

CHALLENGES

KIT



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GROWTH MINDSET

printables

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



Resilience -KIT-

With these fun and engaging activities, your children or students will learn how to:

- how to cope in spite of setbacks
- welcome mistakes as opportunities
- overcome obstacles

[Click here to learn more.](#)



GROWTH MINDSET

KIT

These printable worksheets, posters, activities, and coloring pages designed to help children develop grit, resilience, and perseverance. Your children or students will learn how to overcome obstacles and welcome mistakes as opportunities to learn!

[Click here to learn more.](#)



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5-DAY GROWTH MINDSET CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

- ☐  I Can Change My Mindset!
- ☐  My Word Search
- ☐  FIXED or GROWTH Mindset
- ☐  My Power of YET!
- ☐  5 Things I Can Tell Myself

I CAN CHANGE MY MINDSET!

Cut out the pieces below.
Match the **FIXED** mindset quote with the **GROWTH** mindset quote. Fill in the blank cards to make your own pieces!

**FIXED
MINDSET**

**GROWTH
MINDSET**

I am not
that good
at this.

Mistakes
help me
to learn.

It's
good
enough.

This may
take
some time
and effort.

I can't
make this
any
better.

I am not
good at
this
YET!

I
give
up.

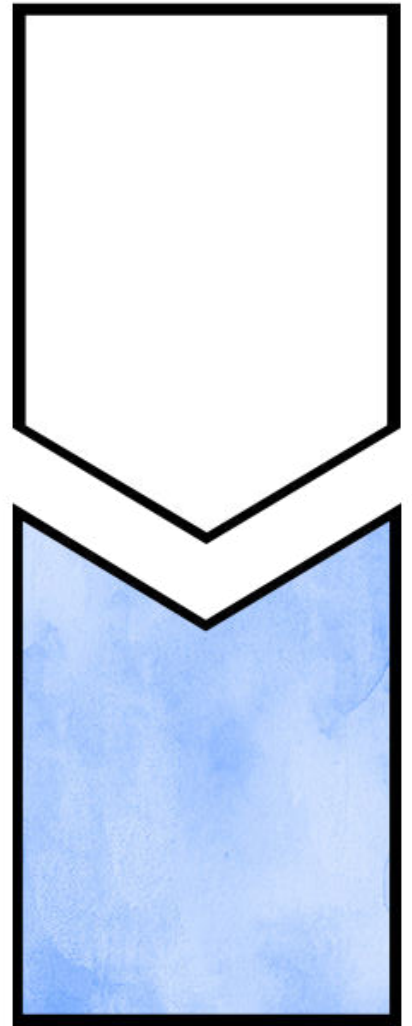
Is this
really my
best work?

This is
too hard.

I'll use
other
strategies.

I made a
mistake.

How can I
improve
this?



ANSWER SHEET



I am not that good at this.	I am not good at this YET!
-----------------------------	----------------------------

I give up.	I'll use other strategies.
------------	----------------------------

It's good enough.	Is this really my best work?
-------------------	------------------------------

This is too hard.	This may take some time and effort.
-------------------	-------------------------------------

I can't make this any better.	How can I improve this?
-------------------------------	-------------------------

I made a mistake.	Mistakes help me to learn.
-------------------	----------------------------

MY WORD SEARCH PUZZLE

MY NAME _____

Complete one or both word puzzles below. Find and circle the **growth mindset words** inside each grid. The hidden words can run forwards, up, down, or diagonally. The words may also overlap.

1

BRAVE GRIT LEARN GOALS
 EFFORT IMPROVE GROWTH POSITIVE



2

OPTIMISTIC CHALLENGES PRACTICE
 MOTIVATION RESILIENCE IMPROVEMENT
 REFLECTION DISCOVERIES PERSISTENCE



FIXED OR GROWTH?

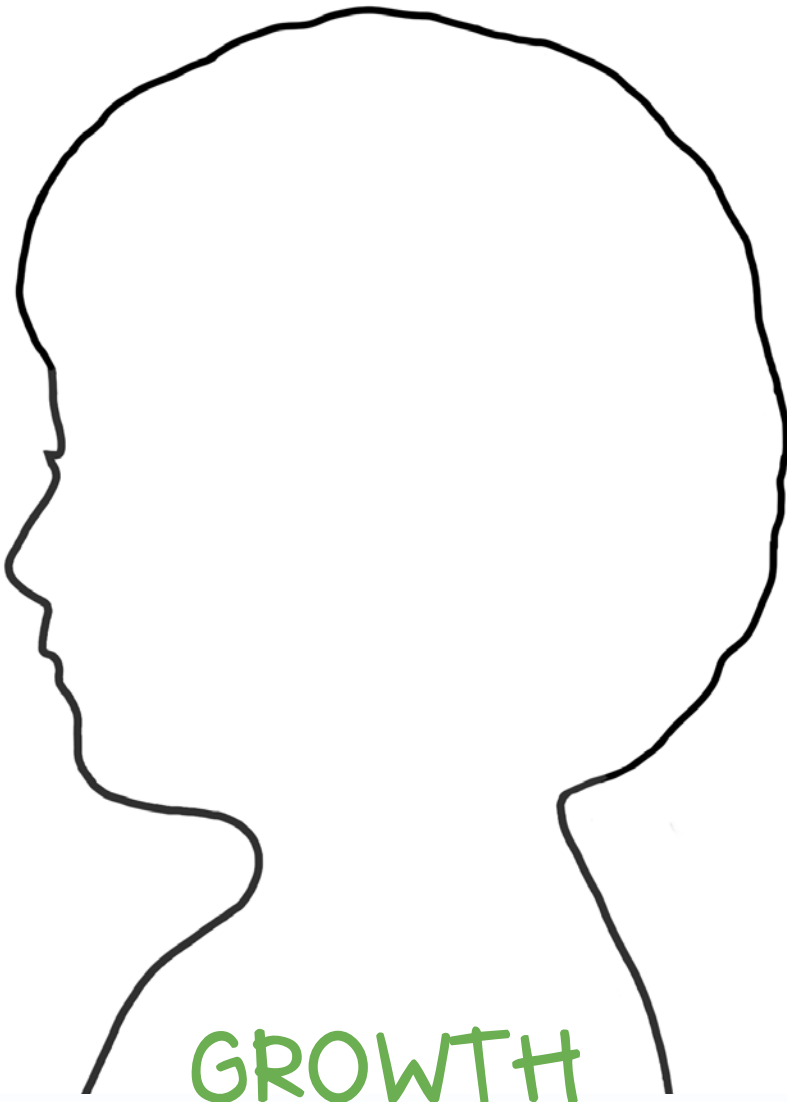
MY NAME _____

Read the sayings below and determine whether they belong in a **FIXED** or **GROWTH MINDSET**. Write the answers inside each silhouette. Add some of your own!



FIXED

- DOESN'T TRY
- PUTS IN EFFORT
- AVOIDS CHALLENGES
- IGNORES FEEDBACK
- LEARNS FROM FAILURES
- MISTAKES ARE BAD
- EMBRACES CHALLENGES
- KEEPS GOING
- GIVES UP EASILY
- LEARNS FROM FEEDBACK



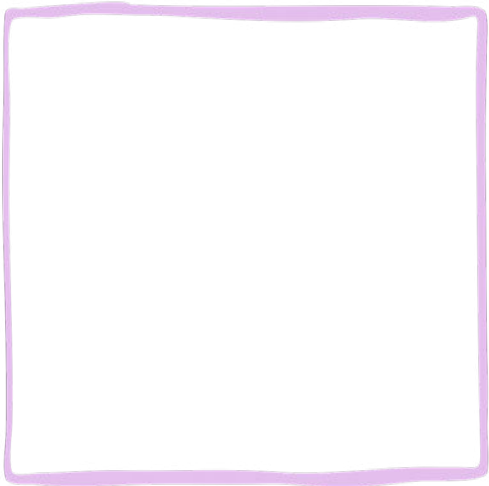
GROWTH

MY POWER OF



Before you knew how to do something, you didn't know how to do it YET.

Draw something you can do very well.

