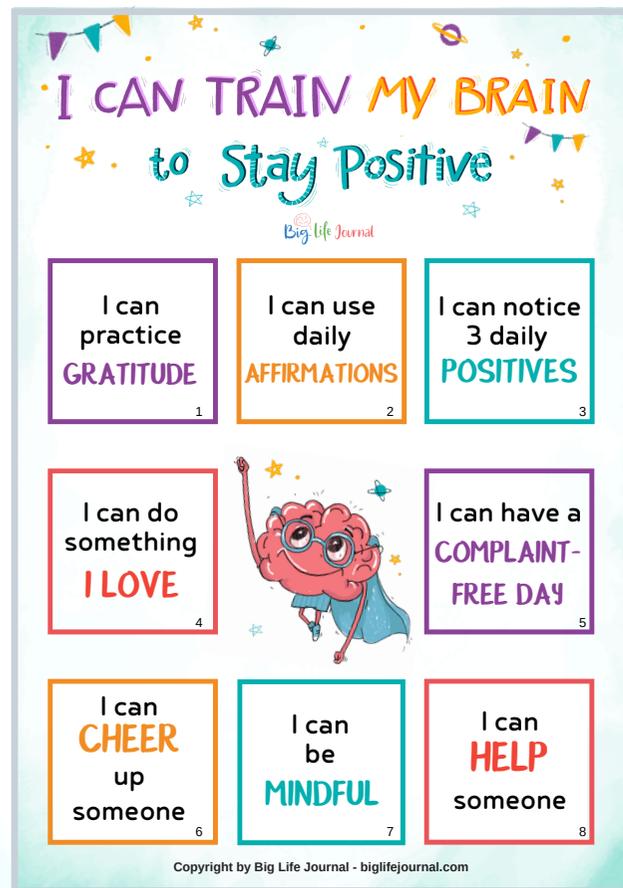


# I CAN TRAIN MY BRAIN to Stay Positive

Assemble the poster and do one or more activities each day to train your brain to see the positive in any situation!



## HOW TO MAKE THE POSTER

- 1 **Print** pages 2 and 3. Line up the edges and tape the front and/or back of the poster.
- 2 **Print** pages 4 and 5. The numbered flaps will be taped on top of the prompts on the poster to making matching easier.
- 3 Place a **piece of tape** on the top of the flap so you can open to reveal the prompts underneath. **Tip** - Use a slightly smaller piece of tape so the flaps easily open.





# I CAN TRAIN MY BRAIN

## to Stay Positive

 Big Life Journal

- ★ Write in my gratitude journal.
- ★ Make a gratitude tree.
- ★ Write a "Thank-You" note to someone.
- ★ Go on a gratitude walk and notice things in nature.

1

- ★ I BELIEVE in my dreams!
- ★ KINDNESS is my superpower.
- ★ I am BRAVE.
- ★ I am ENOUGH!
- ★ I reach for the STARS!
- ★ I am LOVED.
- ★ Mistakes help me LEARN.

2

- ★ Something new I learned today.
- ★ People I am thankful for.
- ★ Something that made me laugh today.
- ★ Something I am proud about.
- ★ A fun thing I did today.

3

- ★ Work on an art project.
- ★ Read a book.
- ★ Play outside.
- ★ Listen to music or a podcast.
- ★ Build something.
- ★ Play my favorite sport.
- ★ Sing or dance.

4



Go a whole day without complaining and instead:

- ★ Notice things that make me happy.
- ★ Look for the positives.
- ★ Say something kind to myself.
- ★ Give out hugs.

5

- ★ Give someone a hug.
- ★ Invite someone new to play.
- ★ Tell someone why they're special to me.
- ★ Give someone a compliment.
- ★ Draw a picture or make a card for someone.

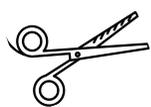
6

- ★ Create a mindful glitter jar.
- ★ Relax by tensing and releasing muscles.
- ★ Do a yoga pose.
- ★ Do a body scan exercise.
- ★ Do a mindful breathing exercise.
- ★ Go for a mindful walk.

7

- ★ Ask a family member if they need help.
- ★ Donate clothes or toys.
- ★ Help make dinner.
- ★ Help with chores without being asked.
- ★ Do a random act of kindness for someone.

