

# CHALLENGES

## KIT *for children*

**5-DAY GROWTH MINDSET CHALLENGE**

**5-DAY SELF-LOVE CHALLENGE**

**7-DAY GRATITUDE CHALLENGE**

**7-DAY POSITIVITY CHALLENGE**

**Big Life Journal**

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# GROWTH MINDSET

## printables

by Big Life Journal

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## GROWTH MINDSET PRINTABLES KIT

With these fun and effective worksheets and guides, you can teach your child (or students) how to persist through challenges, learn from mistakes, and not be afraid to fail!

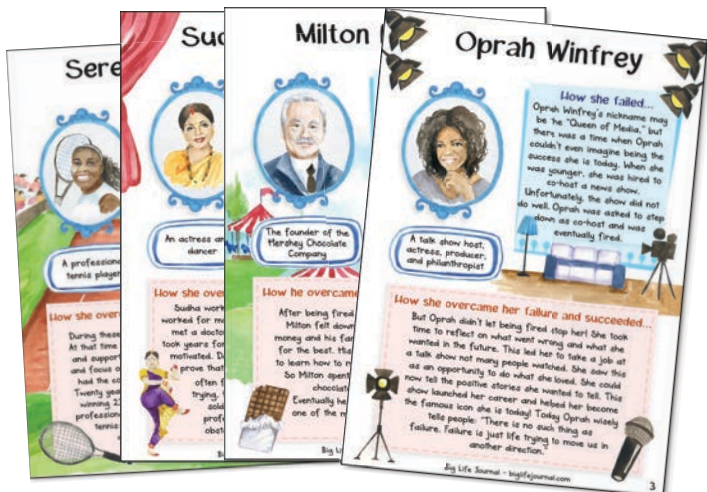
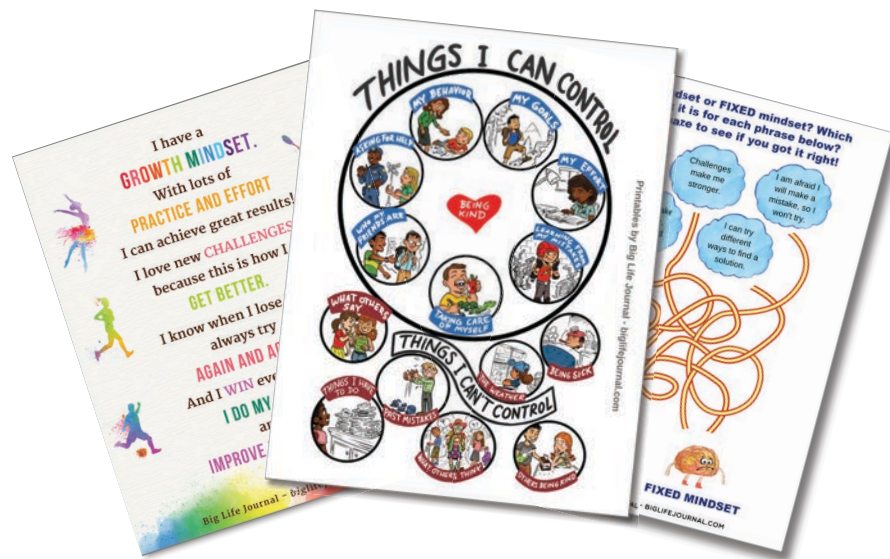
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## FAMOUS FAILURES

These handouts are designed to help kids overcome the fear of failure. These printable worksheets highlight famous people from around the world who have failed on their way to success.

[Click here to learn more.](#)



# 5-DAY GROWTH MINDSET CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

- ☐  I Can Change My Mindset!
- ☐  My Word Search
- ☐  FIXED or GROWTH Mindset
- ☐  My Power of YET!
- ☐  5 Things I Can Tell Myself



# I CAN CHANGE MY MINDSET!

Cut out the pieces below.  
Match the **FIXED** mindset quote with the **GROWTH** mindset quote. Fill in the blank cards to make your own pieces!

**FIXED  
MINDSET**

**GROWTH  
MINDSET**

I am not  
that good  
at this.