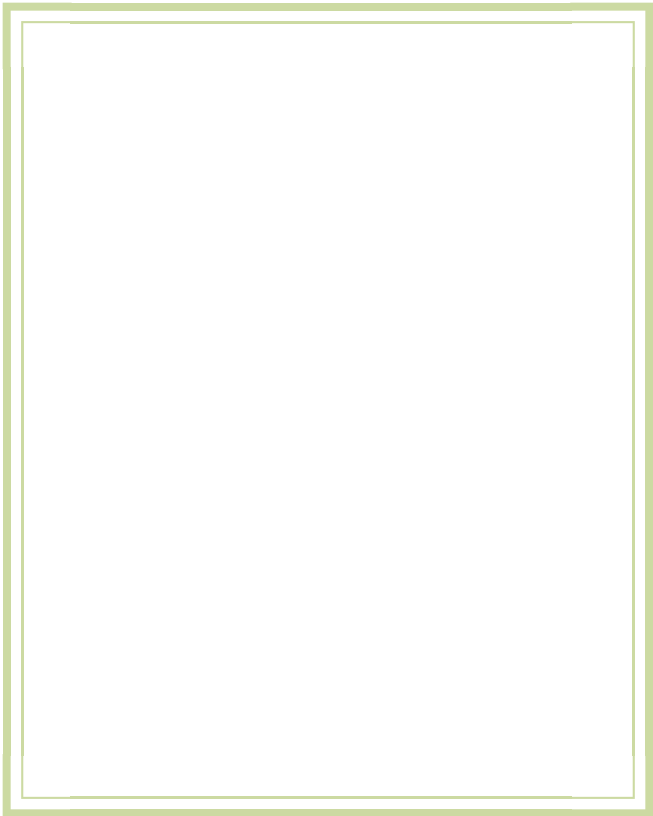


How did you become good at it?



MY NAME

Draw or paste a picture of YOU below.



When you think you can't do something, add the word "YET" at the end of your sentence.

I can't do that... YET!

Write your sentence below:

I CAN'T

YET!

I DON'T KNOW

YET!

5 THINGS I CAN TELL MYSELF

Imagine you're working on something very hard. A difficult puzzle, for example. It's getting tough but you don't want to give up! What can you tell yourself to **keep going**?

MY NAME

I'm on the
right track!

Draw yourself here:

I can do
hard
things!

5-Day SELF-LOVE challenge

To complete this challenge, choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

☐

I can build my self-love each day

☐

Rays of sun

☐

My heart map

☐

You are amazing!

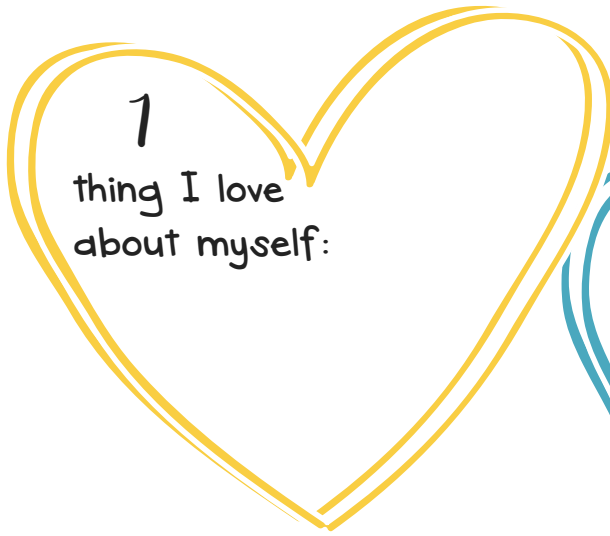
☐

What I love about me

Day 1

I CAN BUILD MY SELF-LOVE

each day



1
thing I love
about myself:



2
fun things
about me:



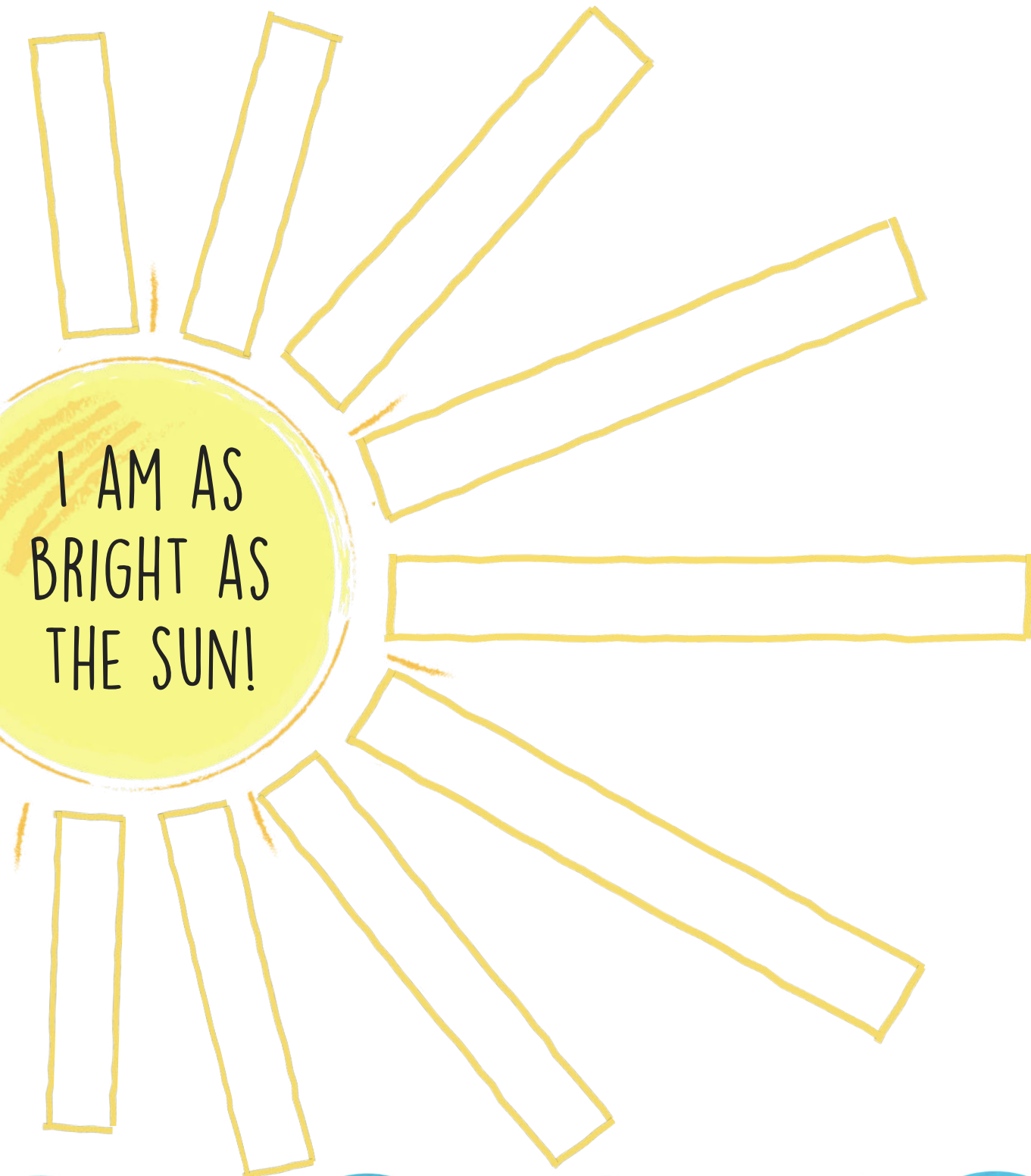
3 ways I show kindness to others:

4 positive qualities I have:

5 things I did well this week:

Rays of sun

You are as bright as the SUN! Affirmations remind us of who we are and help us feel happy and confident. Create your own affirmations in the rays below or use the next sheet to help you!



Rays of sun

AFFIRMATIONS

Color and cut the affirmation rays below and glue them on your sun!

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.

