



CONFIDENCE & SELF ESTEEM KIT

 Big Life Journal

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GROWTH MINDSET

printables

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



CHALLENGES KIT

These printable challenges provide fun activities to help children develop a growth mindset, cultivate an attitude of gratitude, and boost their self-esteem. These crafts, activities, and puzzle are great for home or classroom alike!

[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.](#)



Table of Contents

Worksheets & Activities for Children

Encouragement Notes.....8

These lovely notes are a great way to offer encouragement and support to your children or students, which in turn will build up their self-esteem.

Suggested uses:

- Cut out the notes and put inside their lunch boxes
- Leave the notes on their desks, inside books they're reading, in their pockets, or anywhere else you think they would love finding them

All About.....9

This activity helps build self-esteem and promotes growth mindset thinking.

Print enough copies for all family members or students. Invite everyone to read their answers aloud to learn more about each other.

All About My Interests.....10

This is a great exercise to increase children's motivation and desire to learn. When children discover their interests and unique things about them, their confidence increases too.

As your kids or students complete the printable, take time to discuss their answers. Plan different activities which would include things they marked they love doing. For example, if they are interested in learning about history, you can plan a day at a museum.

My Goal Think-Sheet and The Goal-Setting Sheet.....11-12

Use these goal-setting printables to help your children brainstorm ideas where they want to improve and the things they want to accomplish. As they create goals and work towards them, their confidence grows.

First, use the printable "*My Goal Think-Sheet*" to help them pick a goal. Refer to the printables "*All About Me*" and "*All About My Interests*" to get ideas for their goals. These goals can be related to school, sports, extracurricular activities, or even their character traits. If this is the first time they are doing the activity, they may need help brainstorming.

Second, ask them to choose one goal and complete the second goal-setting printable together. You will see a section on obstacles. Research shows that when we envision future obstacles and ways to overcome them, we're more likely to achieve our goals. Help your children write steps for overcoming specific obstacles.

Table of Contents

Worksheets & Activities for Children, cont.

My Problem-Solving Plan.....13

This activity a great way for children to practice taking ownership of their problems and focusing on solutions.

Keep several copies accessible at all times. Whenever difficult situations arise, you can help them map out solutions.

Things I Can Already Do.....14-15

This printable is a wonderful way to build your child's confidence to try new things.

Next time your child is worried they won't be able to accomplish a task, remind them of all the things they can do using an "I Can" can.

1. Print out strips of paper that have the sentence starter "I can," written on them.
2. Ask your child to fill in the blanks. Help them brainstorm and allow them to come up with their own suggestions.
3. Put the strips in a can, and have your child add more strips any time they learn a new skill or conquer a new challenge.

You can also revisit the "I Can" can, asking your child, "Have you always been able to do this? How did you learn to do this?"

My Mighty Treasure Coins16-18

With this printable, kids learn to problem-solve. It's a great way to help them define the obstacles and problems they're facing. It also helps them build a collection of strategies to overcome those obstacles which they can always refer to.

My Fortune Teller.....19-20

This printable demonstrates different coping strategies to deal with anxiety or difficult situations. As your child practices these strategies, they will feel better able to cope when a difficult situation arises.

1. Discuss each strategy and try each one out together.
2. Follow the instructions on the printable to make the fortune teller.
3. Talk to your children or students about how they can use any one of these ways to calm down if a situation brings about nervous feelings.

Table of Contents

Worksheets & Activities for Children, cont.

EFT Tapping Guide for Kids.....21-24

“Emotional Freedom Technique” (or EFT) is a clinically proven form of “emotional acupuncture without needles”. Used by therapists, psychologists and millions of people worldwide to ease emotional distress and clear negative emotions, beliefs, and memories. EFT can teach kids how to manage their emotions, process events, and foster confidence and resilience.

To learn more, read the article [here](#).

My Big Life Board Challenge.....25-32

This positive activity helps boost self-esteem, exercise creativity, and encourage children to try new things. It is all about dreaming, planning, and setting goals. Print the inspiring words and elements and build your very own Big Life Board. Display your board somewhere it can become a powerful reminder for children and adults.

Contribution Tracker.....33-36

Get your kids excited about chores (or we call them contributions) with these fun contribution trackers. Let them color in each day when they contributed to your family - cleaned up, organized, helped make a meal, or anything else.

Guides for Parents & Teachers

5 Effective Tips to Get Your Kids to do Chores "Stress-Free".....37

Kids respond very differently if you reframe chores and start calling them “responsibilities,” “ways to be helpful,” or “family contributions”, instead. A name change may seem simplistic, but the language is powerful and can make a big difference in the way children view helping around the house.

7 Ways to Respond to Your Child’s Negative Self-Talk.....38

One of the most difficult things for parents to hear is their child putting themselves down. Negative self-talk is connected to low self-esteem and confidence. Use these strategies to help your child or student conquer their negative self-talk.

To learn more, read the article [here](#).

25 Ideas to Build a Child’s Confidence.....39

You can start implementing many of these ideas right away. Focus on one idea a day and when you've tried one, mark it with a star.

To learn more, read the article [here](#).

Table of Contents

Guides for Parents & Teachers, Cont.

5 Ways to Build Lasting Self-Esteem in Kids.....40

A great summary of research-based strategies to build self-esteem in children.

To learn more, read the article [here](#).

The 4 Proven Steps to Goal-Setting for Kids.....41

A guide for parents to help children set goals. To implement the steps, use the goal-setting worksheets on pages 22 and 23 in this kit.

To learn more, read the article [here](#).

How to Teach Problem-Solving Skills to Kids.....42

As parents or teachers, our job is to TEACH our children how to solve problems by themselves.

This way, they can become confident, independent, and successful individuals.

This is a summary of effective strategies (grouped by age) to teach problem-solving to children.

Use together with My Problem-Solving Plan on page 24.

To learn more, read the article [here](#).

7 Ways to Instill a Love of Learning in Children.....43

The love of learning comes with deeper curiosity, confidence, and motivation. You can help kids develop the love of learning with these simple strategies.

To learn more, read the article [here](#).

7 Ways to Help Your Child Overcome Social Anxiety.....44

Social anxiety is one of the most common problems that prevents children from adopting a growth mindset. It is one of the main reasons kids are afraid to fail or make mistakes. You can help your children learn how to overcome social anxiety using these seven strategies. Use together with My Fortune Teller - Coping Strategy Activity on pages 32 and 33.

To learn more, read the article [here](#).

7 Ways to Encourage Your Child to Try New Things.....45

Fear is a common response to new challenges or experiences. These situations make children feel uncertain, vulnerable, powerless, and anxious. They strip away a child's confidence and sense of control. Use these strategies and activities to raise confident children who aren't afraid to tackle new situations.

Use together with The Things I Can Already Do! printables on pages 27 and 28.

To learn more, read the article [here](#).

You are
such a
GREAT
FRIEND!



YOU ALWAYS
KNOW HOW
TO MAKE
me



Smile



You are
RESILIENT.



You reach for
THE
Stars!



You try
YOUR
BEST!



You are
RESPECTED
LOVED
APPRECIATED
CHERISHED



You are an
IMPORTANT
part of this
World!



You spread
KINDNESS
everywhere.

All about

I am



years old



I AM INTERESTED IN



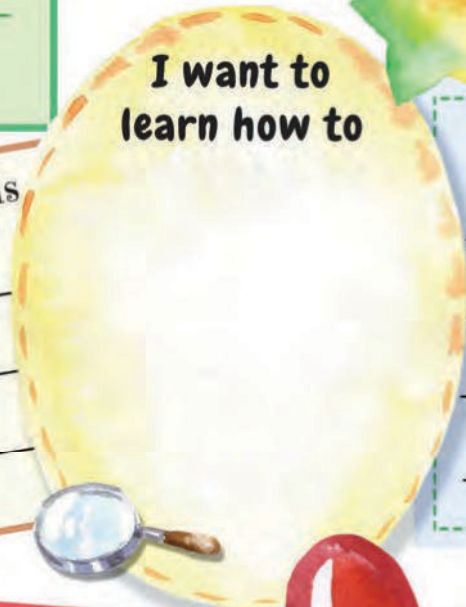
What I like about me is



MY PORTRAIT

I am already good at

I want to
learn how to



Favorite activities

Favorite place



When I'm older,
I want to be





All About My Interests

My name _____

If you were to write a BOOK, what would it be about?

Imagine your were a TEACHER, what subject would you teach?

What is your MOST favorite thing to LEARN about?

If you could meet ANY person in the world, who would you MEET?

What do you want to LEARN from this person?

Which three NEW things do you want to TRY?

