

✦ Family ✦
✦ Calming & ✦
Screen-Free
✦ Activities ✦

Big Life Journal

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ANIMAL YOGA

Print this poster and strike a yoga pose whenever you feel you need a movement break, a quiet pause, or just for fun! Get creative and make up your own pose, representing your favorite animal.

60 SECONDS BRAIN BREAKS JAR

Give your thinking muscle a break and choose a fun 60-second brain break from your jar. You'll find everything from movement exercises to balancing challenges and fun questions.

MY WHEEL OF EMOTIONS

Emotions can feel confusing sometimes. Use your wheel of emotions to understand your emotions better and increase your comfort with all your emotions.

THINGS TO REMEMBER

Print this beautiful poster and display it somewhere special, as a reminder to shift your negativity into helpful thoughts (especially when things get hard and you feel stuck).

BLOW YOUR WORRIES AWAY

See how good it feels to blow your worries away with this calming activity, that guides you in letting go of stressful thoughts as the wind carries them far, far away.

SCREEN-FREE ACTIVITIES

Did you know that being bored is an excellent opportunity to explore the world and try new things? Unlock your creativity using these screen-free activities next time you're feeling bored.



Cobra Pose



Giraffe Pose



Elephant Pose



Frog Pose

ANIMAL YOGA POSES



Camel Pose



Starfish Pose



Cat Pose



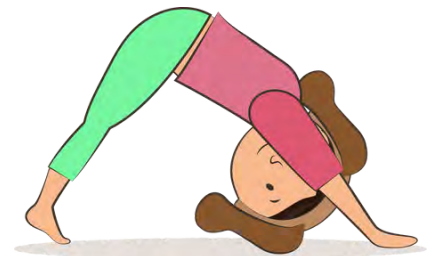
Flamingo Pose



Mouse Pose



Butterfly



Down Dog Pose

60-SECOND BRAIN BREAKS JAR



Your brain works hard every day! It's only fair to give it a break from time to time. So here's a list of 60-second brain break ideas to recharge when you feel like you're going into sleep mode, before you transition to another activity, or simply just for fun!

How to Make Your Own Brain Break Jar


Find an empty jar—a shoebox, coffee bean tin, or anything else that can hold the activity slips inside will do. You can write your name on it and add any other decorations!

Print and cut along the dotted lines of the activity slips on pages 2 and 3; you can also write down your own fun ideas!

Fold the paper strips and put them inside the jar or box. Cut out the title label and attach it to your jar.



When you need a break, pull a strip out from the jar and do what it says.



In 60 seconds find someone and give them a hug or high five.



In 60 seconds how many times can you bounce a ball?



In 60 seconds how many times can you jump on one leg?



In 60 seconds can you balance on one foot without falling?





In 60 seconds a genie granted you three wishes. What are they?



In 60 seconds how many frog jumps can you do?





In 60 seconds how many animals can you pretend to be?



In 60 seconds how many sounds can you hear?

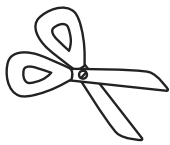


In 60 seconds name as many things that you are grateful for.

In 60 seconds how many green items can you spot?


In 60 seconds how many funny poses can you do?

In 60 seconds how many jumping jacks can you do?



Cut out the label and attach it to your jar.

60-SECOND
BRAIN BREAKS JAR

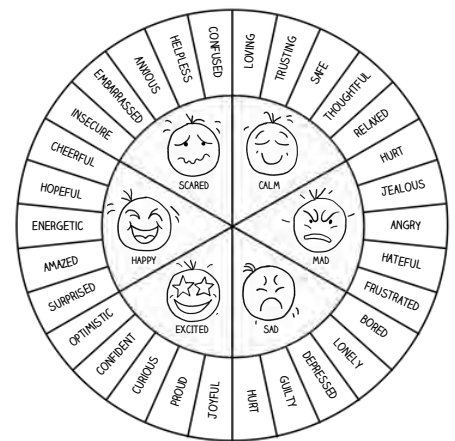
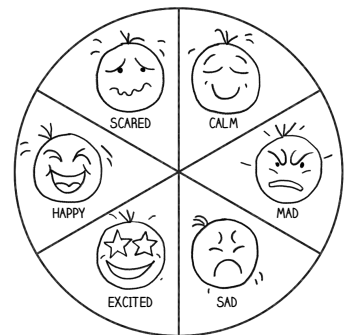