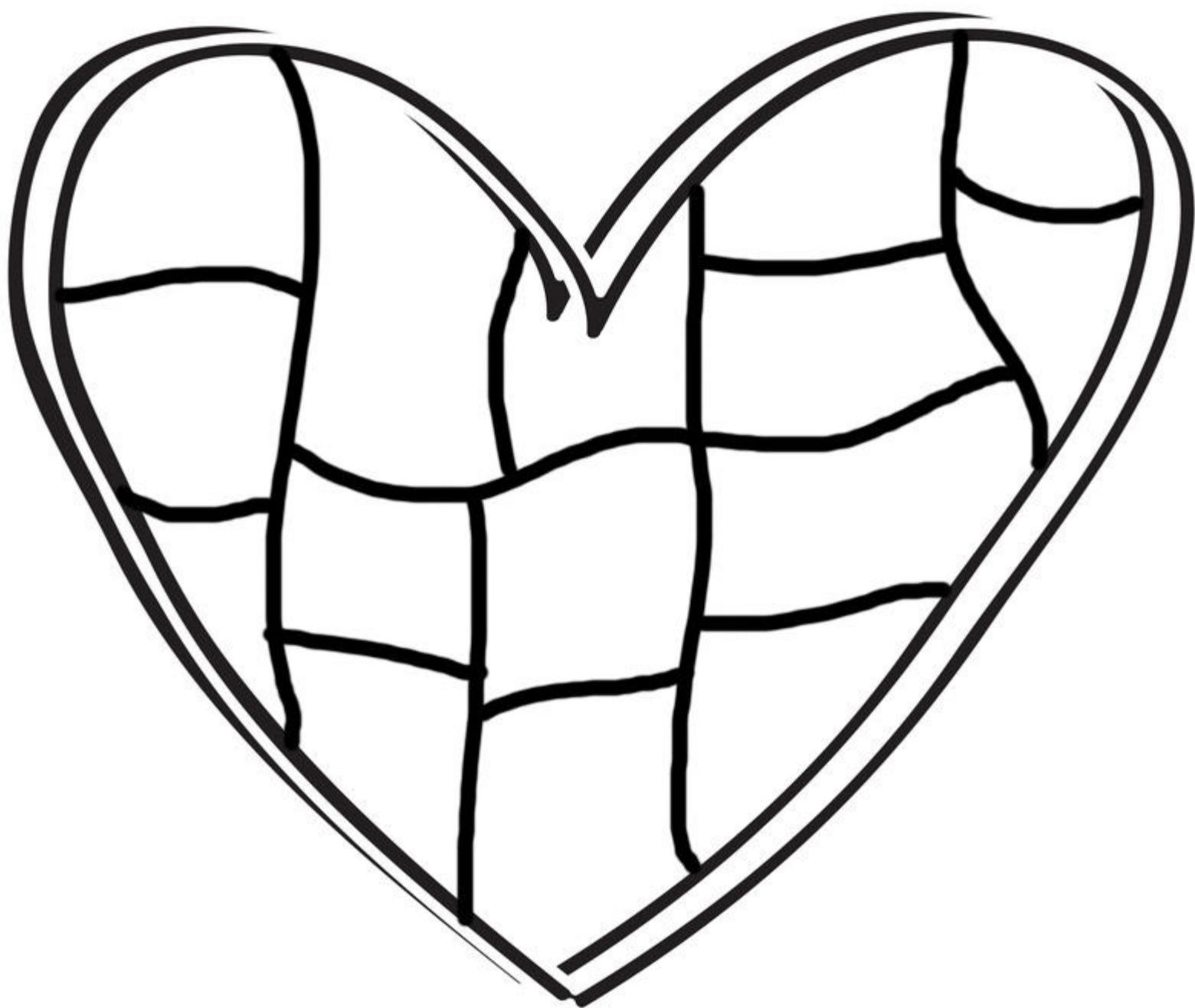
I reach for the stars.



Day 3

My Heart Map

You have a BIG heart! Draw pictures or write down some of the people, places or things that are close to your heart!



You are amazing!

Create your own affirmations by following the three steps below.

1

Start with...

I or You

2

Then choose...

am

or

are

3

End with...

kind

grateful

resilient

brave

loved

creative

determined

helpful

optimistic

compassionate

insightful

fearless

capable

hardworking

Write down four affirmations about yourself. Write one about someone else!

1. _____

2. _____

3. _____

4. _____

5. _____

Day 5

What I

love

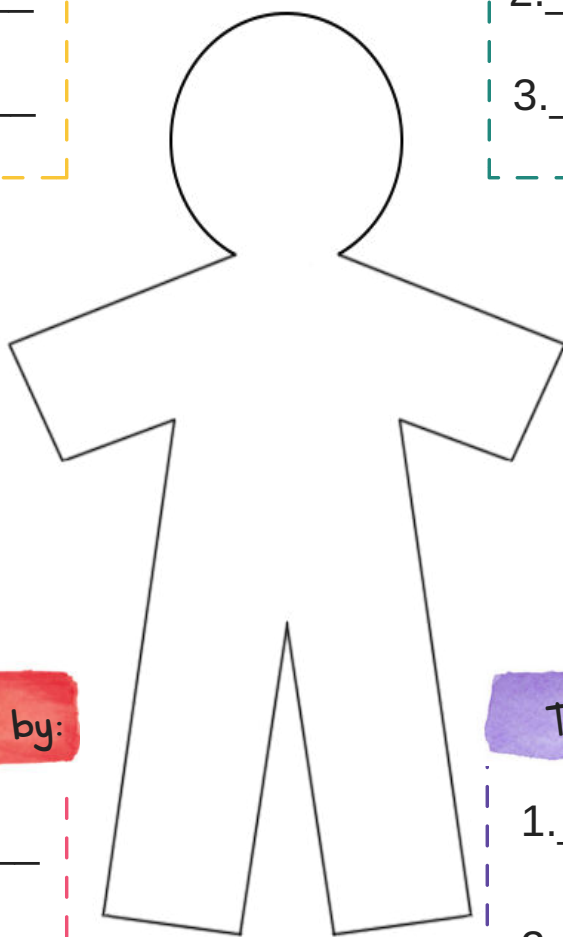
about me!

What I love about my body:

1. _____
2. _____
3. _____

What is unique about me:

1. _____
2. _____
3. _____



I stay strong and healthy by:

1. _____
2. _____
3. _____

Things my body can do:

1. _____
2. _____
3. _____

7-DAY

Gratitude Challenge

To complete this challenge find a Challenge Buddy and work through the activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

