

How to Raise Kids to Do Hard Things

Research shows resilience isn't something kids are born with. It grows through supportive relationships, practice, and learning how to regulate emotions.

1

REGULATE FIRST

Calm first. Coach second.

The brain learns when it feels calm, not when it feels stressed.



SAY:

"I'm here with you."
"Let's take a break."
"We'll figure this out together."

3

TAKE TINY STEPS

Break it down. Start small.

Break big challenges into small steps. Confidence grows with each small win.

TRY:

Goal: Presenting a project in front of the class

Small step: Practice one sentence at home



After the Hard Thing, Ask:

"What did you learn about yourself?"
"What was the hardest part?"
"What helped?"

2

VALIDATE AND BELIEVE

Stay close and believe in their growth.

Feeling understood builds safety. Believing in them builds confidence.

SAY:

"This feels really hard right now."
"I believe you can handle it."
"Let's take one small step together."



Confidence Follows Action

Confidence doesn't come first. Trying comes first. Confidence grows after your child takes action.



Resilience = Support + Effort

Resilience grows when your child works through challenges with support nearby. It develops in the space between: "I'm struggling" and "I did it."



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Not sure if it applies to you?

Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#)

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#)

If you have any questions, email us at support@biglifejournal.com

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– The Big Life Journal Team

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Big Life Journal

Two funny aliens. One kid who finally feels understood.

A new podcast for ages 6–11. Pip and Nova explore Earth and help kids feel braver, kinder, and less alone in the hard stuff.

**“BIG LIFE
UNIVERSE”**
TRANSMISSIONS



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Screen-Free



Social-Emotional Learning
(SEL)



Written to be funny



Listen at home or
on the go

“I LOVED IT! ...The suspense, the excitement, the jokes, the nerdy stuff!”

9-year-old listener

“They were laughing and repeating the lines.”

A parent

What your child grows into:

- ✓ Trying even when it's hard
- ✓ Including the kid on the outside
- ✓ Being kind to their own mistakes
- ✓ Feeling brave to ask for help
- ✓ Accepting all their emotions



MEET

PIP & NOVA

They travel to Earth for one mission:
understanding humans.

In each episode, your child becomes an Agent — joining Pip and Nova to decode friendship, feelings, mistakes, and the everyday hard stuff.



Ready for your child to **join the mission?**

Every new Agent gets a Welcome Packet!

or scan with
your phone



START YOUR 7-DAY FREE TRIAL

Want a taste first?

► **Listen to the trailer**

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Now that you have this resource, build the future-ready skills!
Join GrowthMinded, THE DIGITAL MEMBERSHIP & TOOLKIT with expert guidance and evidence-based tools.

5 Skills Every Child Needs to Thrive

One science-backed framework. Two ways to use it. 1-1 coaching included.



You aren't doing this alone. Every GrowthMinded membership includes unlimited 1-1 coaching. Whether you need a script for a tough classroom moment or advice for a difficult evening at home, our experts are here to guide you.

Choose the option that's right for you:

Bring Resilience Home

- Bite-sized activities to build life skills
- 1-1 coaching to help you stay calm when they aren't
- From toddlers to teens, we have the roadmap

Explore the parent's path

Teach Life Skills with Zero-Prep

- Interventions for Tier 1 & 2 support
- 1-1 professional coaching for complex case support
- The Home-Connection Bridge: Ready-made guides to ensure consistency at home

Join the educator's path

Join the clinical & private practice path

Used by 2,000+ homes, schools, and clinics worldwide. Research-backed and evidence-based.