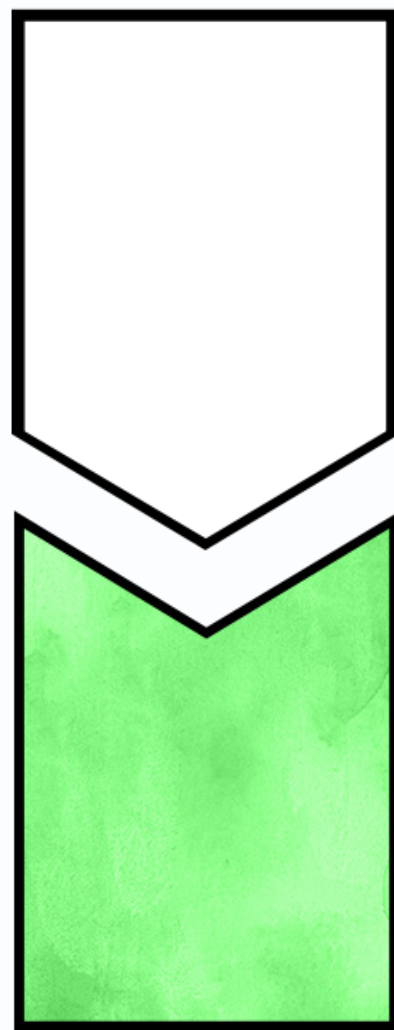
Mistakes  
help me  
to learn.

It's  
good  
enough.

This may  
take  
some time  
and effort.

I can't  
make this  
any  
better.

I am not  
good at  
this  
YET!



I  
give  
up.

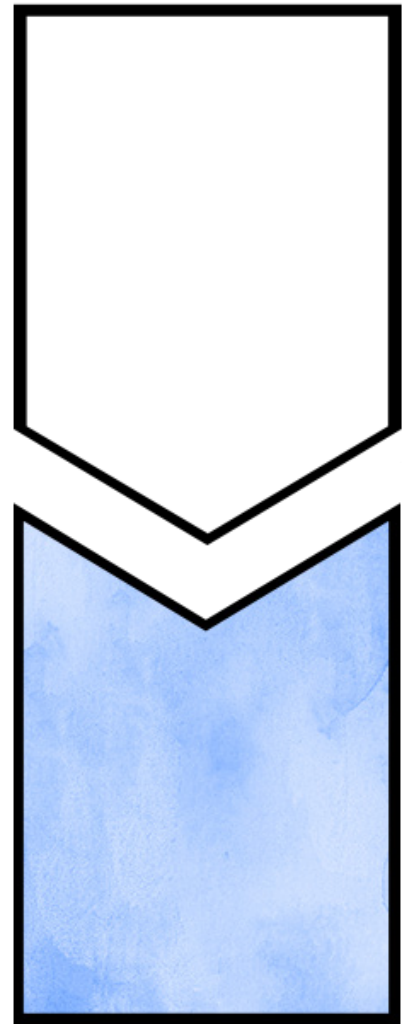
Is this  
really my  
best work?

This is  
too hard.

I'll use  
other  
strategies.

I made a  
mistake.

How can I  
improve  
this?



# ANSWER SHEET



I am not that good at this.	I am not good at this YET!
-----------------------------	----------------------------

I give up.	I'll use other strategies.
------------	----------------------------

It's good enough.	Is this really my best work?
-------------------	------------------------------

This is too hard.	This may take some time and effort.
-------------------	-------------------------------------

I can't make this any better.	How can I improve this?
-------------------------------	-------------------------

I made a mistake.	Mistakes help me to learn.
-------------------	----------------------------

# MY WORD SEARCH PUZZLE

MY NAME \_\_\_\_\_

Complete one or both word puzzles below. Find and circle the **growth mindset words** inside each grid. The hidden words can run forwards, up, down, or diagonally. The words may also overlap.

1

BRAVE      GRIT      LEARN      GOALS  
 EFFORT   IMPROVE   GROWTH   POSITIVE

F	G	O	A	L	S	A	D
P	Q	L	G	R	I	T	U
Z	F	E	P	O	H	T	B
X	G	A	O	T	W	I	R
Z	R	R	S	E	J	M	A
K	O	N	I	F	F	P	V
K	W	Q	T	F	A	R	E
F	T	R	I	O	E	O	D
W	H	L	V	R	N	V	A
S	A	Q	E	T	P	E	S

2

OPTIMISTIC      CHALLENGES      PRACTICE  
 MOTIVATION      RESILIENCE      IMPROVEMENT  
 REFLECTION      DISCOVERIES      PERSISTENCE