☐

DAY 1

My Gratitude Jar

☐

DAY 2

Today Was A Great Day

☐

DAY 3

A Thank-You Letter

☐

DAY 4

My Gratitude List

☐

DAY 5

Giving Thanks

☐

DAY 6

Mini Thank-You's

☐

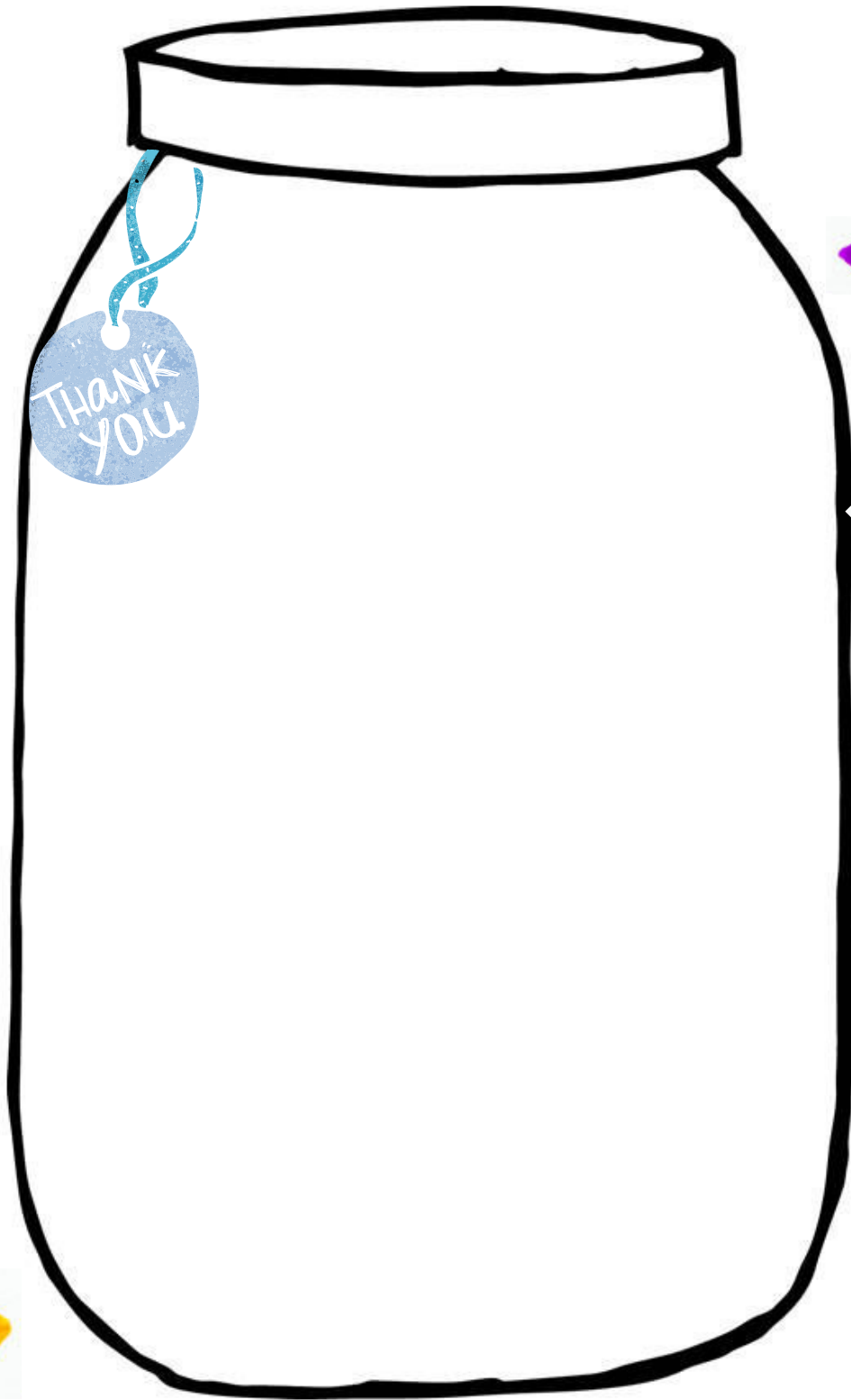
DAY 7

Grateful To Be ME

Day 1

My Gratitude Jar

Think about different people, things, and events you are grateful for.
Write what and who you are grateful for inside your "Gratitude Jar" below.



Day 2

Today was a Great Day!

Today I am thankful for...

The best part of my day was...

I felt joyful today when...

I can make tomorrow great by...



A Thank-You Letter

Think about someone who did something kind, generous, or nice for you recently. Write them a thank-you letter in the space below. Tell them why you would like to thank them. When you're done, you can cut the letter out and mail it to the person. Imagine how happy they will be when they receive it!

Dear _____,

Thank you

for _____



from _____.

My Gratitude List

Write down things you're grateful for next to each word below.

I am grateful for...

COLOR _____

BOOK _____

SONG _____

MOVIE _____

SMELL _____

PERSON _____

ANIMAL _____

FOOD _____

DRINK _____

SEASON _____

PLACE _____

GAME _____

HOLIDAY _____



Giving Thanks

Think of someone you know like a family member, a friend, or a teacher. Think about why you're thankful for this person. Write a letter to them by filling in the empty spaces below.

Dear _____,



THANK YOU



for being a great _____

My favorite part about you is _____.

I am thankful that you taught me how to _____.

I love when we _____ together.

You are great because _____.

Love,



_____.

Mini Thank-You's

Write these mini thank-you notes to anyone you know. It could be your friend, your neighbour, or even the mailperson who delivers mail to your home every day.

If you wish, cut the notes out and share them with the people you wrote them to. These mini thank-you's can bring a HUGE smile to someone's face!

Dear _____,
thank you for _____

thank from _____



Dear _____,
thank you for _____

 from _____

thank you 

Dear _____,
thank you for _____

 from _____

Dear _____,
thank you for _____

 from _____

Thank You!

Grateful To Be ME



What SKILLS do you have that you're grateful for?



What have you done recently that made you PROUD?



Write 3 things about yourself you're grateful for:

1

2

3

7-DAY POSITIVITY CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

- ☐  Write down 5 things you like about yourself
- ☐  Practice Loving Kindness meditation
- ☐  Describe and draw your awe moment of the day
- ☐  Give at least three compliments to three different people
- ☐  Try a new thing or activity
- ☐  Do something kind or helpful for someone
- ☐  Set a goal and make a plan to reach it

5 THINGS I LIKE ABOUT MYSELF...

1

I am

2

I am

3

I am

4

I am

5

I am



LOVING KINDNESS MEDITATION

Practice this meditation together with your challenge buddy. It will remind you of self-love, love for your friends and family, and for all creatures in the world.

Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Take a deep breath in. And breathe out.

Step One: Read this aloud together with your challenge buddy:

May I be healthy. May I be peaceful. May I be happy.

Step Two:

Read this to each other with your challenge buddy:

May you be healthy. May you be peaceful. May you be happy

Step Three:

Think of someone in your family. Who is it?

Write his/her name here: _____

Now you can send them health, peace, and happiness. Imagine sending your love to him/her. You can imagine your love flying towards him/her like a paper airplane or an air balloon. If you wish, you can close your eyes to imagine it.

Say their name first, and then:

May you be healthy. May you be peaceful. May you be happy.

Step Four:

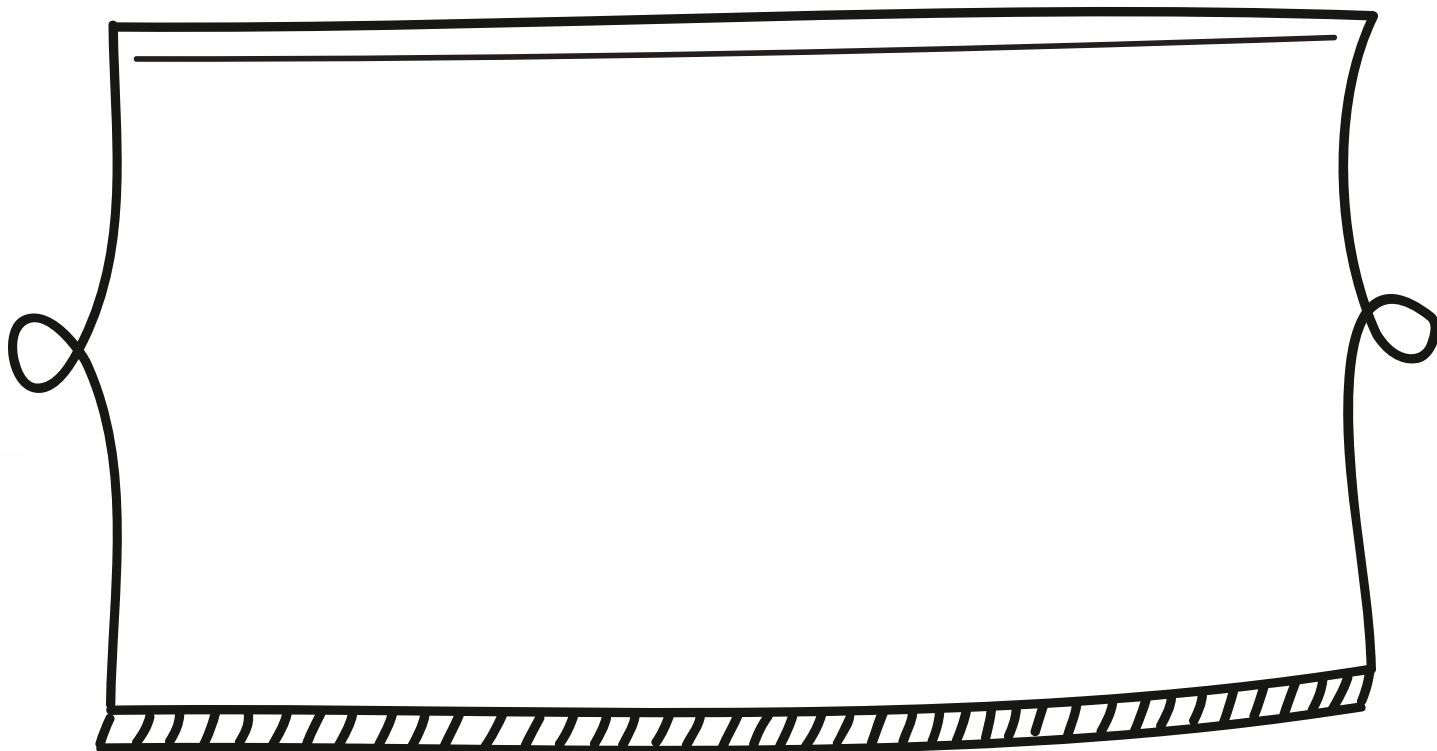
Now you can send health, peace, and love to anyone in the world! Think of someone in your family, your friend, teacher, or anyone else. You can also think of any creatures like animals in the woods or fish in the sea. Write down below who you would like to send health, peace, and happiness to and say the magic words:

May you be healthy. May you be peaceful. May you be happy.