My Wheel of Emotions

Our emotions can be confusing. But it's so helpful when we can identify and make sense of them. This important skill helps us be more calm, confident, and overall healthier. It also helps us better understand what others are feeling. And like any other skill, it takes practice to become good at it!

How You Can Use The Wheels

- In this printable pack, we included a **smaller wheel** with basic emotions for younger participants and a **bigger wheel** with more specific emotions for older participants.
- You can start by **figuring out your basic emotion** (the inside wheel) and then work your way out to understand **your more specific emotion** (the outside wheel).
- When you identify the emotion you're feeling, talk about **how it feels in your body**.
- Practice using the wheel **together with your family members**.
- Use the wheel when you are **reading a book or watching a movie**. What are the characters feeling?

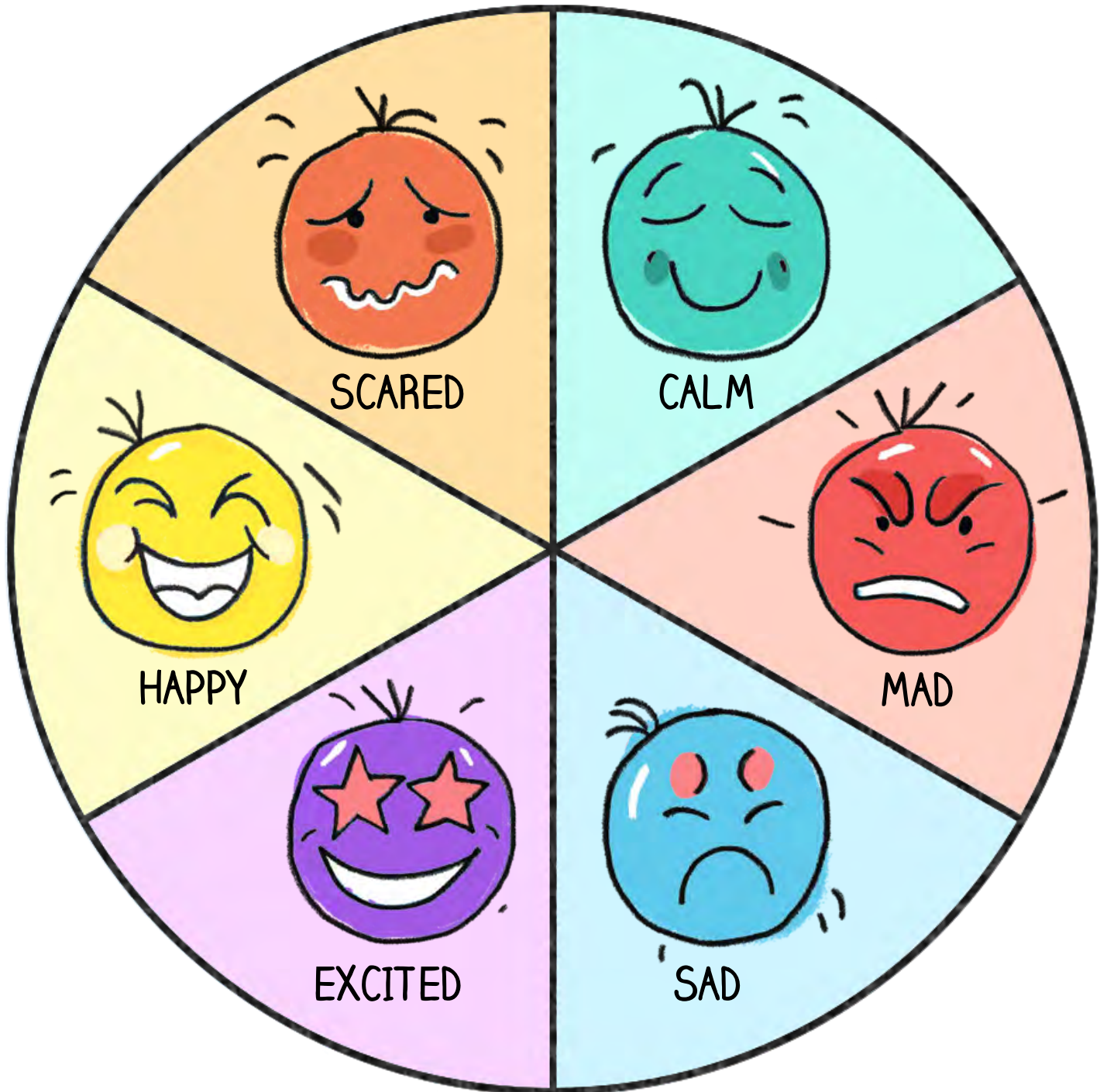


This printable is inspired by the work of Dr. Robert Plutchik.