K	W	O	A	R	E	F	L	E	C	T	I	O	N	P	K	E
I	D	M	N	D	L	S	V	P	I	D	Q	E	F	E	C	V
B	I	F	X	Q	L	N	H	O	H	O	T	T	Y	V	H	Q
E	C	M	D	R	S	L	P	P	Z	W	X	R	J	Z	A	Q
T	C	H	E	D	X	H	T	T	A	P	S	G	D	M	L	O
V	S	V	N	T	J	J	C	I	S	E	Z	F	F	Q	L	L
N	C	R	X	Q	O	Q	J	M	E	R	S	P	V	J	E	H
W	T	C	Q	L	G	W	U	I	W	S	S	L	C	U	N	C
B	R	K	R	I	A	V	H	S	O	I	P	B	K	U	G	J
G	G	E	E	S	M	S	D	T	Y	S	L	I	K	R	E	O
P	G	U	S	J	J	P	G	I	E	T	O	Y	V	X	S	P
D	W	P	M	I	O	G	R	C	I	E	J	A	C	N	P	F
S	K	Q	S	J	L	R	P	O	Y	N	I	D	V	O	L	E
N	P	R	A	C	T	I	C	E	V	C	S	A	O	U	M	W
Y	J	M	T	Z	G	Q	E	B	O	E	O	P	I	A	U	G
F	L	S	S	U	I	F	K	N	V	K	M	S	T	O	C	T
U	K	H	B	F	F	D	I	S	C	O	V	E	R	I	E	S
O	W	X	E	C	S	Y	W	P	G	E	L	Y	N	U	H	D
I	C	M	D	B	M	K	B	S	Q	J	M	K	K	T	X	C
F	J	B	E	L	V	W	J	F	M	X	D	V	Y	E	F	T
U	I	K	F	F	L	P	G	I	X	O	G	T	Z	P	X	U
Z	K	M	O	T	I	V	A	T	I	O	N	O	J	H	L	J



# FIXED OR GROWTH?

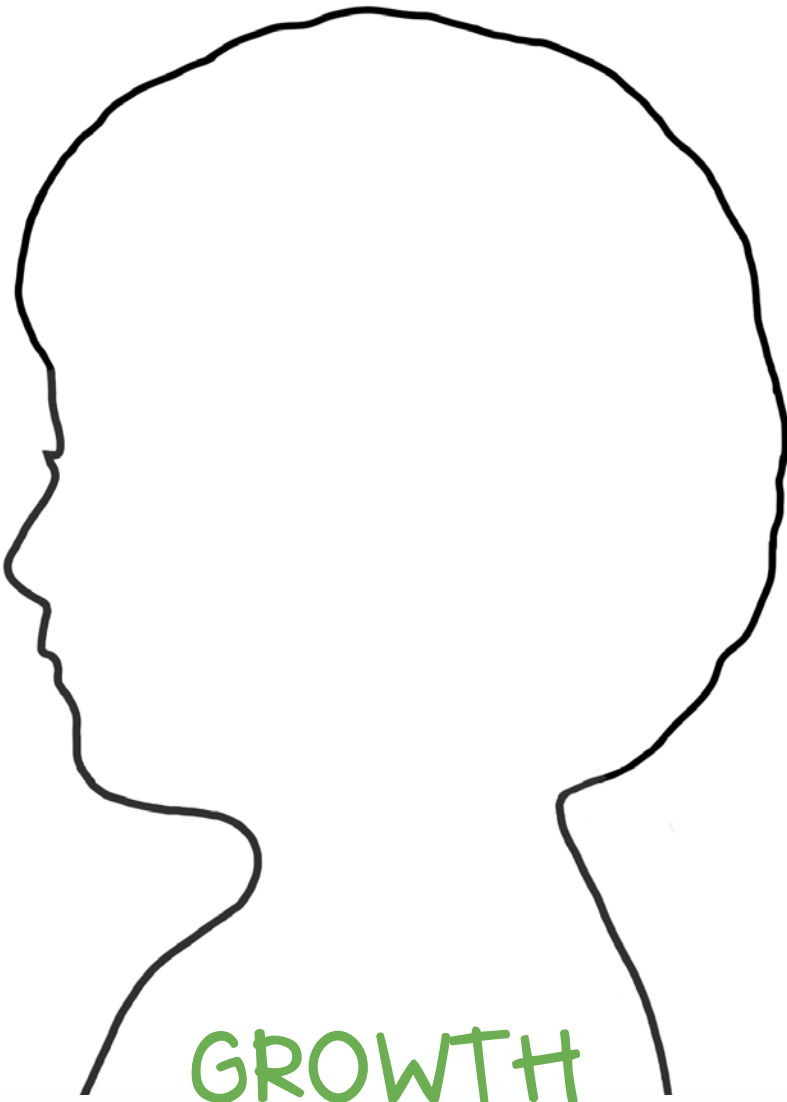
MY NAME \_\_\_\_\_

Read the sayings below and determine whether they belong in a **FIXED** or **GROWTH MINDSET**. Write the answers inside each silhouette. Add some of your own!