MY AWE MOMENT

Awe moments are special moments throughout the day when you see or hear something beautiful or amazing. In awe moments, you have an overwhelming feeling of wonder or admiration. For example, you can experience an awe moment when you see a beautiful flower or hear a bird singing.

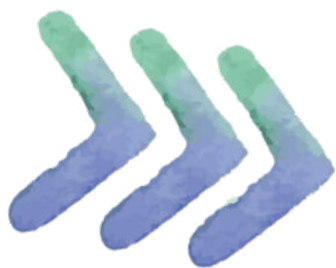
Think of an awe moment you had today. Draw it below:



Describe your awe moment here:

THREE COMPLIMENTS

Give at least three compliments today to three different people. You can compliment what they did, what they said or what they had. Write down each person's name and your compliment below.



I gave this compliment to:

My compliment:

I gave this compliment to:

My compliment:



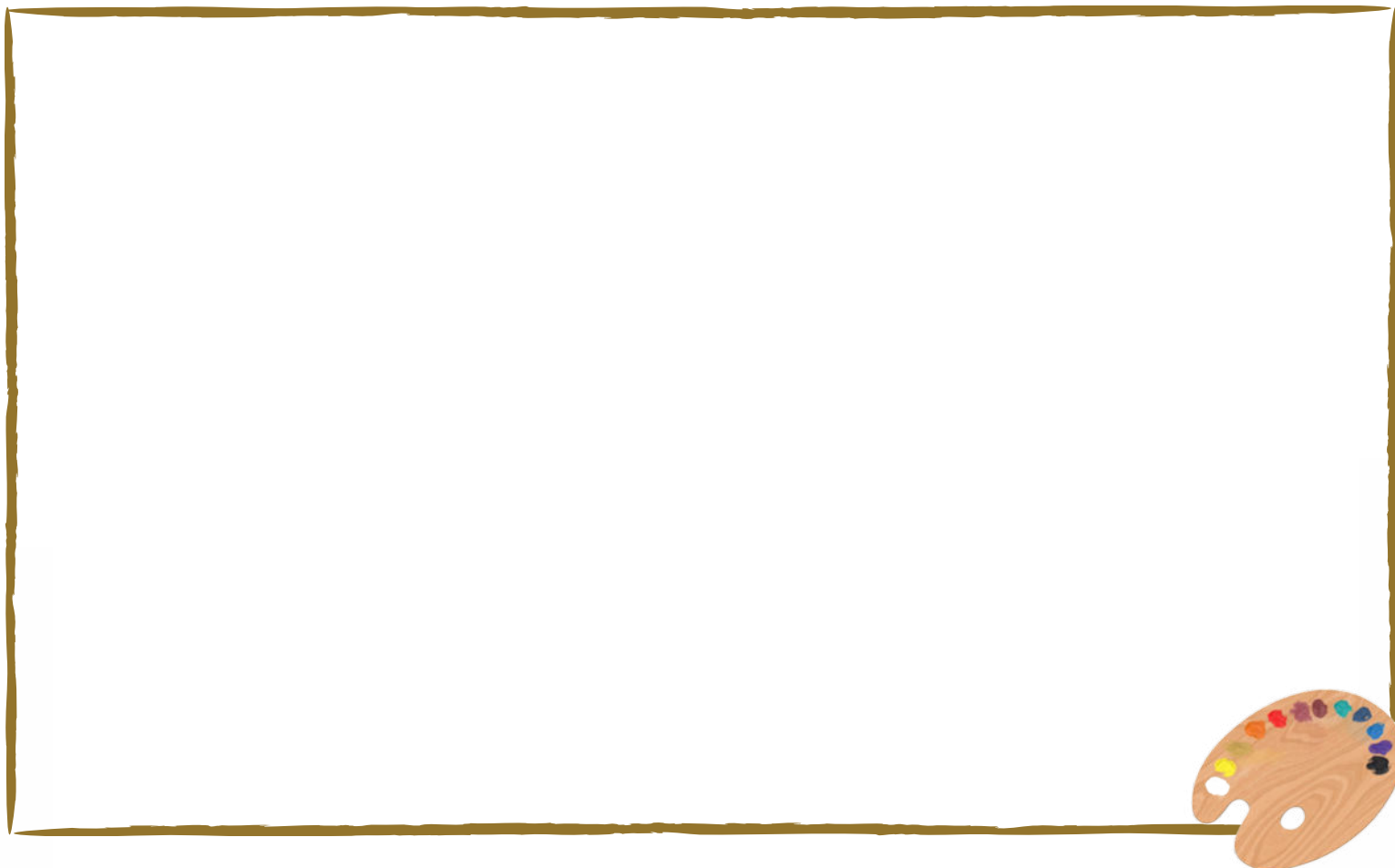
I gave this compliment to:

My compliment:



A NEW THING OR ACTIVITY

Try a new thing or activity today. Draw what you did below.



Describe what you did here:



A KIND OR HELPFUL THING

Do something kind or helpful for someone unexpectedly.

Write who you did the kind or helpful thing for below:



Describe the kind or helpful thing you did:



How did you feel when you did this?



How do you think the other person felt when you did it for him/her?



A NEW GOAL

Think of a new goal you would like to achieve. It could be something you want to learn, do or become. Write your goal at the top of the goal ladder below.

Then write down the steps you will take on each rung of the ladder starting from the bottom.

My goal:

Then this:

Then this:

Then I will do this:

I will do this first:

5 DAY FRIENDSHIP CHALLENGE

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.



MY NAME IS _____

MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

☐

day
1

Everyone is Unique and Beautiful

☐

day
2

The Sun Shines Brighter When...

☐

day
3

Fortunate to Have You as a Friend

☐

day
4

What I Love About You

☐

day
5

A Good Friend Is...

 Big Life Journal

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EVERYONE ^{IS} UNIQUE AND BEAUTIFUL

