

my I've GOT This board

Big Life Journal

If you're feeling frustrated while learning something new, it can be hard to think positively. This board is a great way to remind yourself about what makes you so amazing. You can use it the next time you need a confidence boost! Follow the steps below to create your special board that's all about you!

step
1

Prepare

Gather supplies and print out the speech bubbles, illustrations, and self-portrait. Pages 11 and 12 include black and white options for printing the illustrations.

step
2

Create Your Board

Cut out your elements and arrange on the board. Fill in the blanks with words that describe who you are.

step
3

Display And Keep It Alive

Display your board. If you need a pep talk, read your board and remind yourself that "I've Got This" and can accomplish anything.



my live

GOOT



This board

I **CAN** DO HARD THINGS

because I learned how to

_____ and

_____ and

I DIDN'T GIVE UP!



I'M **GRATEFUL**

I get to

_____.

I LOVE **BEING ME**

because I am _____

and _____

makes me laugh.



I CAN **LEARN** FROM
MY **MISTAKES**

and get better at things!

Mistakes make my brain

_____.

I AM **STRONG**

like _____ .

I AM **BRAVE**

like _____ .



I CAN **LEARN ANYTHING**

with time and practise.

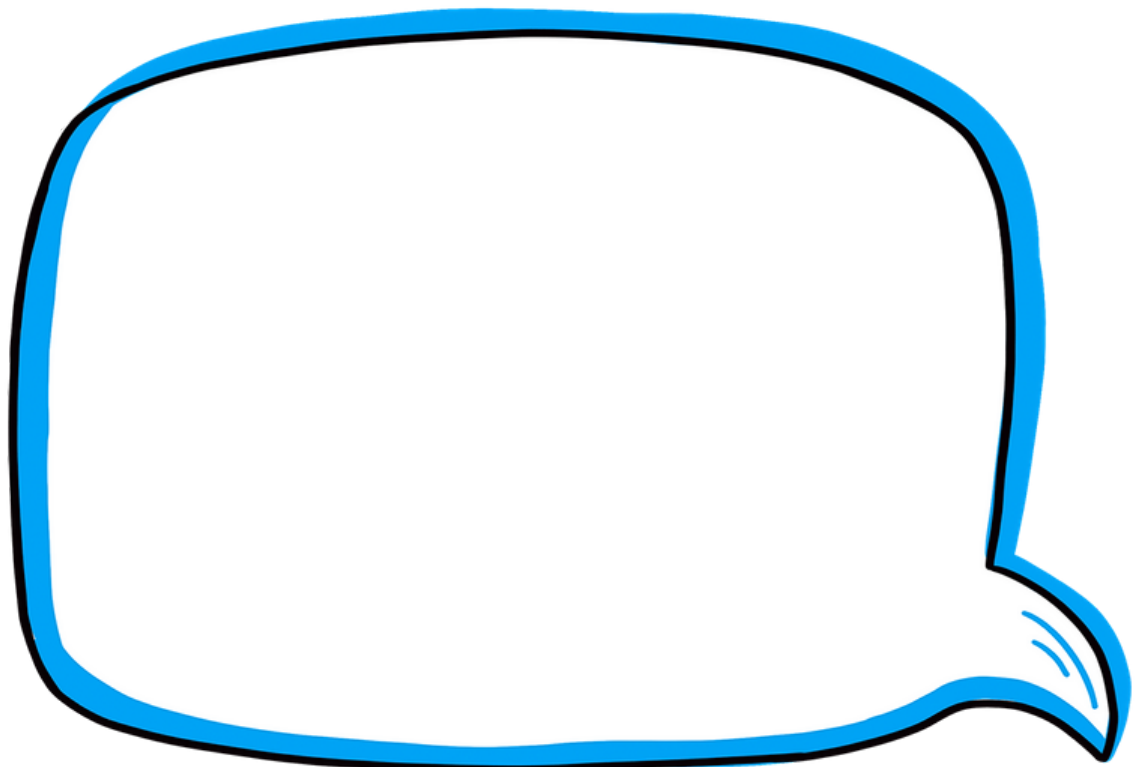
My favourite thing to learn about is

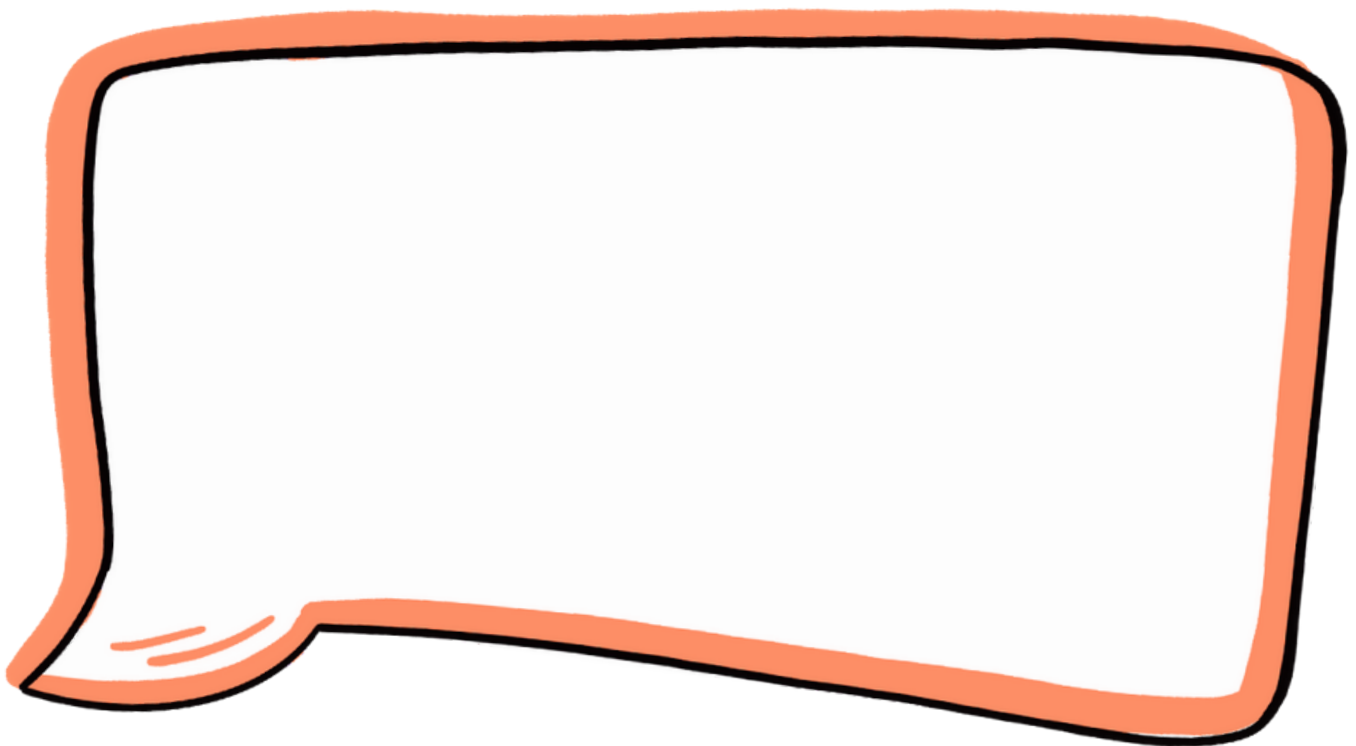
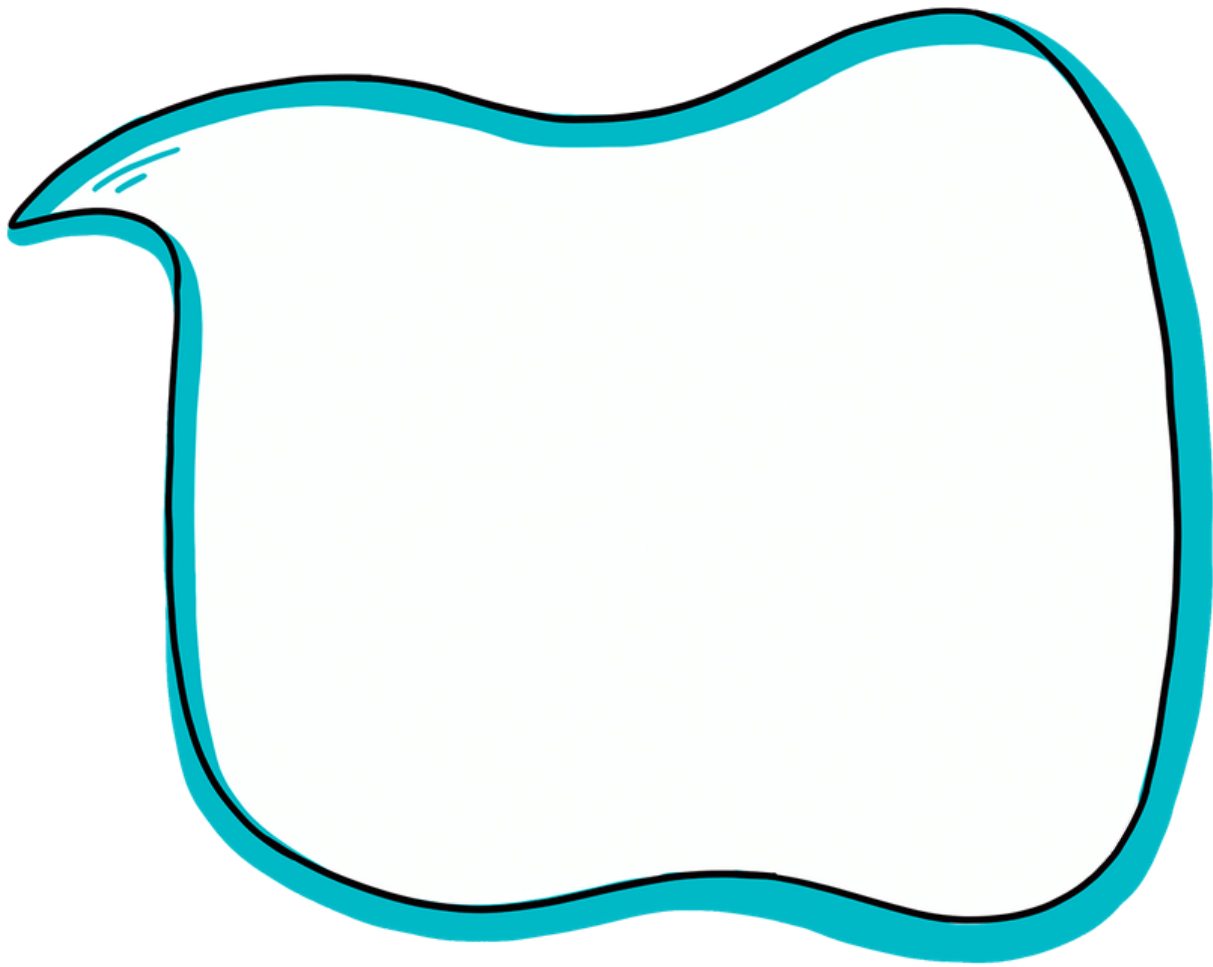
_____ .