**FIXED**

- DOESN'T TRY
- PUTS IN EFFORT
- AVOIDS CHALLENGES
- IGNORES FEEDBACK
- LEARNS FROM FAILURES
- MISTAKES ARE BAD
- EMBRACES CHALLENGES
- KEEPS GOING
- GIVES UP EASILY
- LEARNS FROM FEEDBACK



**GROWTH**

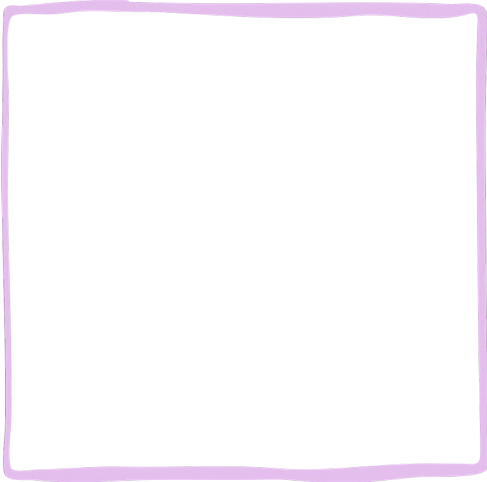


# MY POWER OF



Before you knew how to do something, you didn't know how to do it YET.

Draw something you can do very well.



How did you become good at it?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



MY NAME

\_\_\_\_\_

Draw or paste a picture of YOU below.



When you think you can't do something, add the word "YET" at the end of your sentence.

**I can't do that... YET!**

Write your sentence below:

I CAN'T

\_\_\_\_\_

YET!

I DON'T KNOW

\_\_\_\_\_

YET!

# 5 THINGS I CAN TELL MYSELF

Imagine you're working on something very hard. A difficult puzzle, for example. It's getting tough but you don't want to give up! What can you tell yourself to **keep going**?

MY NAME  
\_\_\_\_\_

I'm on the  
right track!

Draw yourself here:

I can do  
hard  
things!

# 5-Day SELF-LOVE challenge

To complete this challenge, choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

☐

I can build my self-love each day

☐

Rays of sun

☐

My heart map

☐

You are amazing!

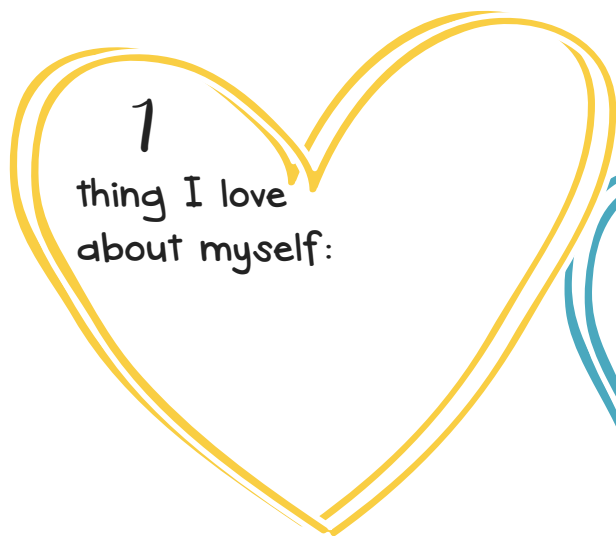
☐

What I love about me

Day 1

# I CAN BUILD MY SELF-LOVE

## each day



1  
thing I love  
about myself:



2  
fun things  
about me:



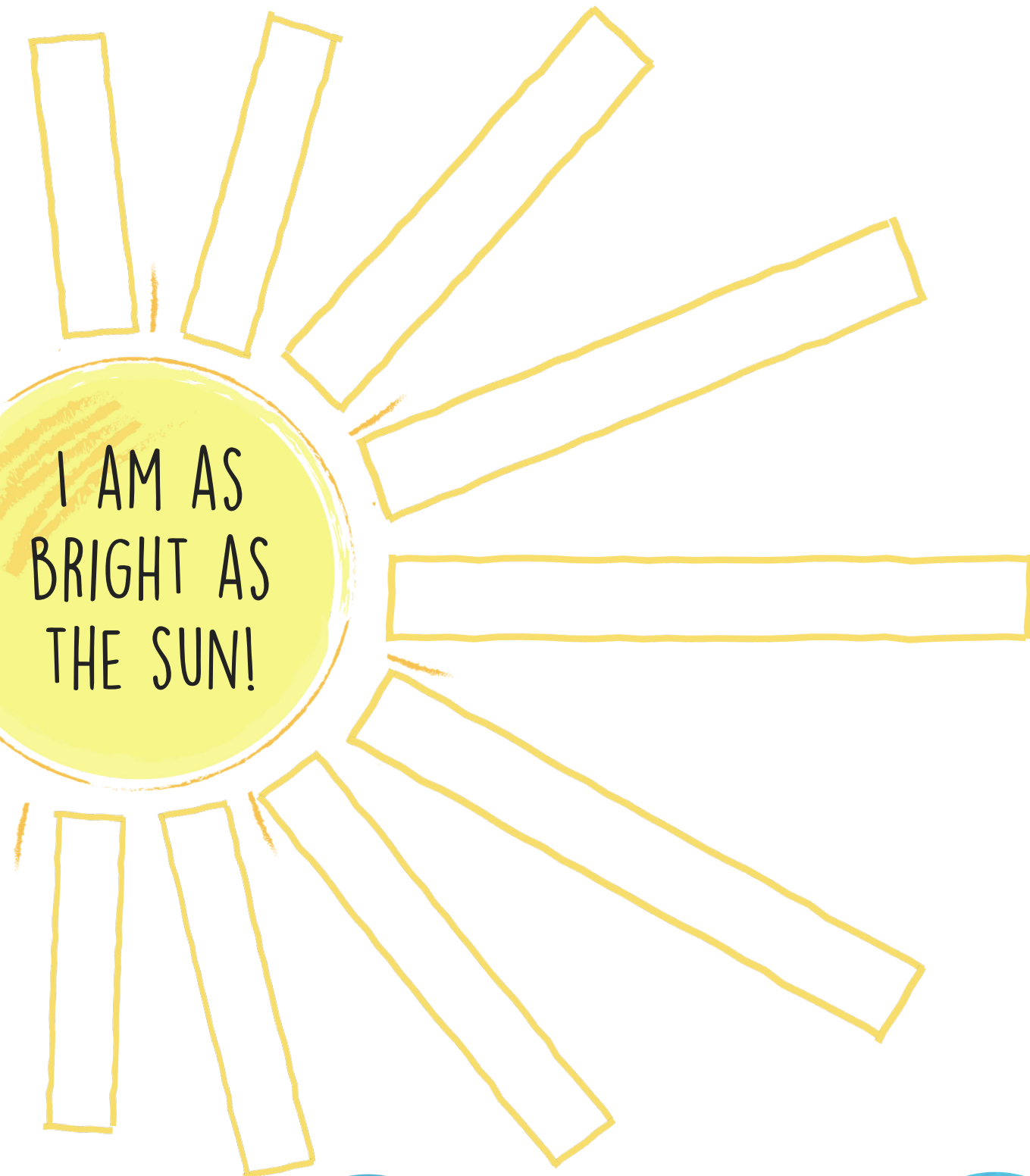
3 ways I show kindness to others:

4 positive qualities I have:

5 things I did well this week:

# Rays of sun

You are as bright as the SUN! Affirmations remind us of who we are and help us feel happy and confident. Create your own affirmations in the rays below or use the next sheet to help you!





# Rays of sun

## AFFIRMATIONS

Color and cut the affirmation rays below and glue them on your sun!

I am kind.

I am loved.

I am strong.

I am helpful.

I am a leader.

I choose my attitude.

I am proud of myself.