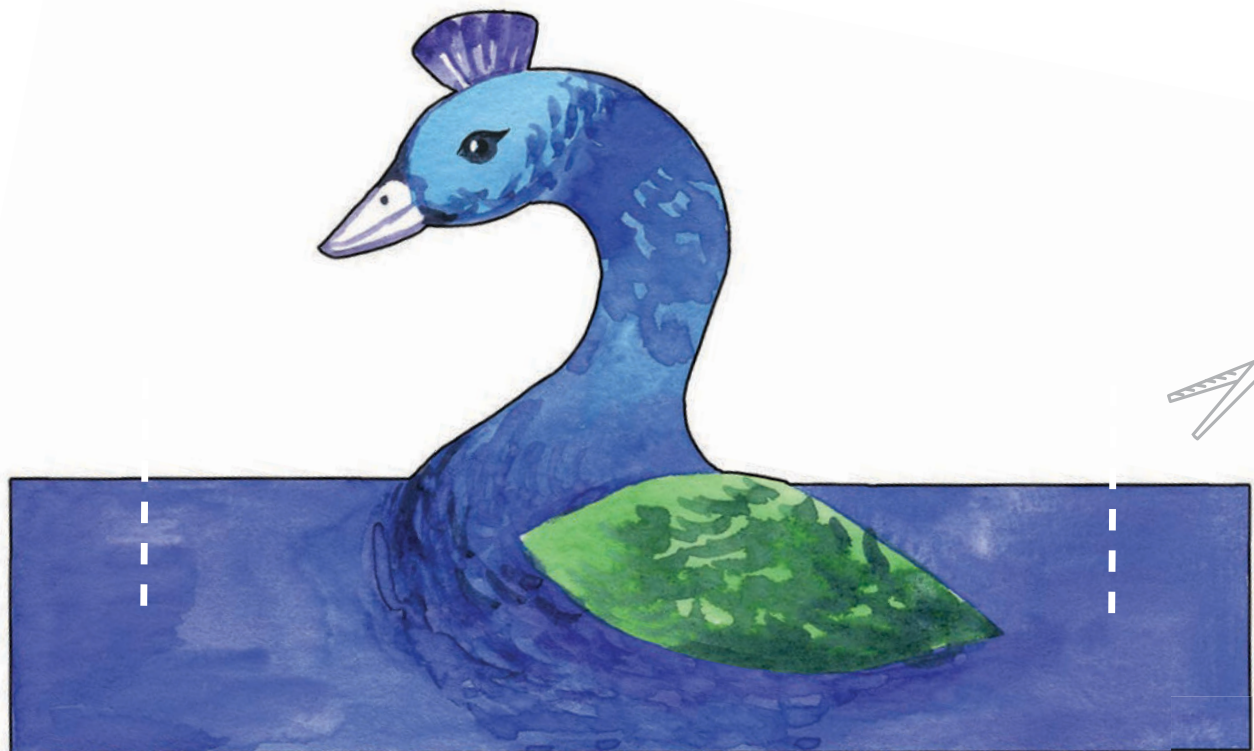
Big Life Journal

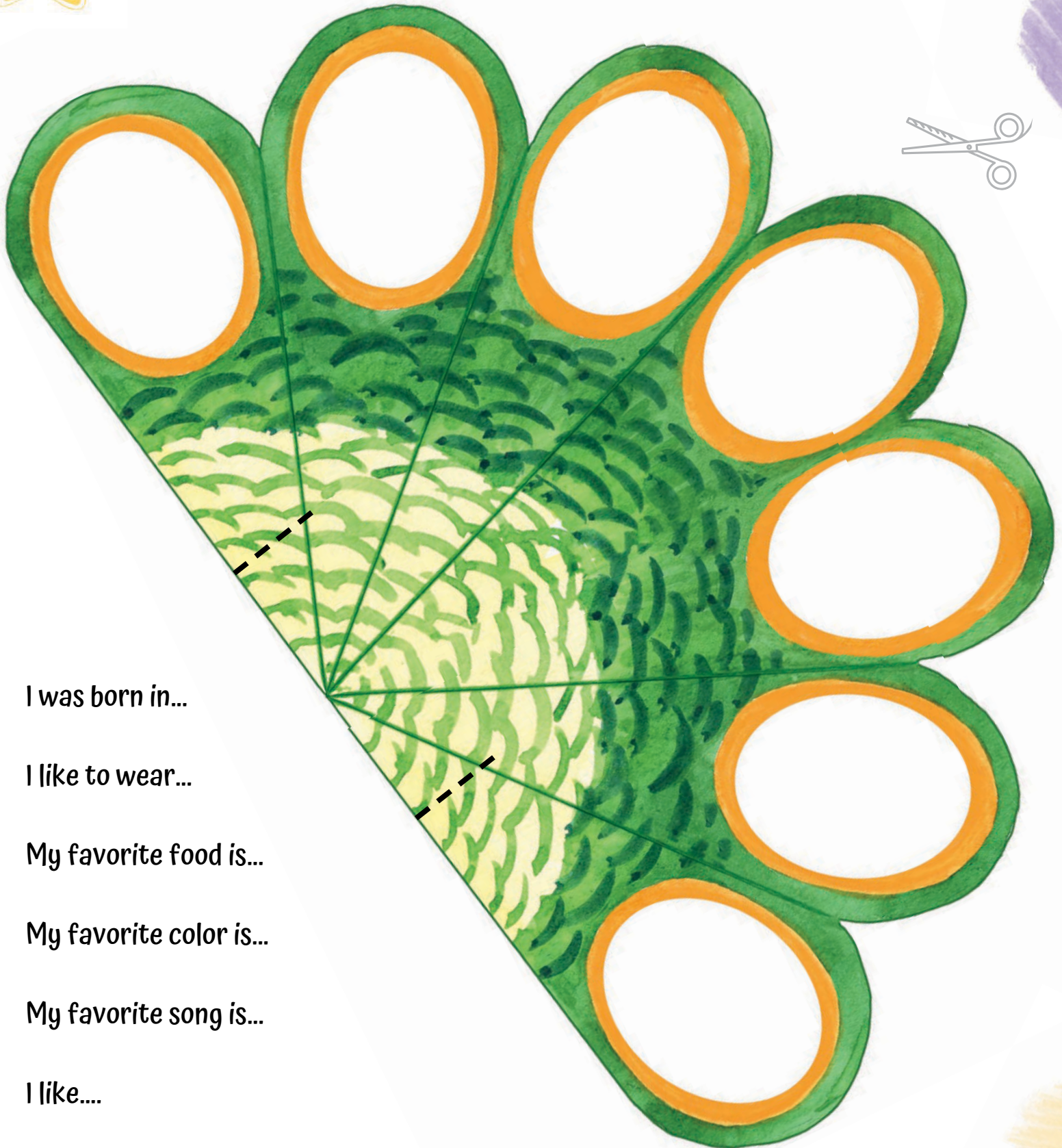
Every person on the planet is unique. You can find beauty in everyone because every person is beautiful in their own unique way.

Follow the instructions below to make a peacock. On each feather, write down what makes YOU unique. Share with your challenge buddy!

How to make

1. Print this and the following pages
2. On each feather, write down what makes YOU unique.
3. Cut out the peacock, be sure not to cut all the way down on the white dotted lines.
4. Cut out the feathers as one piece, be sure not to cut all the way down on the black dotted lines.
5. Slide the feathers through the peacocks body by inserting the slits together.





I was born in...

I like to wear...

My favorite food is...

My favorite color is...

My favorite song is...

I like....