- 1 _____
- 2 _____
- 3 _____



Mark things you love doing:

- ☐ building things
- ☐ learning about space & planets
- ☐ finding solutions to problems
- ☐ taking things apart
- ☐ dancing
- ☐ playing or doing sports
- ☐ cooking
- ☐ being in charge
- ☐ playing music
- ☐ thinking of new ideas
- ☐ doing yoga
- ☐ learning about history
- ☐ doing science experiments
- ☐ teaching others
- ☐ acting or performing
- ☐ hiking and being in nature
- ☐ writing stories or novels
- ☐ singing
- ☐ learning about computers
- ☐ drawing or painting
- ☐ helping others
- ☐ anything else? _____

My Goal Think-Sheet

I CAN ACHIEVE
MY BIG DREAMS
WITH GOALS!



THINGS I WOULD LIKE TO GET
BETTER AT:



WHAT GOAL
SHOULD I
CHOOSE?



**If I accomplish this I will
be very proud:**

**I would do this if I knew I
couldn't fail:**



MY GOAL

I will achieve it by
(date)



I want to achieve
this goal because

MY STEP 4

MY STEP 3

MY STEP 2

MY STEP 1

My obstacles

If...

If...

My actions to
overcome them

then I will...

then I will...

• My Problem-Solving Plan •

• Step 1

The problem I'm facing is:



• Step 2

Different ways I can solve my problem:

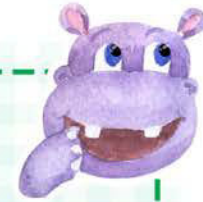












• Step 3

Think about *what would happen* for *each* of the solutions you wrote above.



• Step 4

Color in the star next to the solutions you will try!



THINGS I CAN ALREADY DO!

PRINT AND CUT OUT THE STRIPS. WRITE ON EACH STRIP WHAT YOU CAN
ALREADY DO! FOLD EACH STRIP AND PUT IT A CAN.
THIS WILL BE YOUR "I CAN" CAN!



I can _____



I can _____





I can _____





I can _____




THINGS I CAN ALREADY DO!





I can _____



I can _____



I can _____



I can _____

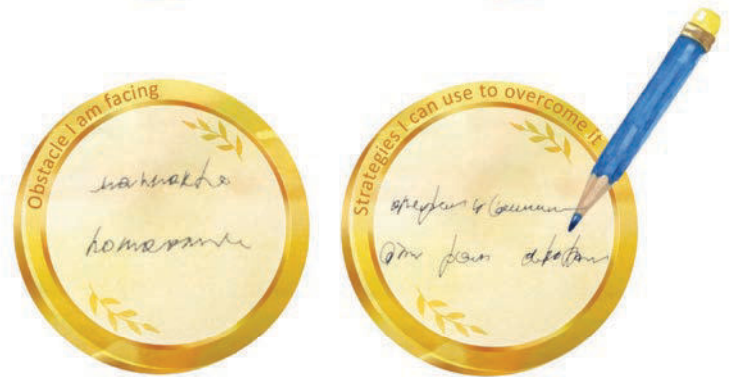
My Mighty Treasure Coins

With these marvelous coins, you gain
EXTRA POWER to face any obstacle in your way!

1 Print page 2 and cut out the coins.



2 Write down an **obstacle** you're facing on one coin. Then write down the **strategies** you can use to overcome your obstacle on the second coin. If you get stuck, ask someone for help or see page 3 for ideas.



3 Tape or glue the back of your coins together!



Collect your mighty coins and put them into a treasure box.
Use them whenever you need extra power to overcome your obstacles!

My Mighty Treasure Coins



Write an obstacle you might be facing on this side.



Write the strategy you can use to help you overcome your obstacle.

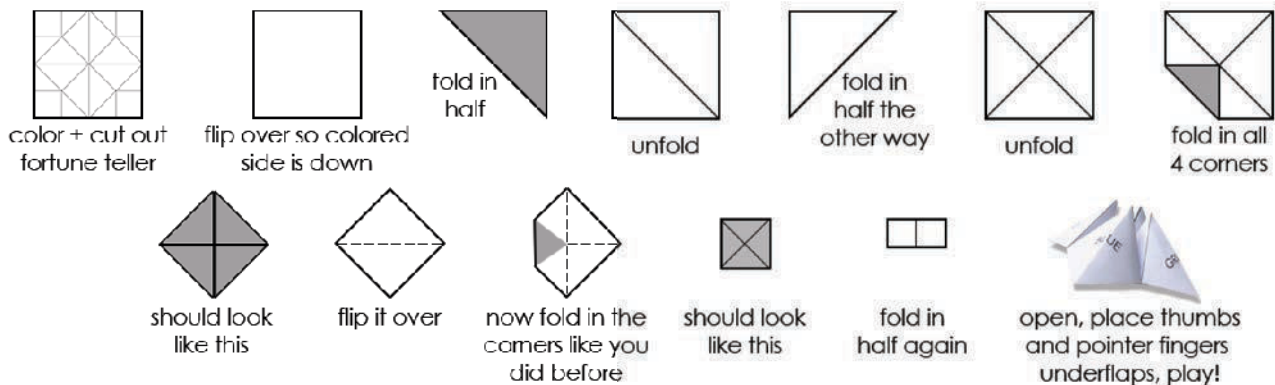
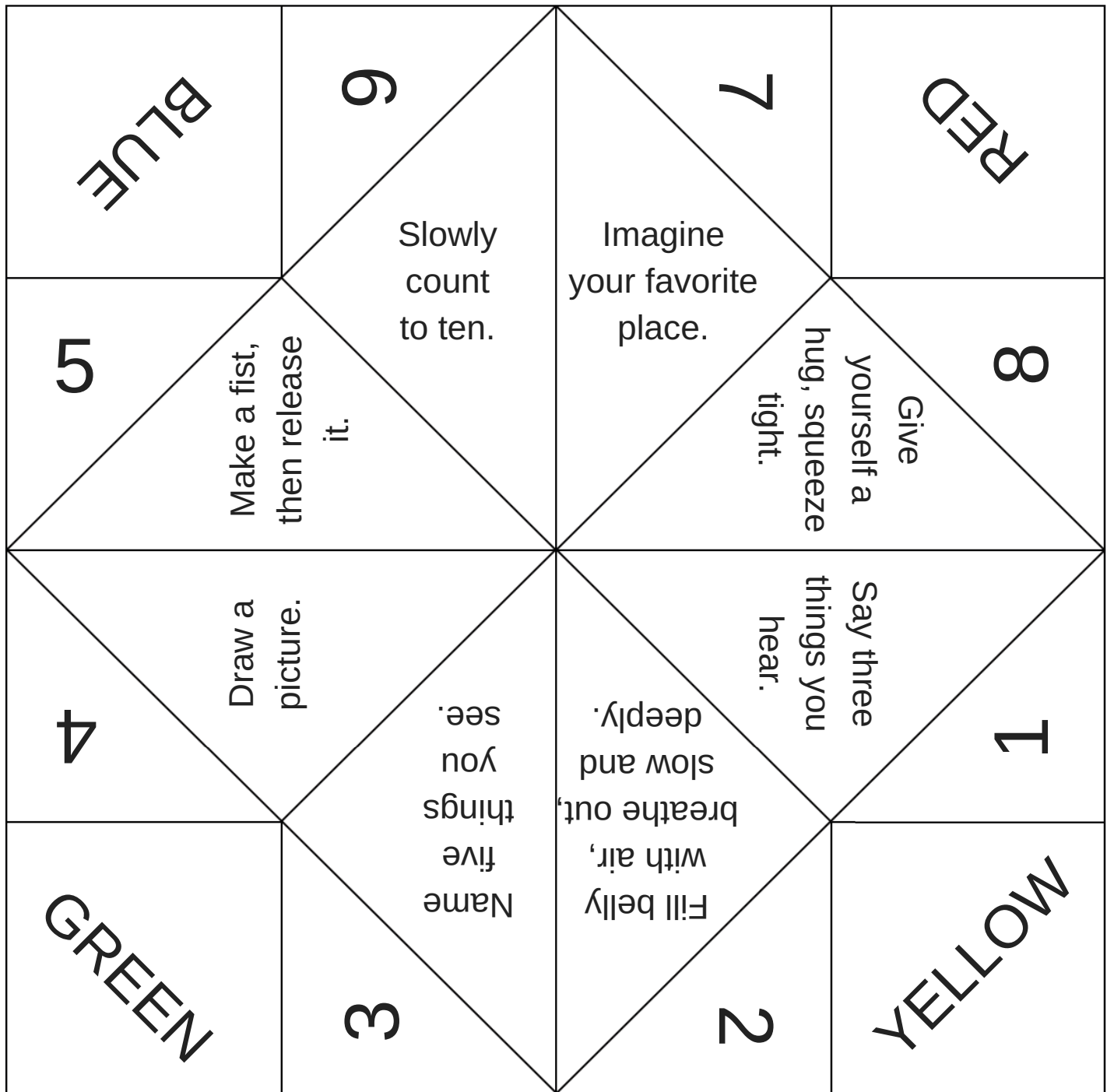
My Mighty Treasure Coins