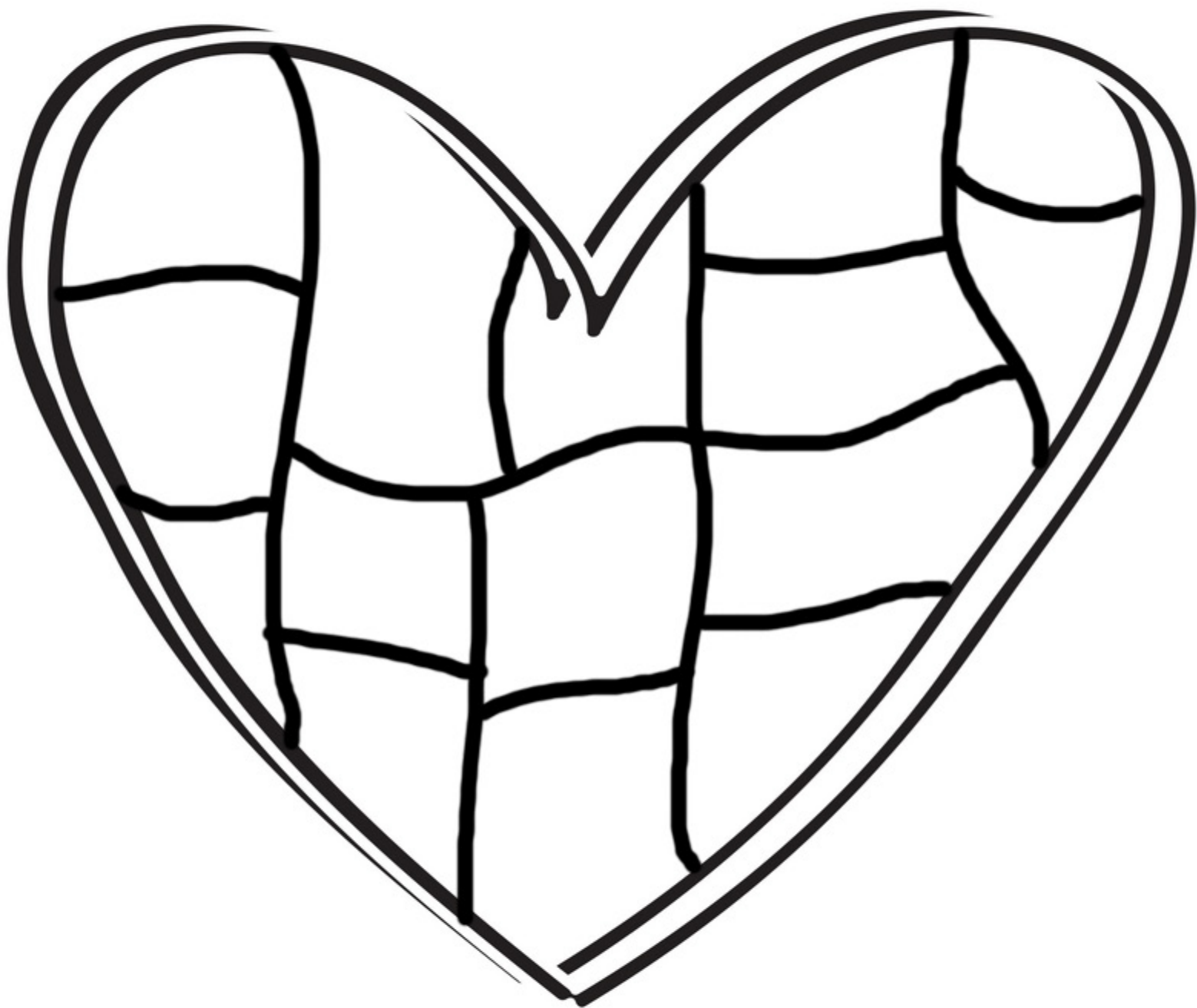
I reach for the stars.



Day 3

# My Heart Map

You have a BIG heart! Draw pictures or write down some of the people, places or things that are close to your heart!



# You are amazing!

Create your own affirmations by following the three steps below.

1

Start with...

I or You

2

Then choose...

am

or

are

3

End with...

kind

grateful

resilient

brave

loved

creative

determined

helpful

optimistic

compassionate

insightful

fearless

capable

hardworking

Write down four affirmations about yourself. Write one about someone else!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Day 5

What I

love

about me!

