



-



Do
a Science
Experiment



Build
a
FORT



MAKE
your own
PIZZA



Watch
a caterpillar
cocoon
TURN
into a
butterfly



Build
an OBSTACLE
COURSE

Measure
Rainfall



Make
Splash
art

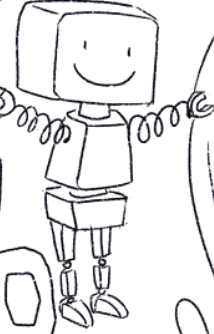
Stargaze
at night



MAKE a
tie-dye
shirt



Build
A RO
BO



How many
fun things
can I do

play
balloon
tennis



Camp
in the



Hike
a mountain

this summer?

PUT ON
A
PLAY

Make Milk
carton
boats

GO
on
a back
yard
BUG
HUNT

GO
on
a back
yard
BUG
HUNT

GO
on
a back
yard
BUG
HUNT

FLY
a kite

Make fresh
lemonade

Have
an outdoor
MOVIE
NIGHT

Mindset is everything. Teach it early.

Over **half a million** children and teens around the world use Big Life Journal's products with great success.

Join them today!

"My child is having a few issues with resilience and frustrations that he only demonstrates at home and this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence."

- Natalie R.

★★★★★

Get Resilience Kit



"I can't say enough about this amazing kit. How it is laid out for parents/teachers is amazing. The explanations are extraordinarily useful. I really appreciate the tips on how to address negative self-talk which one of my littles has struggled with."

- Rebecca C.

★★★★★

Get Confidence Kit

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