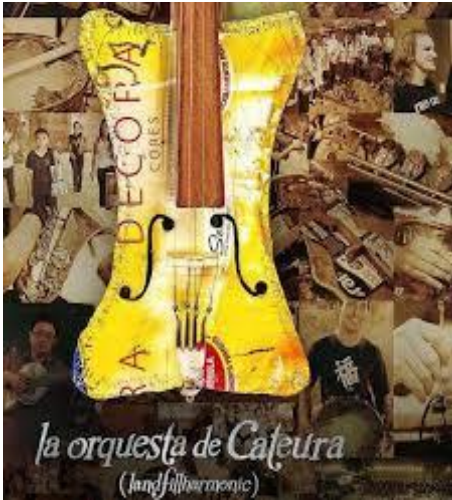
Favio taught the students to focus on the actions that helped them to achieve positive results. This meant lots of practice, but it also meant learning the importance of believing in themselves. You see, when the students doubted themselves, the instruments didn't sound good. And although they didn't feel confident about the music they were playing, because it was new and unknown, they needed to feel confident about themselves.

After countless hours of practice, Los Reciclados received an invitation to play in Rio de Janeiro, Brazil. Though they felt they weren't ready to play in front of a huge audience, their performance was a huge success. Soon after, they performed in the USA, Netherlands, Norway, Canada, and Japan!

They even toured across South America with Metallica, one of the greatest heavy metal bands of all time. The world had discovered that children in Paraguay could make magic out of rubbish! Los Reciclados proved if you work hard and believe in yourself, you can fulfill your biggest dreams — you can live your biggest life!



*Now watch the short video about Los Reciclados.*



<https://youtu.be/7AOnZb7ZlJI>



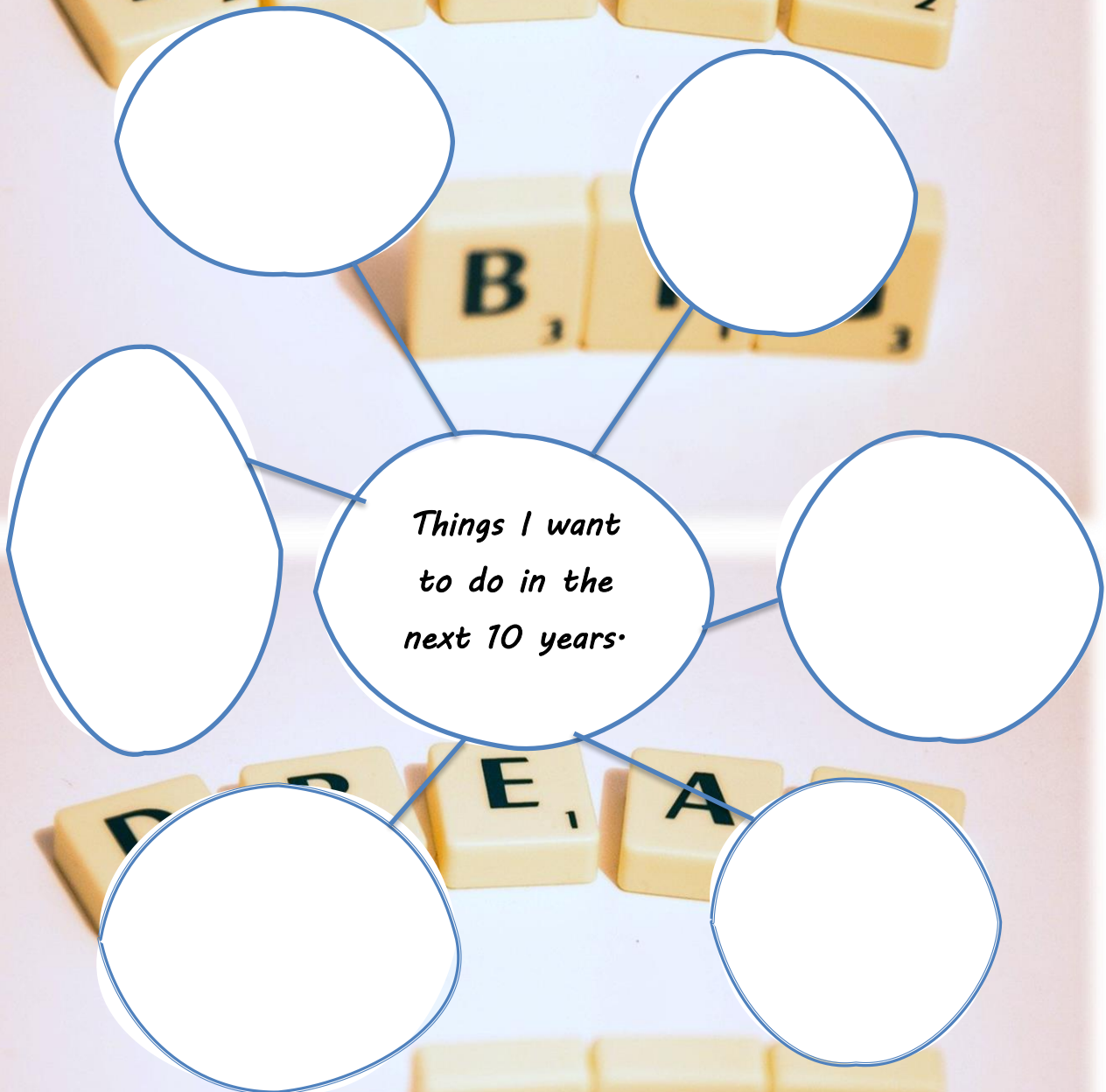
*Now it's your turn:*

*Begin with the END IN MIND.*

*What is your big dream? What would you like to do in the next 10 years? Do you want to start a band? study at university? find an interesting job? move to a different place? volunteer?...*

*Collect your ideas on the next page.*

D<sub>2</sub> R<sub>1</sub> E<sub>1</sub> A<sub>1</sub> M<sub>2</sub>



B<sub>3</sub> I<sub>1</sub> G<sub>3</sub>

D<sub>2</sub> R<sub>1</sub> E<sub>1</sub> A<sub>1</sub>

B<sub>3</sub> I<sub>1</sub> G<sub>3</sub>

What will be your next steps?

# My New Year's Resolutions!



<i>My Goals</i>	<i>My Plans: What I am going to do to reach these goals.</i>
<i>This year I really want to:</i>	<i>In order to reach this goal, I am going to...</i>
<i>I want to be better at:</i>	<i>In order to reach this goal, I am ...</i>
<i>I really need to:</i>	<i>In order to reach this goal, ...</i>
<i>I want to learn how to:</i>	<i>In order to reach this goal, ...</i>

# Me - others - our planet

## My wishes and hopes for 2019 and beyond...

What are your wishes and hopes for the next year and for the future? Think of your own wishes and of things you wish other people or our planet.



### I hope that I will ...

I hope that ... \_\_\_\_\_

\_\_\_\_\_

I hope that ... \_\_\_\_\_

\_\_\_\_\_

I hope that... \_\_\_\_\_

\_\_\_\_\_

I hope that... \_\_\_\_\_

\_\_\_\_\_

I hope that... \_\_\_\_\_

\_\_\_\_\_

I hope that... \_\_\_\_\_

\_\_\_\_\_