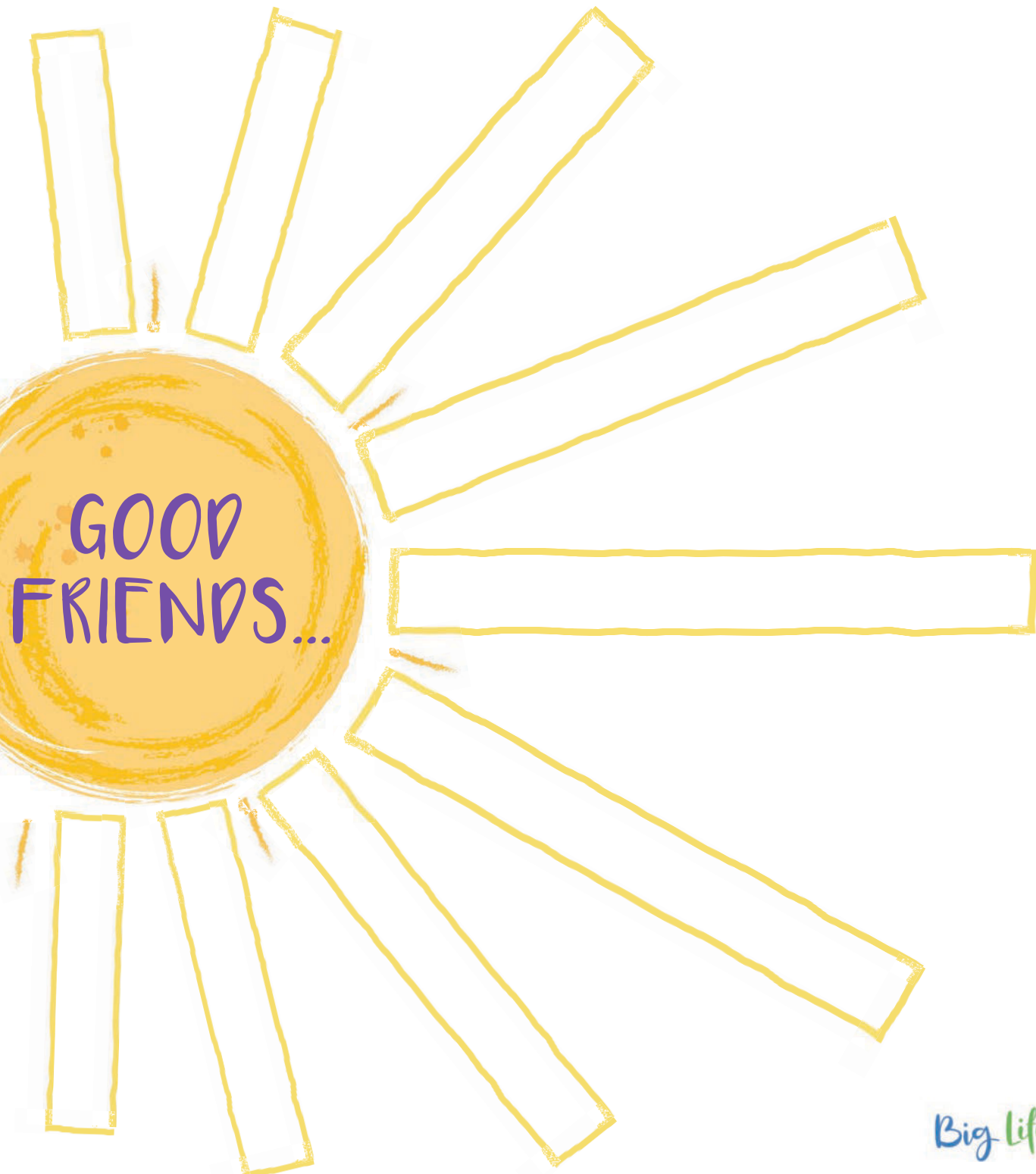
I dislike....



THE SUN SHINES BRIGHTER WHEN...

Spending time together, having fun, respecting each other's differences are just a few ways
to be a good friend.

Color and cut the sun rays on the next page and glue them on your sun!





trust each other

have fun together

support each other

encourage each other

respect each other's feelings

help each other stay safe



make mistakes and apologize

day
3

FORTUNATE to HAVE YOU as a FRIEND

Big Life Journal

Follow the instructions below to make fortune cookies with kind messages.
Gift the fortune cookies to your friends and family!

How to make a paper fortune cookie



1

Print the following two pages. Cut out the circles and fortune messages.



2

Fold each circle in half (pattern on the inside) and crease the fold.



3

Open the circle and fold the other way with pattern on the outside. Hold gently, do not crease! Put the fortune paper inside the fold, fortune should stick out a little bit.



4

With one hand still holding the paper, fold the sides of the circle down together.



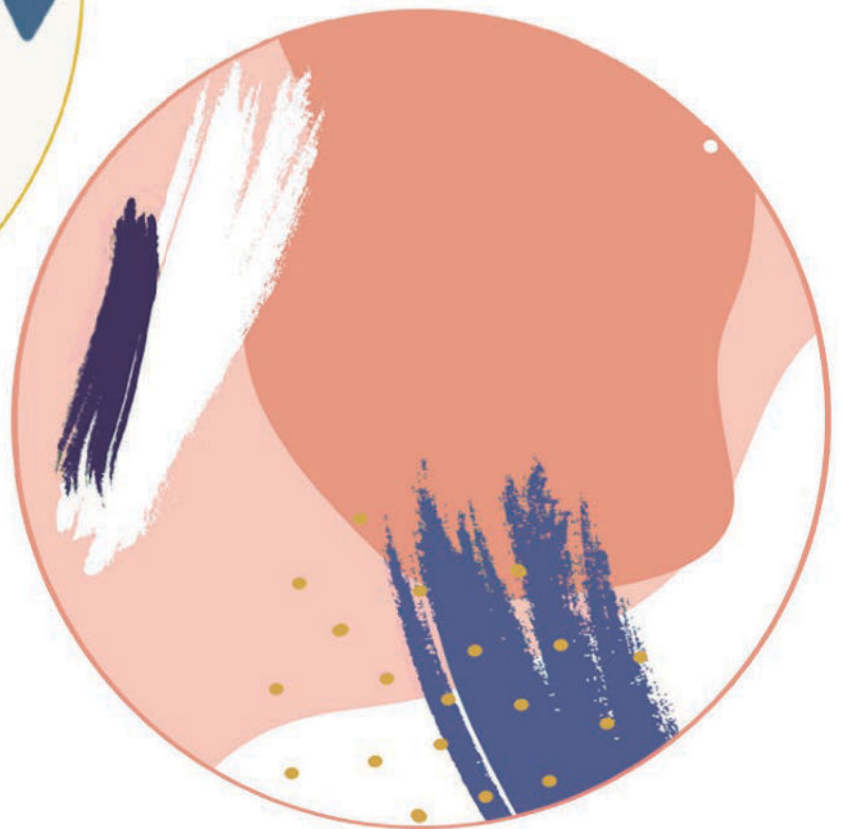
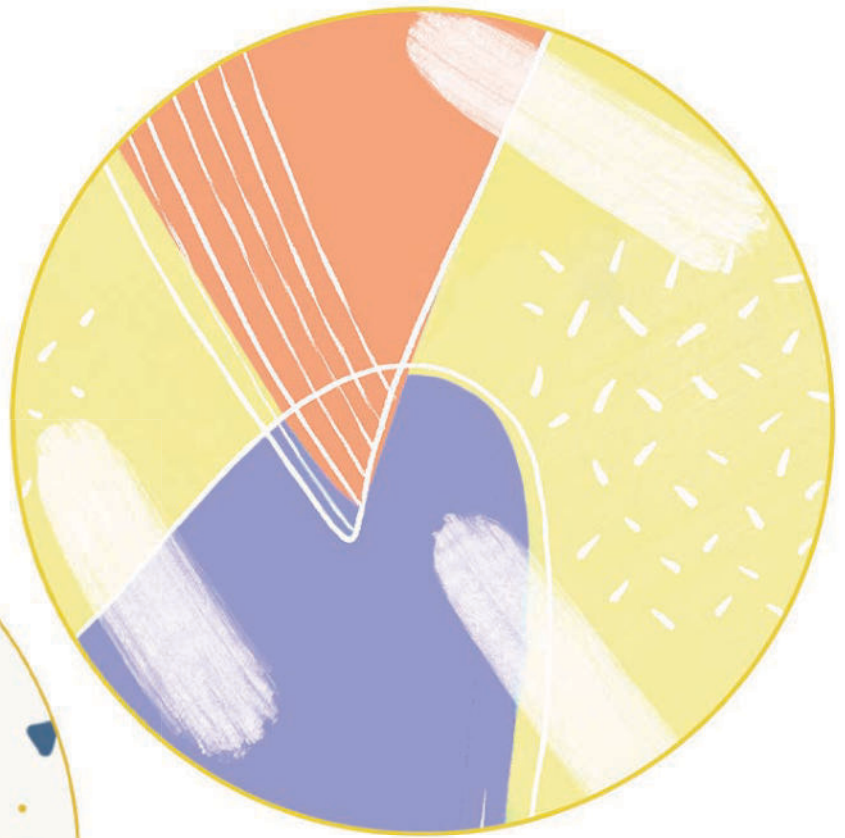
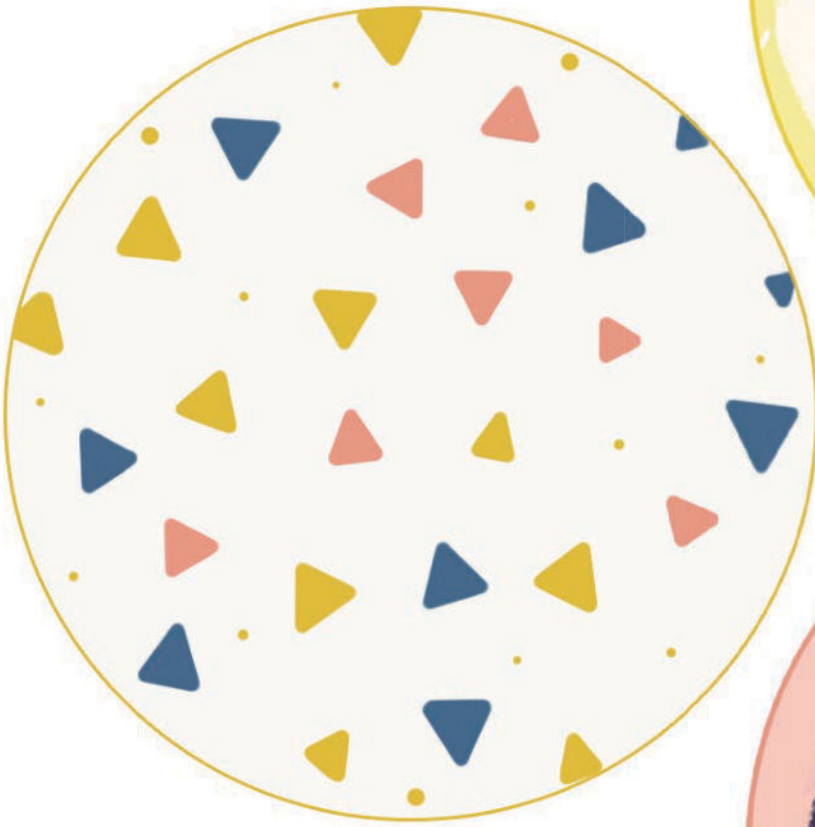
5