What I love about my body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is unique about me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



I stay strong and healthy by:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things my body can do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 7-DAY

# Gratitude Challenge

To complete this challenge find a Challenge Buddy and work through the activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

☐

DAY 1

My Gratitude Jar

☐

DAY 2

Today Was A Great Day

☐

DAY 3

A Thank-You Letter

☐

DAY 4

My Gratitude List

☐

DAY 5

Giving Thanks

☐

DAY 6

Mini Thank-You's

☐

DAY 7

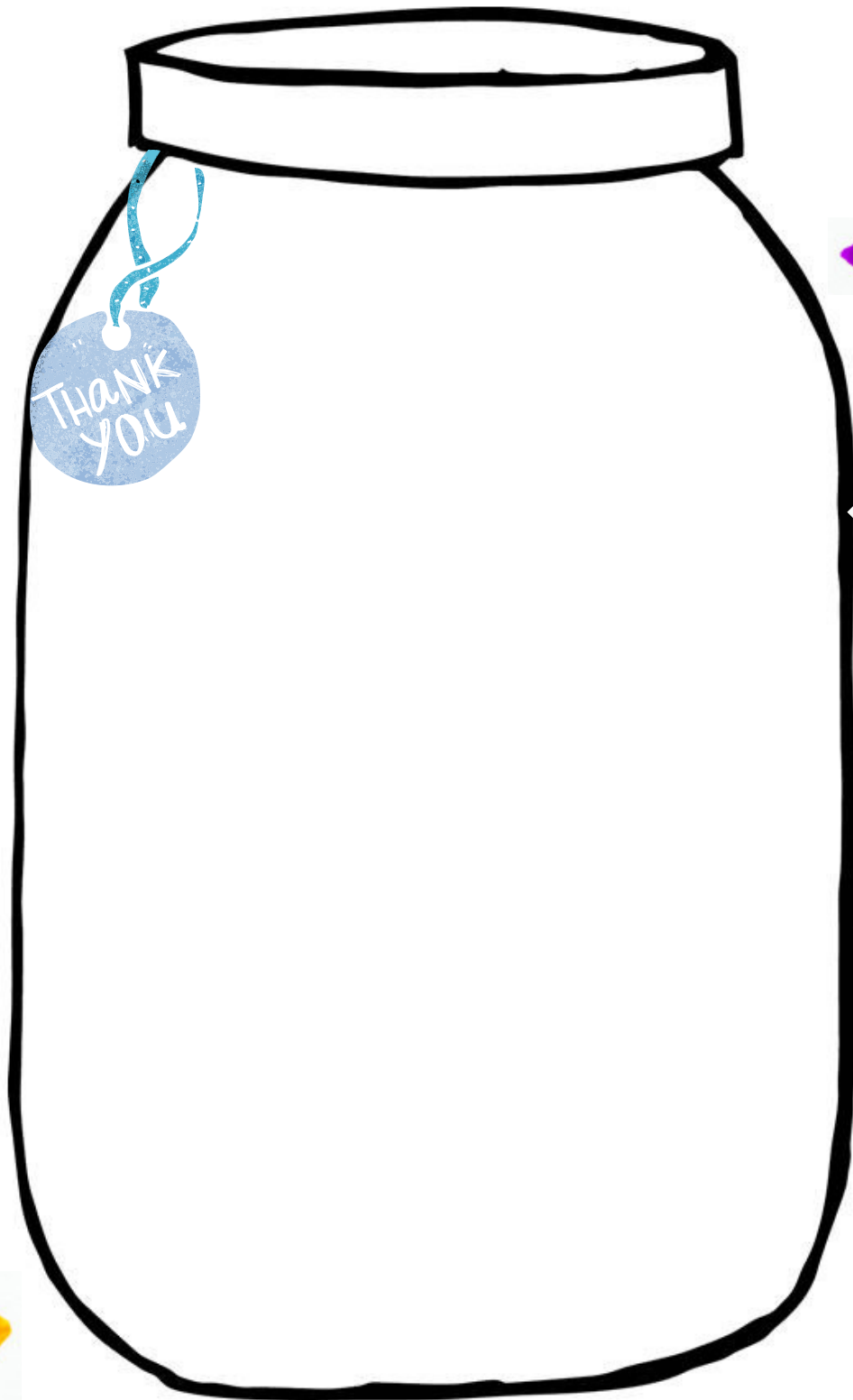
Grateful To Be ME



Day 1

# My Gratitude Jar

Think about different people, things, and events you are grateful for.  
Write what and who you are grateful for inside your "Gratitude Jar" below.



Day 2

# Today was a Great Day!

Today I am thankful for...

---

---

---

The best part of my day was...