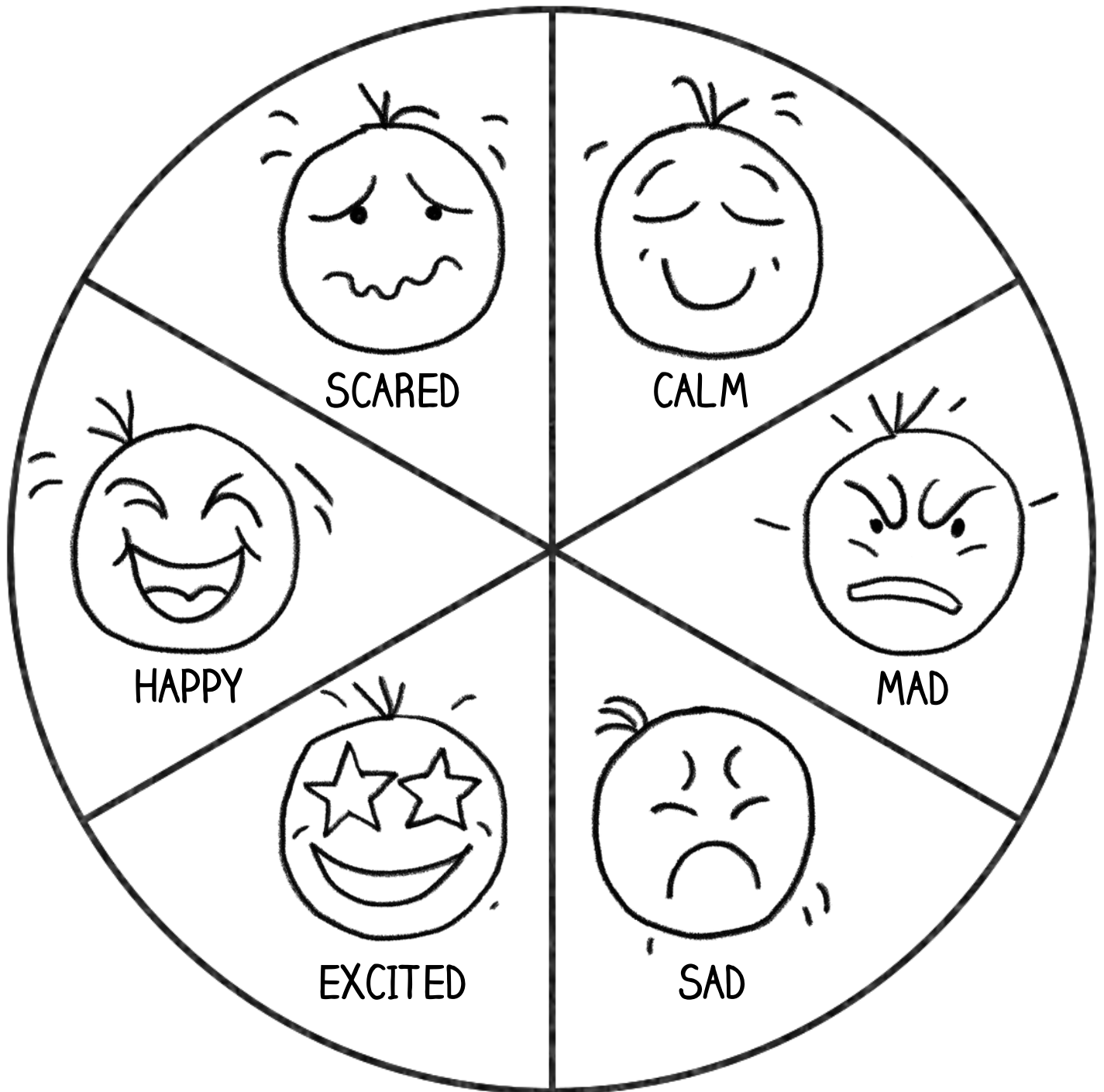
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