



IdeAS TO CONNECT With your "CHILD"



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| ☐ Talk about when they were little | ☐ Blow "Self-Love & Gratitude Bubbles" |
| ☐ Create a new recipe | ☐ Cuddle and chat |
| ☐ Make a Big Life Board | ☐ Learn a magic trick |
| ☐ Make paper airplanes | ☐ Paint positive words on rocks |
| ☐ Play "Gratitude Alphabet Game" | ☐ Create "My Big Life Bucket List" |
| ☐ Go on a special date | ☐ Make "Love & Connection Cube" |
| ☐ Take a yoga class together | ☐ Play in the rain |
| ☐ Play "Let's Chat" discovery game | ☐ Create your song list |
| ☐ Play a new board game | ☐ Learn how to jump rope |
| ☐ Make a fort | ☐ Plan a trip together |
| ☐ Make affirmation bracelets | ☐ Make a time capsule |
| ☐ Camp in your backyard | ☐ Start a new family ritual |
| ☐ Play "My Nature Adventures Bingo" | ☐ Go berry picking |
| ☐ Create a family manifesto | ☐ Make "My Special Memories Tree" |
| ☐ Make homemade popsicles | ☐ Make a bird feeder |
| ☐ Work on a puzzle | ☐ Draw family portraits |
| ☐ Find animals in the clouds | ☐ Have breakfast for dinner |
| ☐ Build a Brain Poster | ☐ Have a Big Life karaoke party |
| ☐ Go on a twalk (walk + talk) | ☐ Learn to skip stones |
| ☐ Play charades | ☐ Have a pajama day |
| ☐ Play "Toss & Talk" ball game | ☐ Go for a bike ride |
| ☐ Make pizza | ☐ Go for a scenic drive |
| ☐ Watch old family videos | ☐ Create an obstacle course |
| ☐ Fly a kite | ☐ Have an "un-birthday" party |
| ☐ Play "Reading Bingo" | ☐ Color inspiring messages |

The printable kits are available at biglifejournal.com



WAYS TO HELP kids cope with BIG LIFE CHANGES

Big Life Journal

1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them **time to process** and begin to accept the change.



2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them **work through the emotions** that they're feeling.

If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to **help kids cope** with major life changes.

Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on biglifejournal.com



4. KEEP ROUTINES THE SAME

Give your child as much **consistency and stability** as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a **sense of safety**.



5. PROVIDE CONNECTION AND PLAY

Remain consistent is your child's **connection with you**. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some **sense of agency** by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



7. TALK ABOUT OTHER CHANGES

Talk about things they **successfully coped with** in the past. They might include:

- Starting school
- Joining the soccer team
- Getting a new pet
- Going to first grade