8

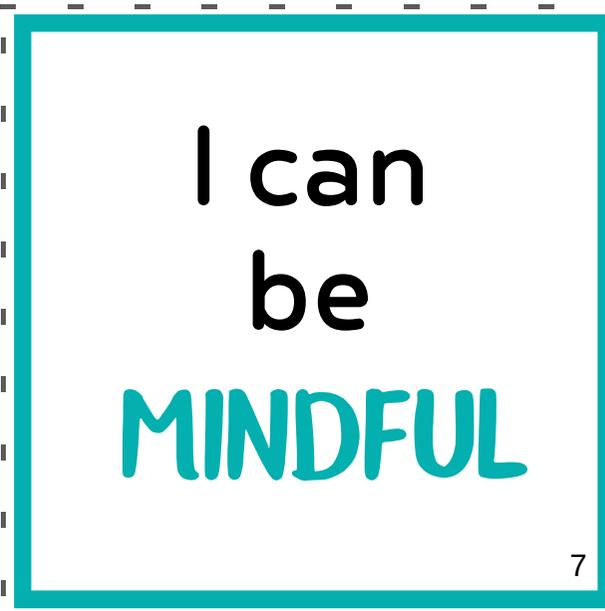


Cut and tape these flaps to the top row in this order.



Cut and tape these flaps to the middle row in this order.

Cut and tape these flaps to the bottom row in this order.



# 7

# TIPS TO REWIRE your CHILD'S BRAIN for POSITIVITY



Big Life Journal

## 1 PLAY THE GAME “UNFORTUNATELY-FORTUNATELY”



Point out the positive in every situation. This helps train the brain to look on the **bright side**.

## 2 THINK ALOUD TO MODEL RESILIENCE

When you make a mistake, think aloud about what you **learned** from the experience or how you will handle a similar situation **differently in the future**.



## 5 PRACTICE KINDNESS

Even small acts of kindness **boost happiness** levels and release “feel-good chemicals” in the brain.



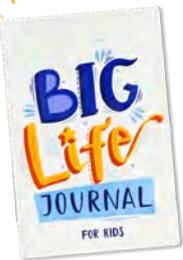
## 6 TAKE “WONDER WALKS”

Take “wonder walks” or “wonder wanders” with your children. **Point out** flowers, animals, the warm sunshine, bird songs, families laughing together, etc.



## 3 JOURNAL TOGETHER

Journaling is an excellent activity that can **foster reflection** and positivity—and, when done together, connection. The Big Life Journal is full of creative ideas that will help both you and your child **focus on the positive**.



## 4 GIVE A DAILY SHOUT-OUT

At least once each day, **take a moment** to let someone know you’ve noticed something positive about them.



## 7 STAY PRESENT

Mindfulness is a **focused awareness** of the present moment, and it’s perhaps the most powerful way to increase positivity and happiness.



# the **BIG** Life KIDS PODCAST

## EPISODE 24 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- learn how to **train their brain** to be more **positive** and enjoy each day
- be inspired by our listener from Chicago, **Mallory**

### DISCUSSION QUESTIONS

- How did Mallory train her brain to find the good in every situation? (by focusing on the things that make her happy)
- Which activities make you happy?
- How else can you train your brain to be more positive? (spend time with the family, write in the gratitude journal, etc).

### TRY THESE ACTIVITIES

1. Print our **25 Instant Family Positivity Boosters** poster (in our [Positivity & Connection Kit](#)) and put it somewhere everyone can see. When a negative mood is lingering, ask children which activity they would like to do. Doing something fun for a few minutes can transform the mood!
2. Use strategies from the **7 Powerful Ways to Respond When Your Child Complains** (in our [Positivity & Connection Kit](#)) to help children express their dissatisfaction in healthier, more positive ways.
3. Practice setting intentions with the **Positive Daily Intentions** printable (in our [Positivity & Connection Kit](#)). When done repeatedly, children can experience lasting changes in their brains.
4. Use the phrases from the **50 Powerful Ways to Wish Good Day to Your Child** printable (in our [Positivity & Connection Kit](#)) as alternatives to "Have a great day!" Your child will feel inspired, encouraged, and loved.
5. Check out the [Podcast Activity Kit](#) for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to [Episode 24](#) on Apple Podcast (also available on other platforms). All kits can be found on [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk).*

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