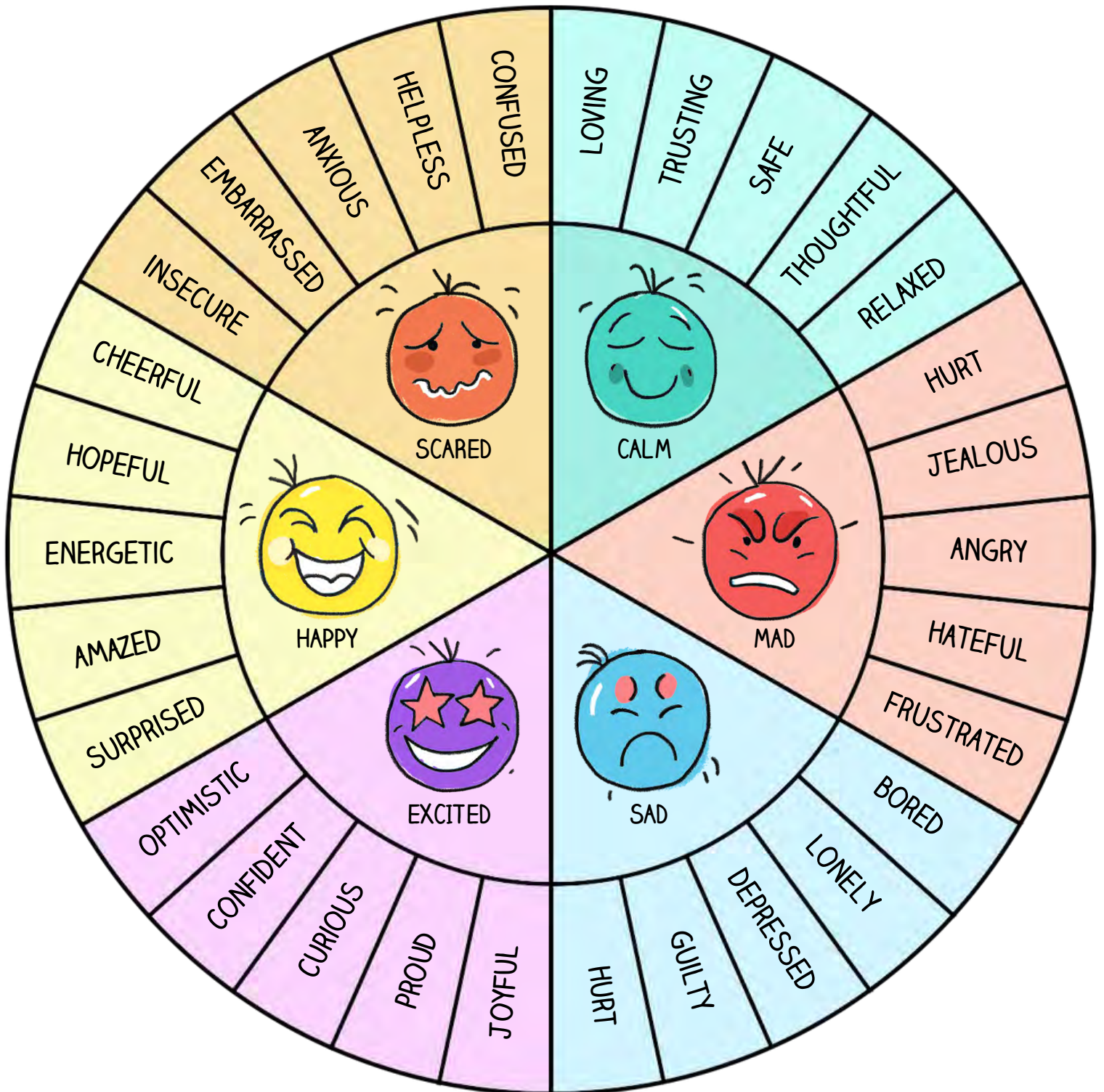
My Wheel of Emotions