Put a dab of glue or double sided tape close to the center crease, and hold for several seconds until the fortune cookie dries.





Cut out circles.





Cut out fortunes.

I appreciate our friendship.	I am happy we're friends!
I appreciate you.	You're an awesome friend.
You are always so helpful.	You're strong.
You have the best ideas.	You make me smile.
I'm inspired by you.	You are persistent!
I like the way you are.	You're a great listener.
You are one of the bravest people I know.	Thank you for being you.
I love spending time with you.	I love your uniqueness.

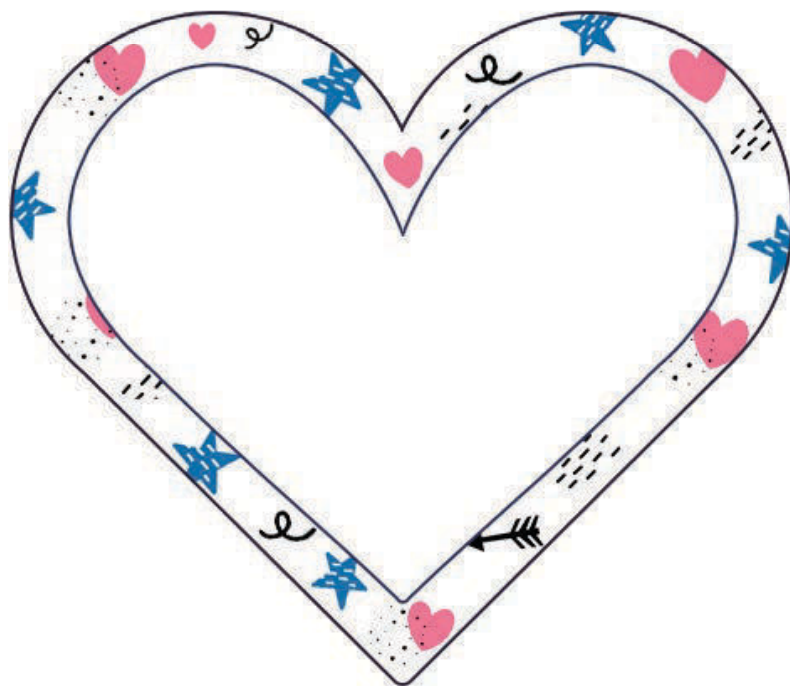
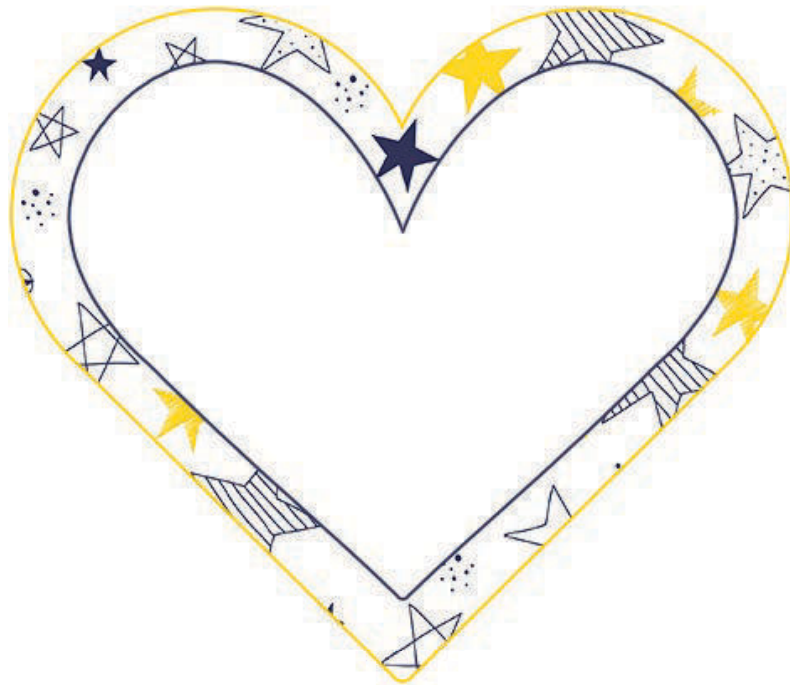
day 4 WHAT I LOVE ABOUT YOU

Big Life Journal

Remind your friends and family what you love about them!

Cut out the hearts. Inside each heart write a message for your friend or family member. You can start with, "I love when you..." or "I love that you are..."

Give these hearts away! You can even surprise a person by placing the heart on their bed pillow or inside the book they're reading.



A GOOD FRIEND IS

Big Life Journal

What does it mean to be a good friend? Find and circle the words inside each grid. The hidden words can run forwards, up, down, or diagonally. The words may also overlap.

R	E	S	P	E	C	T	F	U	L
A	I	U	O	L	O	V	I	N	G
V	H	P	U	D	U	K	I	N	D
V	Y	P	T	H	O	N	E	S	T
C	K	O	F	R	I	H	C	I	Q
A	T	R	U	S	T	I	N	G	K
R	G	T	O	Q	Q	W	J	M	B
I	S	I	G	E	H	Q	J	D	V
N	I	V	F	A	J	V	V	S	T
G	L	E	G	C	D	Y	W	O	Y

HONEST
KIND
LOVING
CARING
SUPPORTIVE
RESPECTFUL
TRUSTING



U	F	G	H	E	L	P	F	U	L	T	A	F	G	V
N	E	E	Y	X	K	H	Q	C	N	P	B	L	G	K
D	H	N	H	V	O	U	O	A	J	O	Y	F	U	L
E	L	E	N	C	O	U	R	A	G	I	N	G	U	L
R	N	R	I	Y	Z	E	M	Q	G	P	Q	U	D	T
S	N	O	I	X	L	U	E	N	V	O	K	I	N	N
T	F	U	S	O	F	B	I	C	H	S	T	E	R	P
A	E	S	T	G	T	V	W	T	V	I	I	X	C	R
N	L	I	F	A	I	D	U	R	O	T	R	J	R	K
D	A	O	I	G	T	B	H	B	A	I	Y	I	G	H
I	M	V	R	X	B	H	P	P	H	V	N	U	J	R
N	K	O	P	A	H	Z	D	G	Z	E	S	X	F	X
G	F	C	J	V	C	H	E	E	R	F	U	L	C	C

TOLERANT
JOYFUL
POSITIVE
ENCOURAGING
GENEROUS
UNDERSTANDING
HELPFUL
PATIENT
FORGIVING
CHEERFUL