Examples



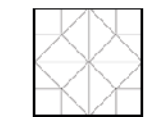
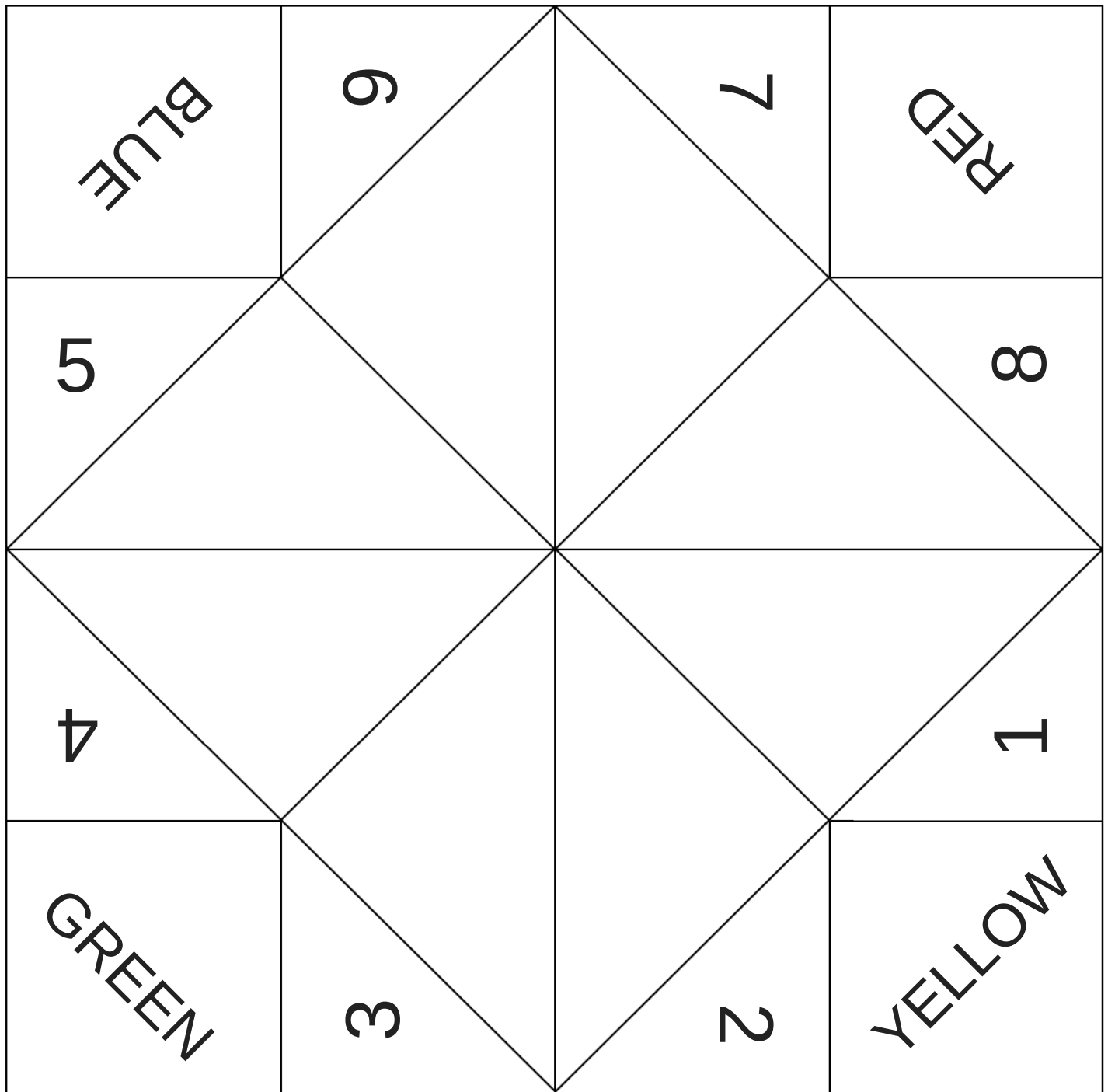
MY FORTUNE TELLER

COPING STRATEGIES ACTIVITY BY **Big. Life Journal**

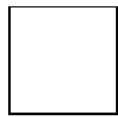


MY FORTUNE TELLER

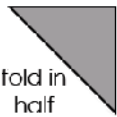
COPING STRATEGIES ACTIVITY BY **Big Life Journal**



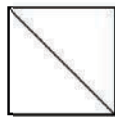
color + cut out
fortune teller



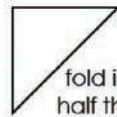
flip over so colored
side is down



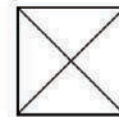
fold in
half



unfold



fold in
half the
other way



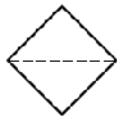
unfold



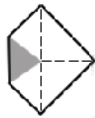
fold in all
4 corners



should look
like this



flip it over



now fold in the
corners like you
did before



should look
like this



fold in
half again



open, place thumbs
and pointer fingers
underlaps, play!



ways to “TAP” into CONFIDENT KIDS using EFT

1 TAP AND TALK TECHNIQUE

- Ask, “What was the best and the worst parts of your day?”
- As the events are being recounted, a child gently taps through the points starting on the top of the head (light pressure and 7-10 taps on each point).



2 SPECIFIC EVENT TAPPING

- Ask to recall the **event** and rate their feelings on a scale of 0 - 10.
- A child starts off tapping on their karate chop point and creates a phrase, “Even though _____ (name the issue)” and a positive affirmation, “I am a good kid / I’m ok.”
- Complete three rounds of tapping while talking about the event.
- Ask to take a deep breath and re-rate the intensity of their feelings.
- Continue until the child feels better.



3 SPECIFIC EMOTION TAPPING

- Have them name the emotion.
- Ask to give it a rating 0 - 10 and go through the same process as above but focusing on the **emotion** they’ve described instead of an event.



4 TAPPING FOR SLEEP

- Have a child tap through the points starting at the top of their head. They can say the phrases, “all this drifting feeling”, “drifting off to sleep”, “letting go and choosing to relax now”, “it’s safe for me to let go and fall asleep”, “I’m safe now”.
- Repeat the sequence as long as necessary.