ALL MY **FEELINGS**
ARE **OKAY**

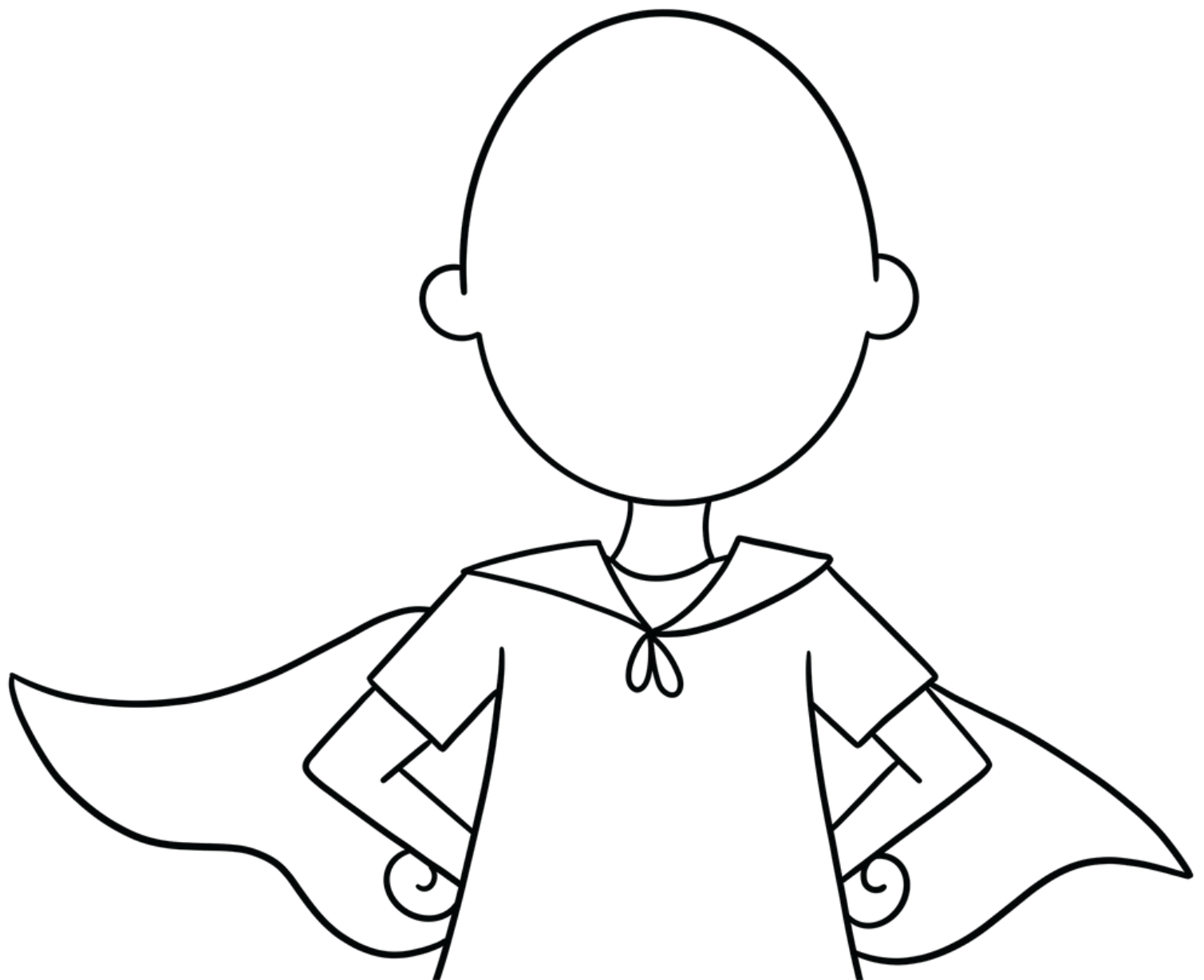
and my favourite feeling is

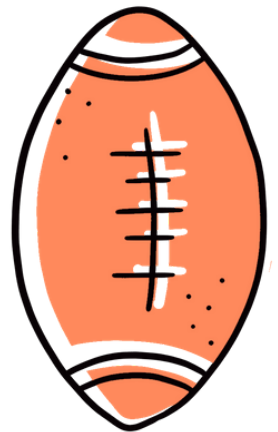
_____.

