

HOW TO VIEW A CHALLENGE



AND IF IT GETS TOO HARD...





HELPING YOUR CHILD COPE WITH A CHALLENGE

1. Practice listening when your child vents about a problem.

2. Teach about the power of "YET" and model it for your child with your struggles. For example: "I can't do this YET."

3. Encourage simple problem-solving skills. "What would happen if...?"

4. Remind them of past struggles and accomplishments.

5. Know when to lend a hand. Has your child tried several different strategies and is still struggling? Offer help.

Challenges Kit

Ages 5-11

This uplifting digital kit features five positivity-boosting challenges (over 40 pages) to nurture loving self-talk, growth mindset, gratitude, and positive friendships.

"The Challenges Kit is terrific! My 2nd grader and 5th grader both benefited from using it. It's engaging and multi-sensory, which is great for my kids who learn differently."

- Laurie O.

★★★★★



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Big Life Journal team