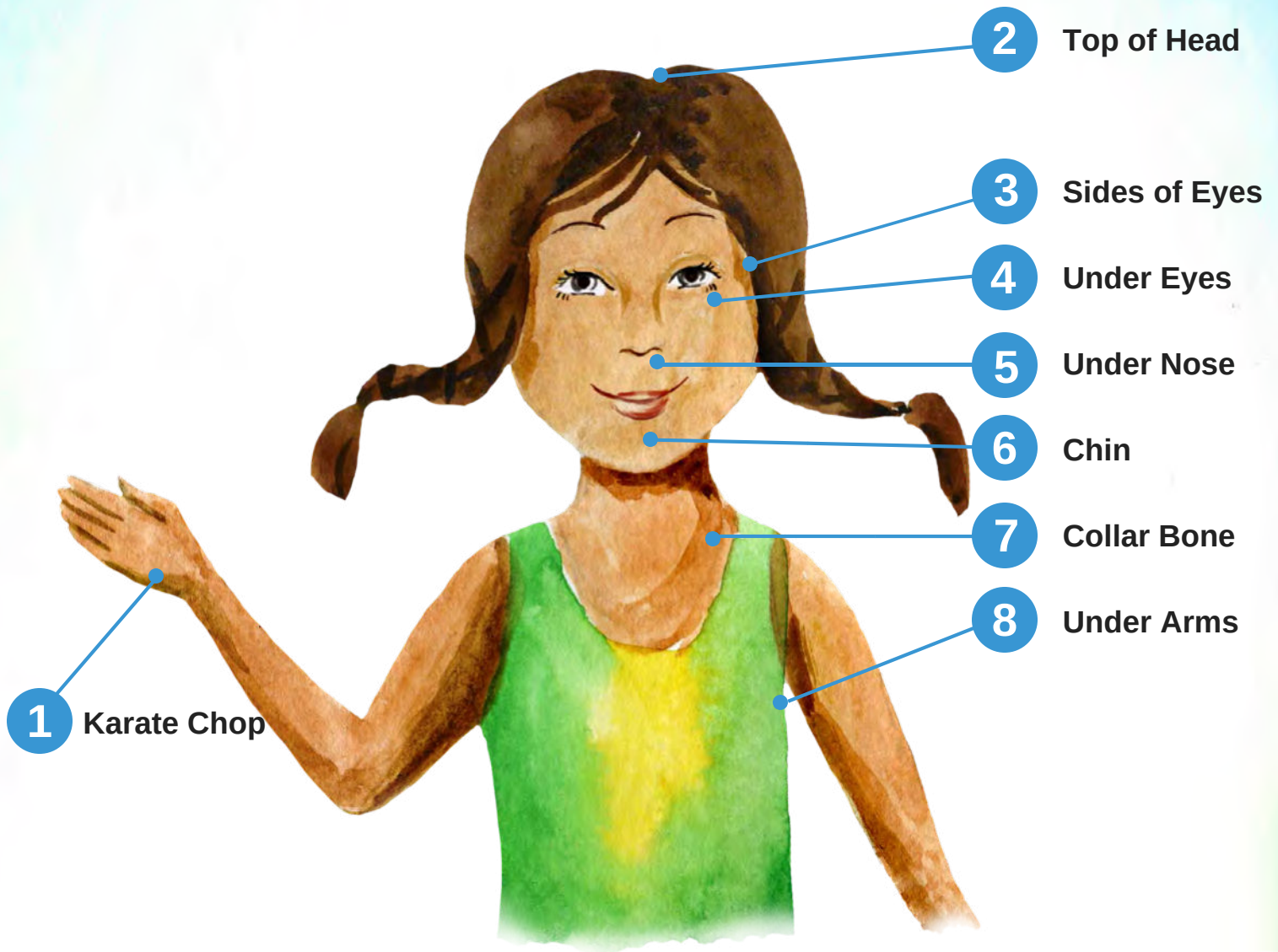
5 SELF-WORK

- Are you fearful of not meeting all their emotional needs? Tap on that fear using the “specific emotion tapping” sequence above.
- Does your own anxiety fuel their behavior? Tap on that too!



EFT TAPPING GUIDE FOR KIDS

Emotional Freedom Technique

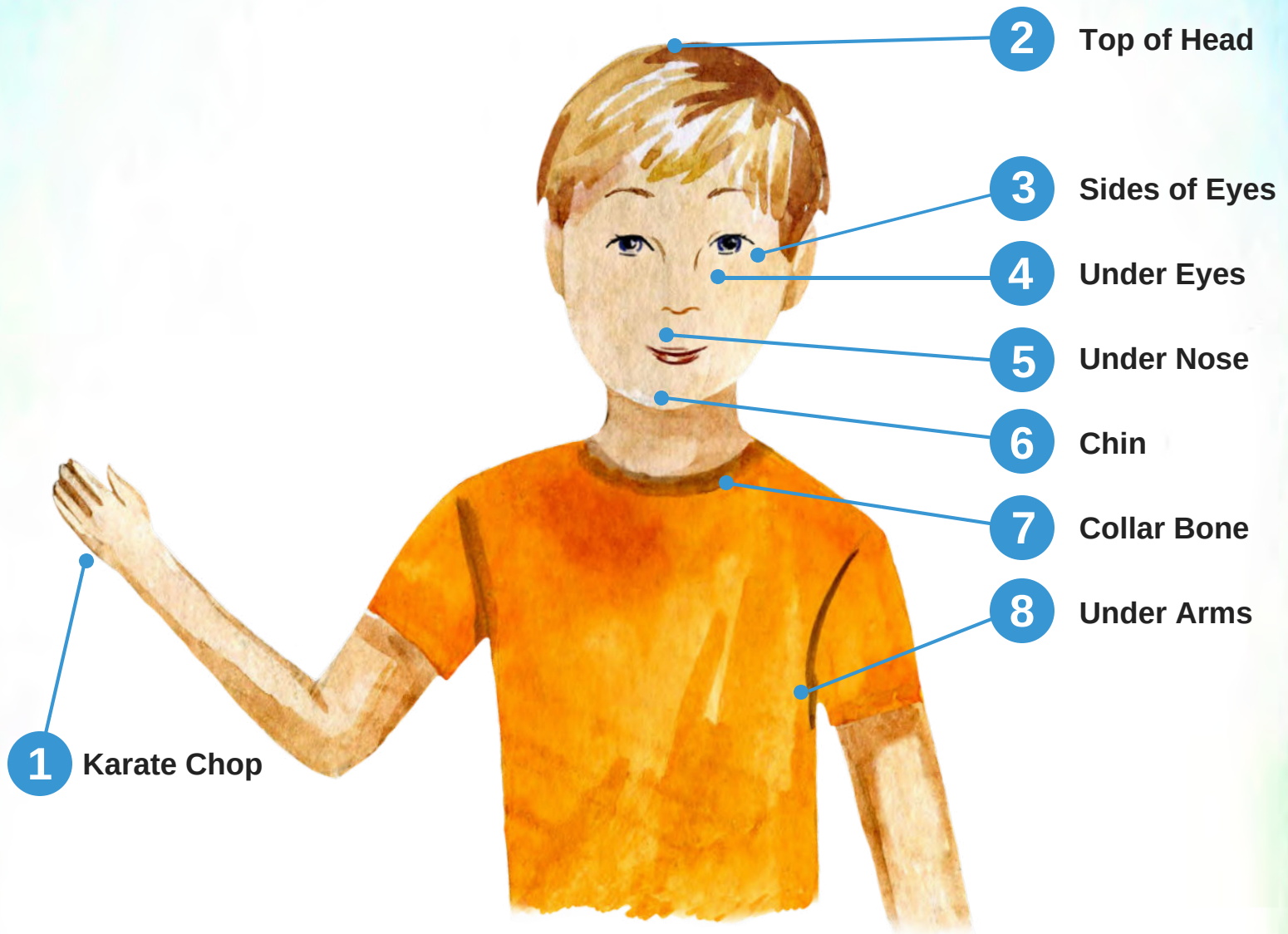


SPECIFIC EVENT TAPPING

1. Recall what happened (no need to tell it out loud). What are you **feeling**?
2. Rate **how big** your feelings are on a scale of 1 to 10 (10 being very big). You can also show how big your feelings are with hands close together for small feelings and arms spread out wide for big feelings.
3. With two fingers, start off tapping on the **karate chop point**. Create a phrase which includes the words “**even though _____(name the issue)**” and a positive affirmation “**I’m a great kid anyway/I’m ok/I accept myself**”. For example, “Even though I didn’t get chosen for the sports team, I’m a great kid anyway.” **Repeat the phrase twice.**
4. With two fingers, tap through the rest of the points starting at the **top of the head** while talking about the issue. Keep it concise and don’t worry if you repeat the same phrases.
5. Repeat the tapping **three times**. Take a deep breath in and out. How big are your feelings now? Continue the tapping until you **feel better**.

EFT TAPPING GUIDE FOR KIDS

Emotional Freedom Technique



"TAP AND TALK" TECHNIQUE

You can do this every night before bed. This will help you process the events of the day.

1. Think about the **worst part** of your day. Recall what happened.
2. With two fingers, start off tapping on the **karate chop point** while talking or thinking about what happened. Only light pressure and 7-10 taps on each point are needed.
3. Now think about the **best part** of your day. Repeat the second step.

EFT TAPPING GUIDE FOR KIDS

Emotional Freedom Technique



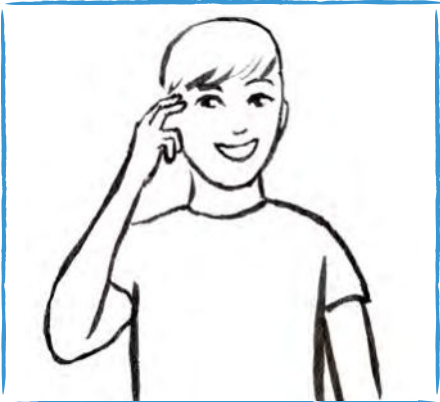
Karate Chop



1 Karate Chop



2 Top of Head



3 Sides of Eyes



4 Under Eyes



5 Under Nose



6 Chin



7 Collar Bone



8 Under Arms

MY BIG LIFE BOARD CHALLENGE

Creating a Big Life Board is a fun, positive activity! It helps children practice goal-setting, discover new interests, and boost their self-esteem.

step
1

Discuss the Purpose of the Big Life Board

Take some time to discuss goals, dreams, and interests. Discuss the topics of grit and perseverance and how they can help your child achieve their dreams.

step
2

Find Your Inspiration

Search for "dream board" or "vision board" on Google and Pinterest to find examples.

step
3

Plan Your Board

Do some basic sketching on a piece of paper first so that you can see the final layout.

step
4

Create Your Board

You will need your building blocks: images, quotes, colored paper, ribbons, cardboard letters, graphics, etc. Grab tools like scissors, glue, staples, markers, colored pencils.

step
5

Display and Keep It Alive

Display your board someplace where it can become a powerful reminder for children and adults.