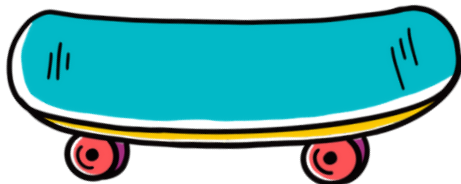
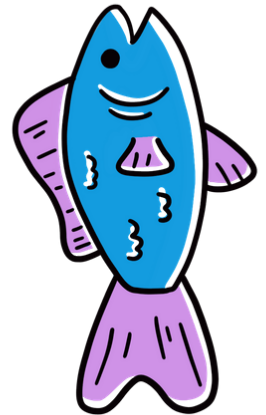


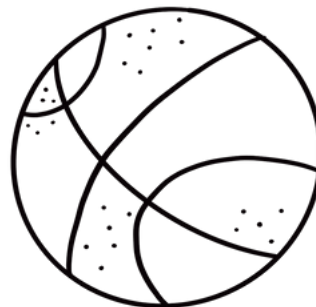
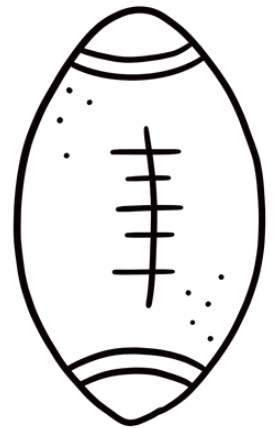
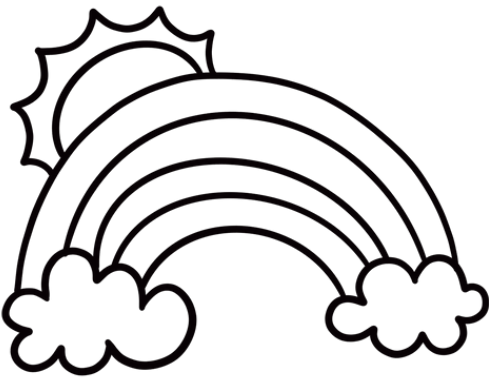
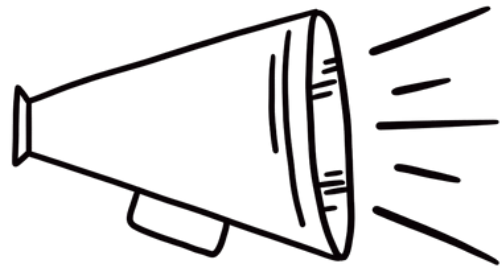
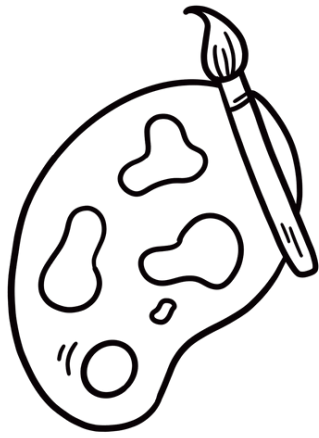


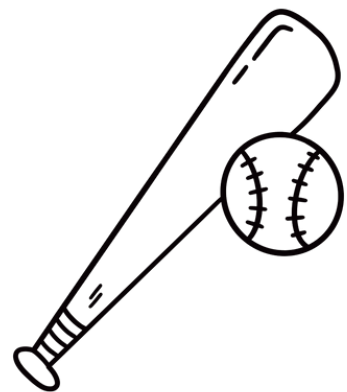
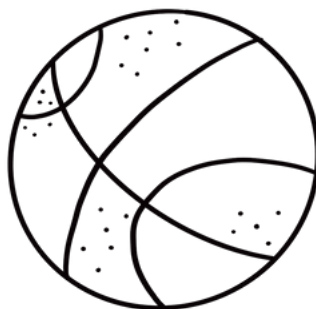
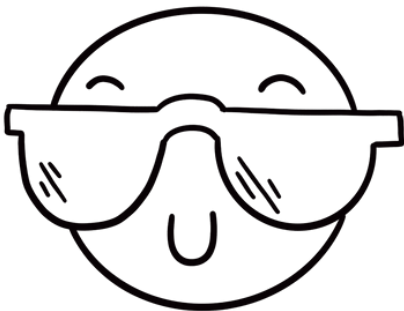
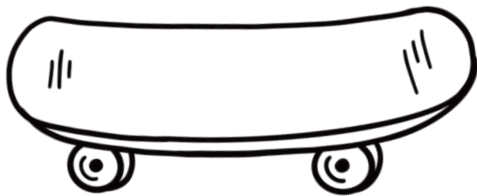
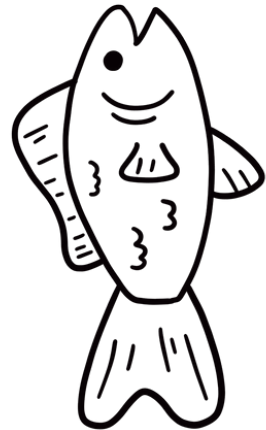
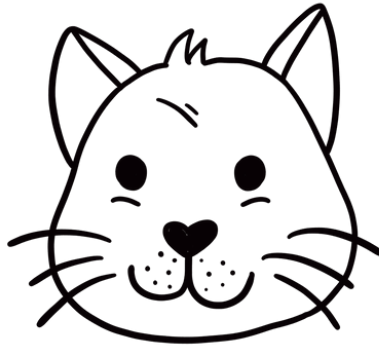
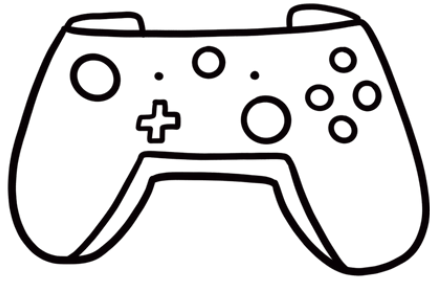
I AM **LOVED**
and that's awesome!