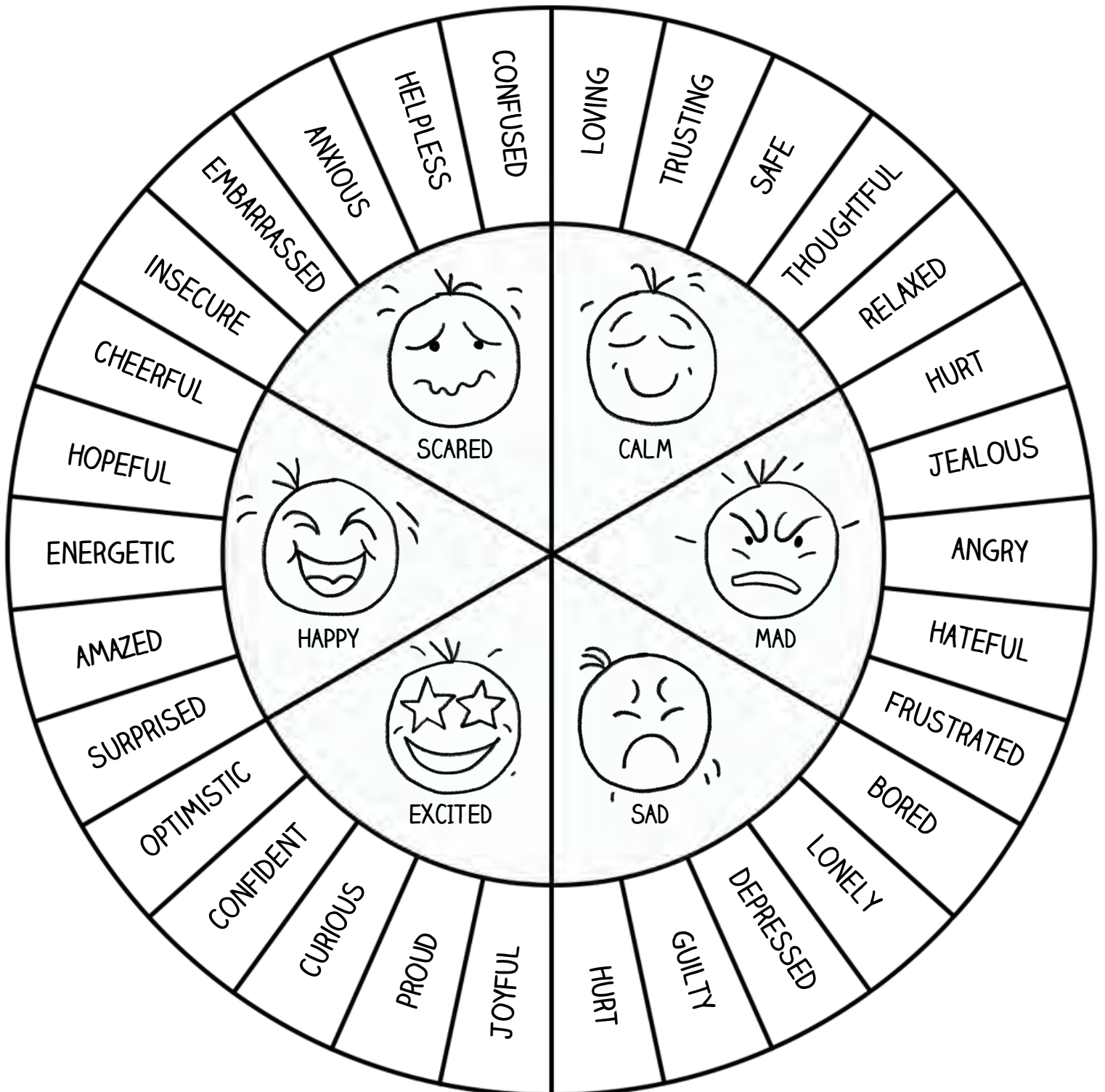
My Wheel of Emotions



My Wheel of Emotions



My Wheel of Emotions



THINGS *to* REMEMBER

LIFE can be MESSY SOMETIMES...

IT'S OK TO HAVE A BAD DAY

TOMORROW is a *new day*

small steps LEAD TO BIG RESULTS

LEARNING from MISTAKES helps me

GROW



PRACTICE makes PROGRESS

ASKING for HELP is a sign of STRENGTH



YOU CAN DO HARD THINGS

you can make today GREAT

EVERYONE'S *journey* is DIFFERENT

YOU ARE *loved* just the way you are

everyone is EQUALLY IMPORTANT

kindness is CONTAGIOUS

YOU CAN CHOOSE A MORE *loving* THOUGHT

the PRESENT MOMENT is all we HAVE

WE CAN *ALWAYS* TURN THINGS AROUND

BLOW AWAY Your Worries

What are you worried about? Write it down in the bubbles. Take a deep breath in...and a deep breath out...as if you are blowing your worries away.

SCREEN-FREE

ACTIVITIES

Tear-Off Posters

Feeling a little bored or just want to do something fun? We have A LOT of ideas for you! Tear off an activity from one of the posters to explore your creative side or uncover a special skill.

Which one will you choose?

Print pages 2-5. Cut along the dotted line to make strips you can tear off whenever you want to try a new activity.

what you do
TODAY
can improve all your
TOMORROWS

RALPH MARSTON

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- Journal
- Play a card game
- Sing karaoke
- Create an indoor "camp out"
- Paint
- Put a puzzle together
- Do a meditation practice
- Make up silly songs
- Make a vision board
- Learn Origami
- Play with toys and figurines

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What you do
TODAY
can improve all your

TOMORROWS



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Write or draw in your journal