MY

BIG

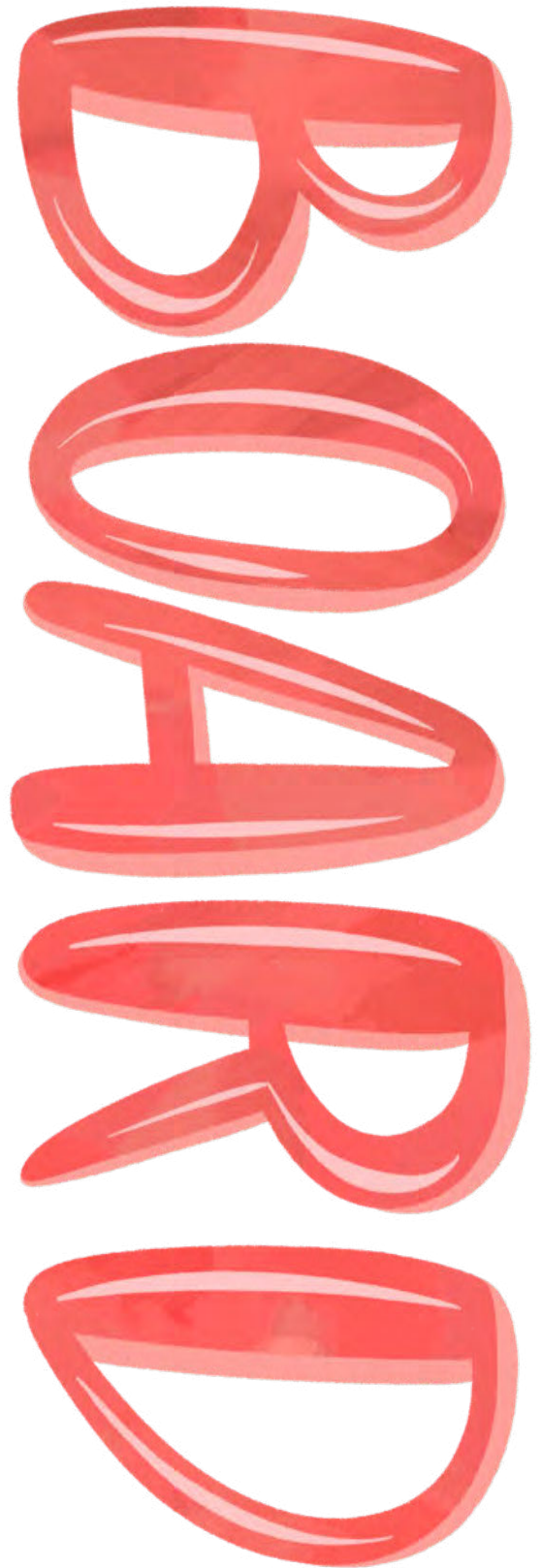
LIFE

GOAL

KIND

LOVE

BRAVE



GROWTH

MINDSET

DREAM

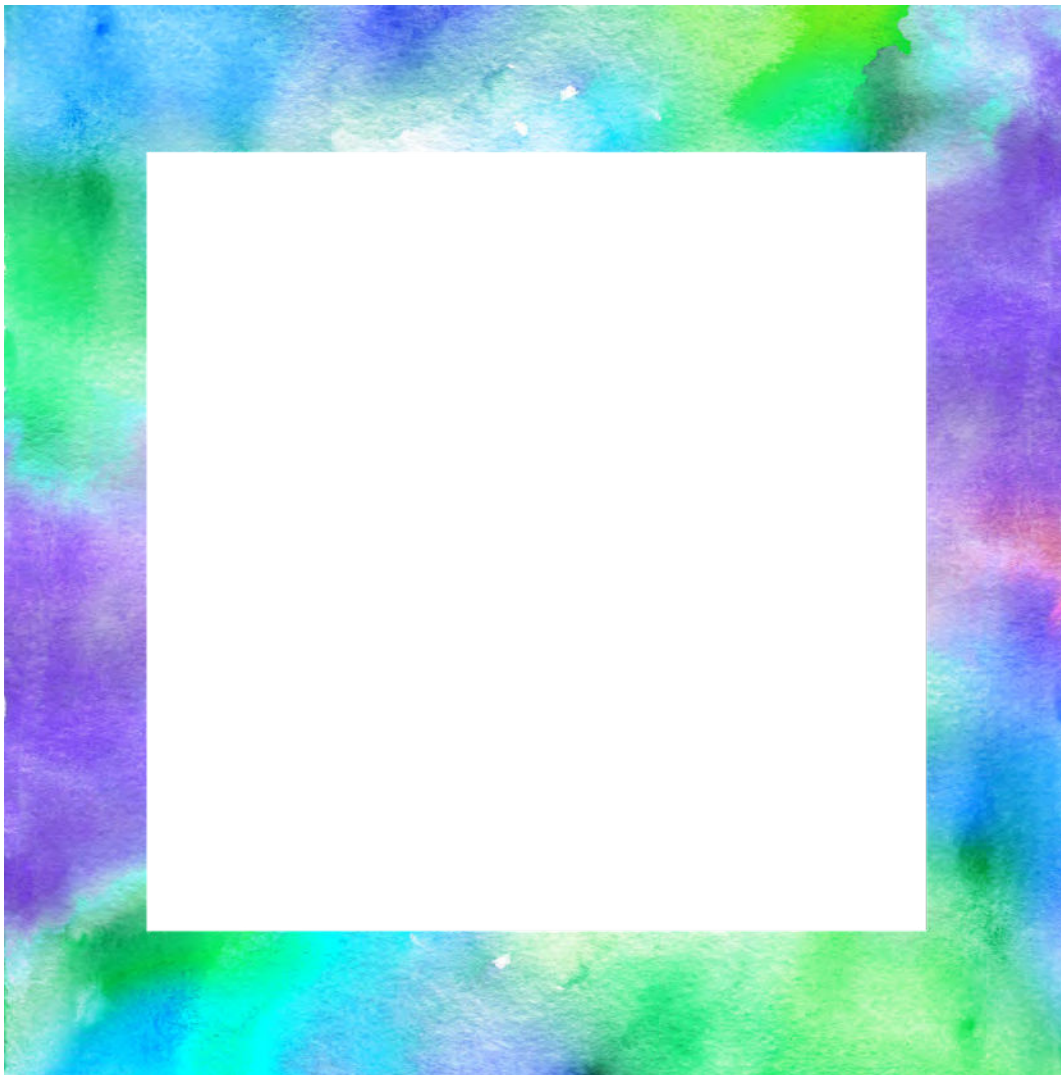
FRIENDS

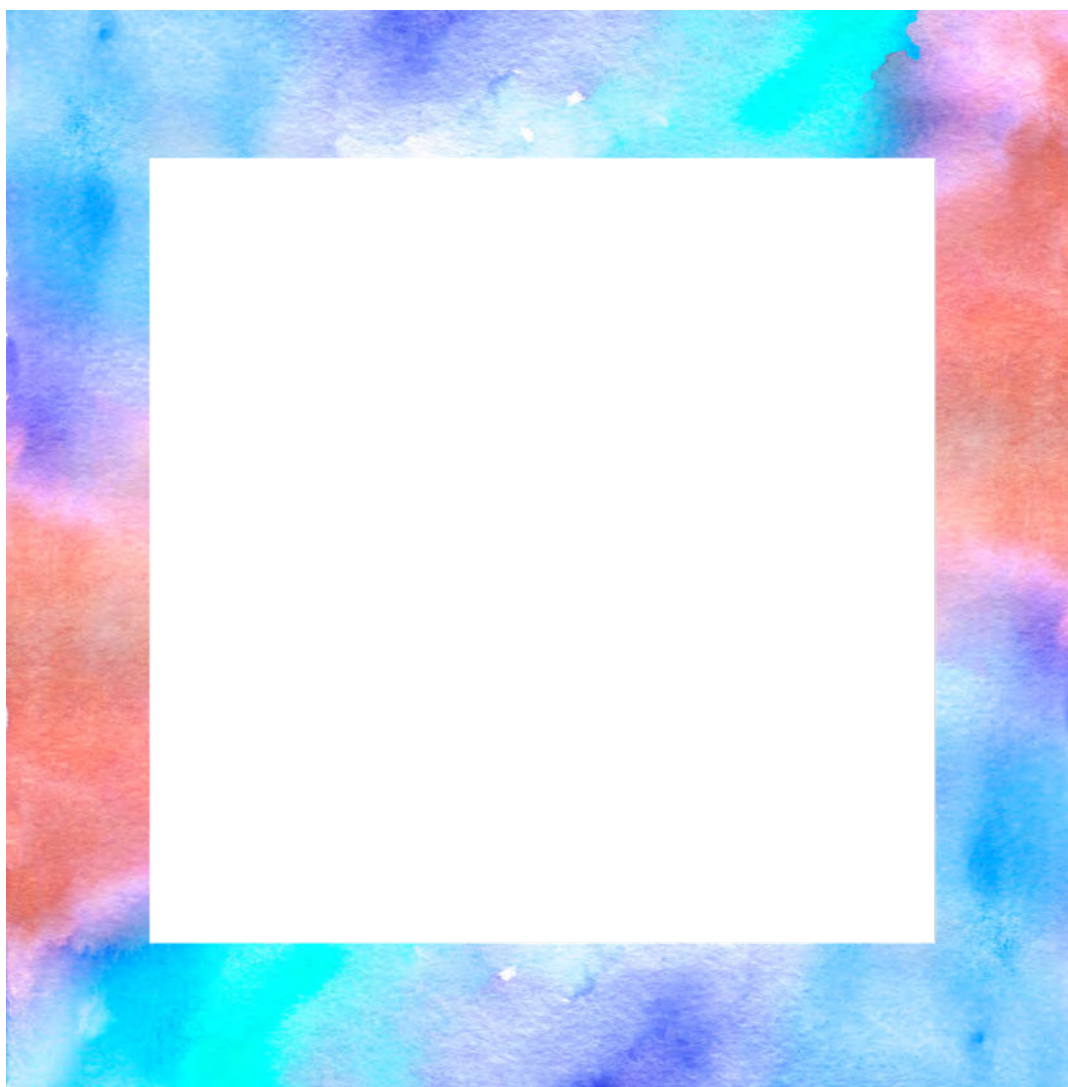
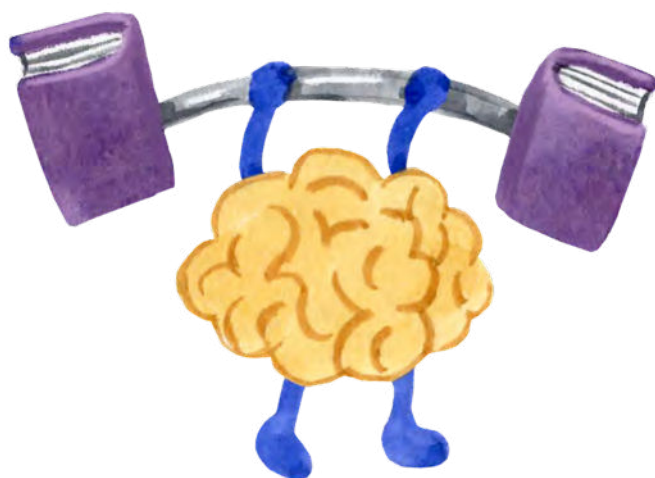
FAMILY