the BIG Life KIDS PODCAST

EPISODE 28 GUIDE

IN THIS EPISODE, CHILDREN WILL

- learn how to **motivate** themselves with a Pep Talk!
- be inspired by our listener **Erin**

DISCUSSION QUESTIONS

- How did Erin feel when she started to lose her motivation?
- What helped Erin to keep going?
- What are some encouraging words you can tell yourself to stay motivated?

TRY THESE ACTIVITIES

1. Read Chapter 1 "**Believe in Yourself**" in [Big Life Journal - 2nd Edition](#) and do the fun activities.
2. Draw **affirmations** on the mirror. Help your children use sticky notes or washable felt tips to place or draw affirmations on the mirror. This way, when they look in the mirror, they will see more than their physical appearance.
3. Download the list of **50 positive phrases to affirm your children** (in the [Growth Mindset Printables Kit](#)) Print it out and hang it somewhere where you will see it often.
4. Use the **Positive Affirmations poster** designed to cultivate positive self-talk, improve self-esteem and develop a growth mindset.
5. Practise goal setting skills with our **goal-setting printable** (inside the [Self-Esteem & Confidence Kit](#)).
6. Have a look at the **Self-Love Challenge** (inside the [Challenges Kit](#)) to boost self-confidence with other fun and meaningful activities.

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to [Episode 28](#) on Apple Podcast and leave a review. All kits can be found on biglifejournal-uk.co.uk.*

Big Life Journal

biglifejournal-uk.co.uk/podcast

How to Raise Resilient Children Who Never Give Up

Big Life Journal

1. Be a Supportive Role Model



Model resilient behaviours. Be calm and consistent. **Admit to your mistakes** and how you can do better next time.

The more **positive adult connections** a child has, the more resilient they will be.

2. Let Children Make Mistakes



If children never make mistakes, they'll never **learn how to fix** their errors or make better decisions in the future.

Failure teaches perseverance and problem-solving, and helps children learn coping skills.

3. Praise Children the Right Way

Give '**process praise**' by focusing on strategies, progress or effort:



4. Teach Children to Manage Emotions

As children learn to manage emotions, they will also **learn to be more resilient**.



1. Step

Teach our children that **ALL emotions**, even the worst ones, are okay.



2. Step

Deal with bad behaviour, if there is any, in order to **set limits**.



3. Step

Brainstorm ways to fix the problem or to prevent it from happening again.

5. Teach Children to Problem-Solve

Don't rush to solve problems for children or tell them the best solution. Help them brainstorm ways to address the challenge. Help your child consider what the results might be for each solution they propose.



READ THE FULL ARTICLE [HERE](#)