Play a card game

Sing karaoke

Create an indoor "camp out"

Paint or draw

Put a puzzle together

Learn a magic trick

Make up silly songs

Make a dream (or vision) board

Learn or practice Origami

Create your own magazine



You will never
have this day again. So

MAKE IT COUNT.

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Design a board game

Build a tower out of cards

Bake a treat

Write and illustrate a book

Make paper airplanes and see which
one can fly the farthest

Play charades

Listen to Big Life Kids podcast

Make a card for someone

Design the menu for tonight's meal

Write a poem, song, or story

Play store



☆ Look deep into nature, then you will

☆ **UNDERSTAND EVERYTHING** better. ☆



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Read a book or magazine

Make clothes for dolls or toys out of scrap fabric

Go for a nature walk

Create shadow art

Create leaf rubbing art

Play Mad Libs and word searches

Play school

Draw cartoons or comic strips

Color

Paint kindness rocks

Create a spaceship out of a cardboard box



Make time for what makes

YOU HAPPY

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Listen to an audiobook

Make a fort

Use socks as puppets and have a
puppet show

Host a radio show

Play hide and seek

Learn to juggle

Do a science experiment

Make paper flowers or snowflakes

Create an imaginary creature and
write its story

Play Simon Says

Draw or paint pictures and host
an art show



Gratitude & Mindfulness Kit

Ages 5-11

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.**

The real bonus is the quality time which is his love language, double whammy!."

- Katherine."

★★★★★



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