STRONG

CREATE









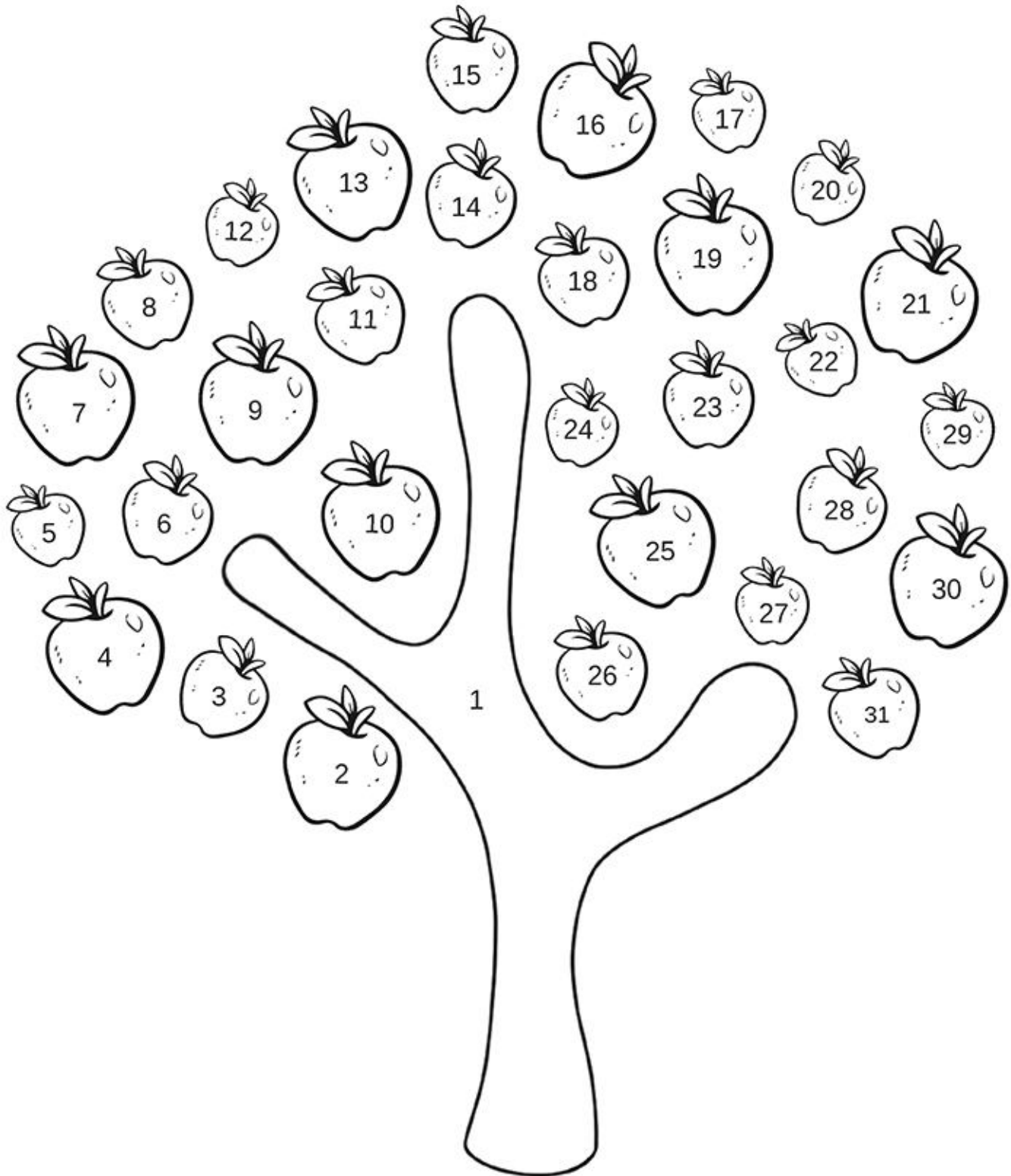
CONTRIBUTION TRACKER

This leaf is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



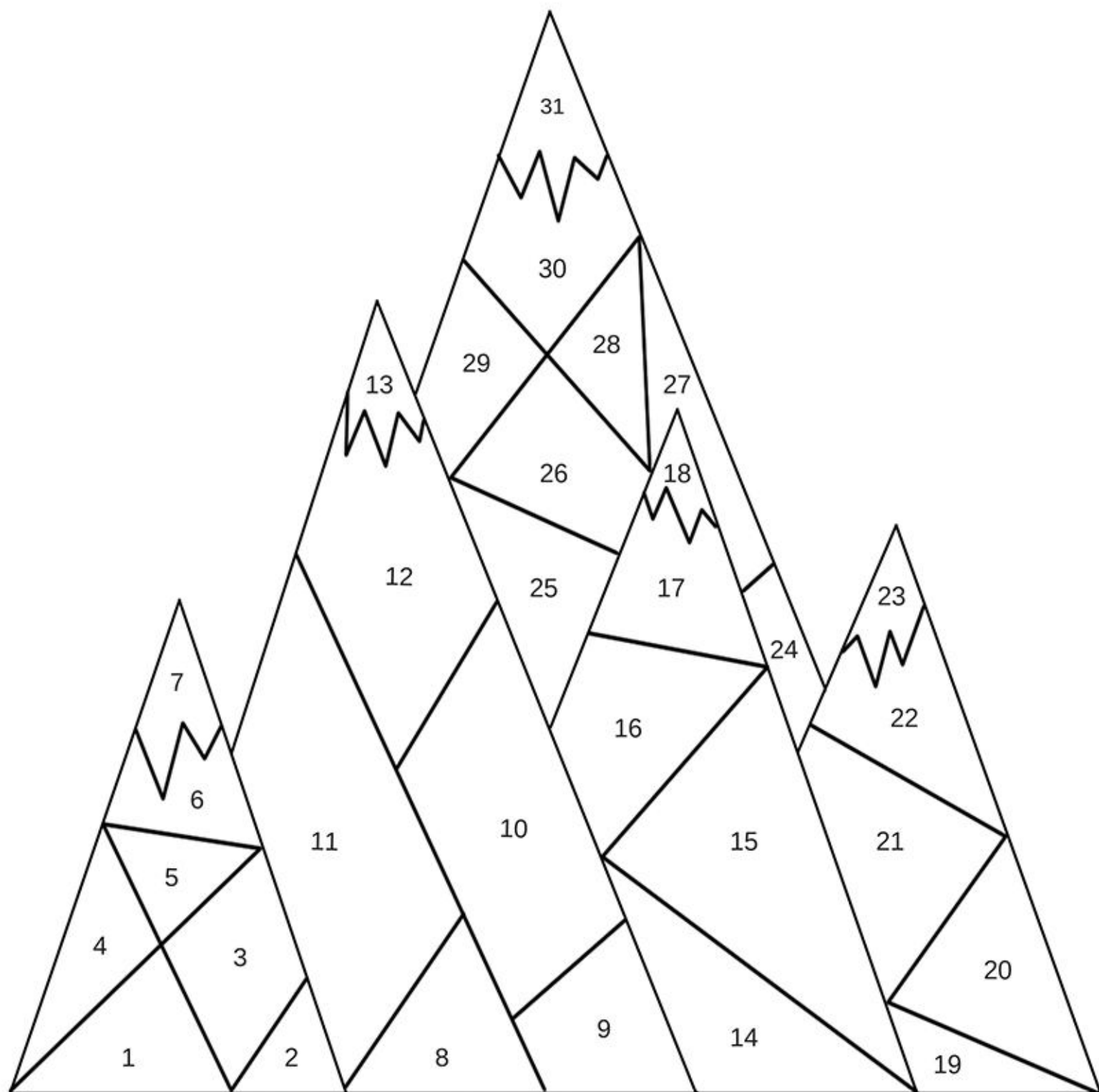
CONTRIBUTION TRACKER

This tree is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



CONTRIBUTION TRACKER

This mountain is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



CONTRIBUTION TRACKER

There are 31 leaves, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



5

Effective Tips to get your TO DO CHORES

KIDS

by Big Life Journal

★ STRESS-FREE ★

Don't call them "chores"

1

- **Reframe chores** by calling them "responsibilities," "ways to be helpful," or "family contributions."
- Emphasize it's every family member's responsibility to help take care of themselves and one another.
- Creating a **family manifesto** is a fun way to internalize these values.
- Children are much more willing to help around the house when they view these tasks as a meaningful way to **contribute to the family**.



Set a positive, cheerful tone

2

- Remember to set a good example. If you grumble about your responsibilities and family contributions, children will likely do the same.
- Try our **50 Positive Phrases to Build Resilience in Kids**, available in our Growth Mindset Printables Kit. Hang it anywhere you need a reminder.



Set reasonable expectations

3

- Ask your children to complete *age-appropriate* chores.
- If they're struggling, ask if there's anything you can do to be helpful: **"It seems like you're having trouble getting started. Is there something I can do to help?"**
- Complete the chore with the child the first several times, if necessary.
- Use our **"Power of Yet"** printable, from our Growth Mindset Printables Kit, to help your kids track the chores they are learning to do.



Create visuals

4

- It's an excellent way to provide support and set them up for success.
- **"Ways to Be Helpful"** visual. These will be images of your children doing age-appropriate, helpful tasks around the house.
- **Step-by-step** picture instructions for how to complete a task.
- Pictures depicting where items belong in the house.



Offer choice

5

- Offering choices often increases a child's willingness to help around the house.
- You might ask, **"Do you want to take out the trash or sweep the kitchen?"**



BONUS TIP: Praise effectively

- When children help around the house, offer encouragement to reinforce the behavior.
- You might say, **"You set the table so we could all enjoy a meal together. Thank you, that was helpful!"**





ways to respond to YOUR CHILD'S NEGATIVE SELF-TALK

by Big Life Journal

1

ACKNOWLEDGE THE FEELING, NOT THE WORDS

If you can search out what your child is feeling, and name it, you can help your child to both identify what's actually bothering him and begin to separate that problem from his own self-worth.



2

USE HUMOR TO HELP THEM SEE THINGS DIFFERENTLY

Role-playing a situation, using the funniest possible circumstance. For example, if your child is worried about going to a school party, you can get dressed up in fun and silly outfits and then come back and tackle the problem as a cowboy, doctor, or puppy.



3

USE SPECIFIC PRAISE TO SHOW YOUR CHILD HOW GREAT THEY'RE DOING

Praising a child's efforts is one of the best ways to focus both your and your child's attention on the problem-solving tools they are using to get through a situation. By telling your child what you noticed about his efforts or attitude, you're allowing him to connect his own positivity to the situation.



4

TALK OPENLY ABOUT NEGATIVE SELF-TALK

Realize that negative self-talk is often a symptom of fear, and share that realization with your child. Think together about what your child might be afraid of when she says things like, "I'm dumb." By addressing the fear of being unintelligent, you can help your child to find useful strategies to deal with it.



5

TALK ABOUT HAVING A GROWTH MINDSET

Practice a growth mindset by being resilient and pressing forward on a long-term goal relentlessly. Let them see you make mistakes in reaching this goal while never losing sight of the end. Answer their questions about your next steps, and celebrate your successes with them.



6

DISCUSS YOUR "BEST FAILURES"

Ask everyone at the dinner table to share something they failed at that day. Empathize with each other openly and celebrate the combined learning that your family is achieving every day, despite setbacks and failures.



7

CREATE AN AFFECTIONATE, WELCOMING HOME

When you give your children a strong, warm base to return to, they're able to explore and experiment because they accept that they'll be loved no matter the results of their efforts.





25

IDEAS TO BUILD CHILD'S CONFIDENCE

FOR PARENTS AND TEACHERS

1

Ensure they know your love is unconditional

2

Give age-appropriate chores around the house or classroom

3

Address them by their name

4

Give them age-appropriate "special tasks" to help you out

5

Join their play (and let them lead)

6

Focus on improving your own confidence

7

Ask them for advice or their opinion

8

Make special time together

9

Let them make age-appropriate choices

10

Set aside time when you give them undivided attention

11

Encourage them to try a theater class

12

Praise them the right way

13

Let them overhear you speaking positively about them to others

14

Resist comparing them to others

15

Practice positive self-talk with them

16

Hang their portraits or artwork around the home or classroom

17

Teach them how to set and achieve goals

18

Encourage to try new things to develop new skills

19

Help them discover their interests and passions

20

Help them overcome the fear of failure

21

Encourage them to express their feelings

22

Make sure they know you're upset with their choices, not who they are

23

Surround them with positive, confident people (including their friends)

24

Create a Wall of Fame to recognize their achievements

25

Shower them with hugs

5 ways to build lasting **SELF-ESTEEM** *in kids*

BY BIG LIFE JOURNAL



1

Give choices and responsibilities

Offer choices (e.g., what shirt to wear). Give age-appropriate responsibilities (e.g., setting the table, folding clothes, feeding the dog, making the bed). At first, spend time demonstrating the chore and helping your child learn how to complete the task successfully. Then allow your child to do the chore independently, even if it isn't perfect every time.

2

Praise sincerely

If kids grow up hearing that they're the best at everything, they may never push themselves to continue improving. Real, lasting confidence comes from trying, failing, and making hard-earned progress. Be sincere and specific with your praise. Instead of, "You're the best artist in the world!" say something like, "You're getting so good at coloring in the lines!" or, "This is a beautiful flower."

3

Use failure as an opportunity

Let your kids challenge themselves, make mistakes, and occasionally fail. Then make it clear that you still love them just the same. Encourage them to try again. Trying again after failing, and improving through hard work and practice, can help your child's confidence soar.

4

Avoid harsh criticism and sarcasm

Avoid giving criticism in front of others and while angry. Harsh messages aren't motivating for kids; they're damaging. Over time, they can cause children to have a negative view of themselves. Criticize thoughtfully and gently. Explain to your kids that although you sometimes dislike their actions, you never dislike *them*.

5

Create opportunities for success

Teach your kids to successfully do things for themselves from a young age. Focus on their strengths. Notice what they enjoy and do well, and give them opportunities to nurture these abilities.

The 4 PROVEN STEPS to GOAL-SETTING for kids

by Big Life Journal

1

LET THEM CHOOSE THEIR BIG GOAL

Ask questions like:

- What's something you wish you could achieve?
- What would you do if you knew you couldn't fail?



2

DISCUSS THE PURPOSE OF THEIR GOAL

Ask questions like:

- What do you think is the greatest *benefit* to you doing well in this class?
- How can that help others?



3

BREAK THE BIG GOAL INTO SMALLER STEPS

Use a "goal ladder" to break down their big goal. At the top of the ladder, write down the big goal, then work your way through the steps it would take to achieve it.



4

BRAINSTORM POTENTIAL OBSTACLES

Encourage them to plan for potential obstacles. Talk about bad habits or negative thoughts, including a desire to give up. Ask: "If you feel like giving up, what will you do instead?"



»» BONUS TIP: ASK TO WRITE IT ALL DOWN ««

By writing down their goals, they're **40%** more likely to achieve them.

IF THEY WANT TO GIVE UP ON THEIR GOAL...

- Remind them of the **purpose** behind their goal.
- Remind how they decided to deal with this **obstacle**.
- Recognize as they climb the **steps** on their "goal ladder".
- Give examples of **your** own struggles at their age.
- Focus on how they can continue improving.
- Celebrate their effort, determination, and persistence.
- Teach them positive self-talk.

How to teach PROBLEM-SOLVING SKILLS to kids

by Big Life Journal

For more information, please read the article [HERE](#).



"SHOW ME THE HARD PART"

3-5 YEARS

- Use **emotion coaching**:
 - Step 1: Name & validate emotions
 - Step 2: Let them process their emotions in their calming space if they have one
 - Step 3: Problem-solve: brainstorm solutions together, doing more LISTENING than talking.
- Say, "**Show me the hard part.**" Repeat back what your child says, "So you're saying..." Once you both understand the real problem, come up with solutions.
- Problem-solving with **storybooks** (use the "dialogue-reading" technique)
- Problem-solving with **creative play**: playing with items like blocks, simple puzzles, and dress-up clothes teaches the process of problem-solving.



REFLECT:
What worked? What didn't?

5-7 YEARS

- Teach the problem-solving **steps**:
 - Step 1: What am I feeling?
 - Step 2: What's the problem?
 - Step 3: What are solutions?
 - Step 4: What would happen if...?
 - Step 5: Which one will I try?
- Problem-solving with **craft materials**: provide markers, modeling clay, cardboard boxes, tape, paper, etc. Ask kids to come up with interesting creations and inventive games.
- Ask **open-ended questions**, "How could we work together to solve this?", "What do you think will happen next?"



BREAK PROBLEMS
INTO CHUNKS

7-9 YEARS

- **Break down** problems into chunks
 - brainstorm together
 - ask open-ended questions
 - LISTEN
- Show "**The broken escalator**" YouTube video and have a discussion



CREATIVE PROBLEM-
SOLVING

9-11 YEARS

- **Creative** problem-solving with **prompts** (e.g., create a jump ramp for cars, design your own game with rules).
- Make them **work** for it (ask HOW they can earn the money to get what they want).
- Encourage them to put it on **paper** with problem-solving graphic organizers available online.

7 ways to instill a **LOVE** of **LEARNING** in children

by Big Life Journal

1

HELP CHILDREN DISCOVER INTERESTS AND PASSIONS

Talk to your child about what he is doing, reading, watching, and learning. Expose him to different experiences like museums, theatrical performances, zoos, etc. Help him check out books on a variety of topics from the local library.



2

PROVIDE HANDS-ON EXPERIENCES

If your child is learning about aquatic animals, take her to visit an aquarium. If she's studying a certain artist, take her to a museum to look at their work. Make learning an adventure.



3

MAKE LEARNING FUN

Even seemingly dry subjects can become more fun through songs, academic games, scavenger hunts, or creative activities. Incorporate art projects, music, or creative writing into just about any academic subject. Use "brain breaks" to disrupt the monotony or difficulty of a lesson.



4

DEMONSTRATE YOUR OWN PASSION

Be a great role model for your child by enthusiastically exploring your own interests and passions. Show that YOU are passionate about learning. Talk to your child about what you're learning: the challenges, the excitement, how you're applying what you've learned to your own life.



5

FIND YOUR CHILD'S LEARNING STYLE

Children have their own unique learning style, or a type of learning that is most effective for them. There are three main learning styles: visual, auditory, and kinesthetic. Determine which learning style best suits your children or students and help them learn more effectively.



6

HAVE DISCUSSIONS, NOT LECTURES

When your child demonstrates curiosity by asking a question, do your best to answer it. You can also expand the conversation by asking open-ended questions yourself. Begin your questions with, "Why," "How," or, "What would happen if....?"



7

BE SUPPORTIVE AND ENCOURAGING

Have reasonable expectations for your child, and be supportive and encouraging when your child struggles or fails. Help them learn from these experiences, and don't put excessive pressure to be an exceptional student.



7

WAYS TO HELP YOUR CHILD

OVERCOME

SOCIAL ANXIETY

by Big Life Journal

1

CONNECT WITH YOUR CHILD

Use the **PACE** method: **P**layfulness, **A**cceptance, **C**uriosity, and **E**mpathy

2

TEACH YOUR CHILD ABOUT SOCIAL ANXIETY

Have open conversations with them about the *reason* anxiety exists – to keep us safe. Admit when you're nervous about something, do that thing (maybe even in front of your child), and report back to them how it went.

3

PREPARE YOUR CHILD

If you know a situation is coming up that could cause your child anxiety, prepare them. Detail what will happen, when, how people might respond, and what you'll be doing in the situation.

4

FOCUS ON PROGRESS NOT PERFECTION

Help your child to focus on the *process* instead of the goal. Show them your own mistakes, and how much more you've learned from your mistakes than from achieving the goal. Remind them of the **power of "YET."**

5

LEARN WHEN TO STEP IN AND WHEN TO STEP BACK

When a parent hovers over an anxious child, it can make them more anxious – because they feel the parent's worry. Step back, but always be close by if they need you.

6

TEACH COPING TECHNIQUES

Teach your child some techniques that you can do together, and some that they can do when they don't have you. Examples: deep breathing, drawing or counting.

7

SET ASIDE A "WORRY TIME"

Allow the child a "*worry time*". Set a timer for ten minutes, and let the worrying commence. At the end of "*worrying time*," work to find a coping technique to help your child through the scary experience they're anticipating.

7 ways to encourage your CHILD to try NEW THINGS

Be Supportive of Effort, Progress, and the Process

Show your child that “success” isn’t necessarily dependent on outcomes. Success can mean a willingness to try, put forth your best effort, and show gradual improvement.



Make an “I Can” Can

Print out strips of paper that have the sentence starter “I can,” written on them. Then, allow your child to fill in the blanks. Help him brainstorm, but allow him to come up with suggestions of his own as well. Put the strips in a can, and have your child add more strips any time he learns a new skill or conquers a new challenge.



Keep an “Adventure Diary”

Write about all the times your child was brave and attempted something new, and update the diary regularly. If possible, you can add pictures, drawings, or small mementoes for decoration. Also include details about how well your child did or how much fun you and your child had when he tried this new activity.



Ask the Right Questions

You can ask your child questions like, “Is there anything that used to be difficult or a little scary for you that’s now much easier?” Remind your child that all the abilities he has now were new at one point. He wasn’t born with them; he had to learn, practice, and persist.



Incorporate Brain Breaks

Incorporate short activities that disrupt the monotony of a child’s current task. You can suggest a quick game of rock-paper-scissors, challenge your child to “reinvent” a random object for other uses, provide a story starter for your child to complete, etc.



Conduct Dress Rehearsals

If your child is nervous about meeting his teacher for the first time, you can pretend to be the teacher and let your child practice how he will greet her. Practice conversations, greetings, and other interactions that make your child feel nervous.



Make a “Bravery Ladder”

Help your child identify steps that will help him gradually achieve a new skill or conquer a fear. Think of it like learning to ride a bike by starting with training wheels.