---

---

---

I felt joyful today when...

---

---

---

I can make tomorrow great by...

---

---

---



# A Thank-You Letter

Think about someone who did something kind, generous, or nice for you recently. Write them a thank-you letter in the space below. Tell them why you would like to thank them. When you're done, you can cut the letter out and mail it to the person. Imagine how happy they will be when they receive it!

Dear \_\_\_\_\_,

*Thank you*

*for* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*from* \_\_\_\_\_.

# My Gratitude List

Write down things you're grateful for next to each word below.

I am grateful for...

COLOR \_\_\_\_\_

BOOK \_\_\_\_\_

SONG \_\_\_\_\_

MOVIE \_\_\_\_\_

SMELL \_\_\_\_\_

PERSON \_\_\_\_\_

ANIMAL \_\_\_\_\_

FOOD \_\_\_\_\_

DRINK \_\_\_\_\_

SEASON \_\_\_\_\_

PLACE \_\_\_\_\_

GAME \_\_\_\_\_

HOLIDAY \_\_\_\_\_



# Giving Thanks

Think of someone you know like a family member, a friend, or a teacher. Think about why you're thankful for this person. Write a letter to them by filling in the empty spaces below.

Dear \_\_\_\_\_,



THANK YOU



for being a great \_\_\_\_\_

My favorite part about you is \_\_\_\_\_.

I am thankful that you taught me how to \_\_\_\_\_.

I love when we \_\_\_\_\_ together.

You are great because \_\_\_\_\_.

Love,



\_\_\_\_\_.



# Mini Thank-You's

Write these mini thank-you notes to anyone you know. It could be your friend, your neighbour, or even the mailperson who delivers mail to your home every day.

If you wish, cut the notes out and share them with the people you wrote them to. These mini thank-you's can bring a HUGE smile to someone's face!

Dear \_\_\_\_\_,  
thank you for \_\_\_\_\_  
\_\_\_\_\_

thank from \_\_\_\_\_  


Dear \_\_\_\_\_,  
thank you for \_\_\_\_\_  
\_\_\_\_\_

 from \_\_\_\_\_  
thank you 

Dear \_\_\_\_\_,  
thank you for \_\_\_\_\_  
\_\_\_\_\_

 from \_\_\_\_\_

Dear \_\_\_\_\_,  
thank you for \_\_\_\_\_  
\_\_\_\_\_

 from \_\_\_\_\_  
Thank You!

# Grateful To Be ME



What **SKILLS** do you have that you're grateful for?

---

---



What have you done recently that made you **PROUD**?

---

---



Write 3 things about yourself you're grateful for:

1

---

2

---

3

---

# 7-DAY POSITIVITY CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a checkmark next to it below!

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

- ☐  Write down 5 things you like about yourself
- ☐  Practice Loving Kindness meditation
- ☐  Describe and draw your awe moment of the day
- ☐  Give at least three compliments to three different people
- ☐  Try a new thing or activity
- ☐  Do something kind or helpful for someone
- ☐  Set a goal and make a plan to reach it

# 5 THINGS I LIKE ABOUT MYSELF...

- 1 I am \_\_\_\_\_
- 2 I am \_\_\_\_\_
- 3 I am \_\_\_\_\_
- 4 I am \_\_\_\_\_
- 5 I am \_\_\_\_\_



# LOVING KINDNESS MEDITATION

Practice this meditation together with your challenge buddy. It will remind you of self-love, love for your friends and family, and for all creatures in the world.

Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Take a deep breath in. And breathe out.

**Step One:** Read this aloud together with your challenge buddy:

May I be healthy. May I be peaceful. May I be happy.

**Step Two:**

Read this to each other with your challenge buddy:

May you be healthy. May you be peaceful. May you be happy

**Step Three:**

Think of someone in your family. Who is it?

Write his/her name here: \_\_\_\_\_

Now you can send them health, peace, and happiness. Imagine sending your love to him/her. You can imagine your love flying towards him/her like a paper airplane or an air balloon. If you wish, you can close your eyes to imagine it.

Say their name first, and then:

May you be healthy. May you be peaceful. May you be happy.

**Step Four:**

Now you can send health, peace, and love to anyone in the world! Think of someone in your family, your friend, teacher, or anyone else. You can also think of any creatures like animals in the woods or fish in the sea. Write down below who you would like to send health, peace, and happiness to and say the magic words:

\_\_\_\_\_

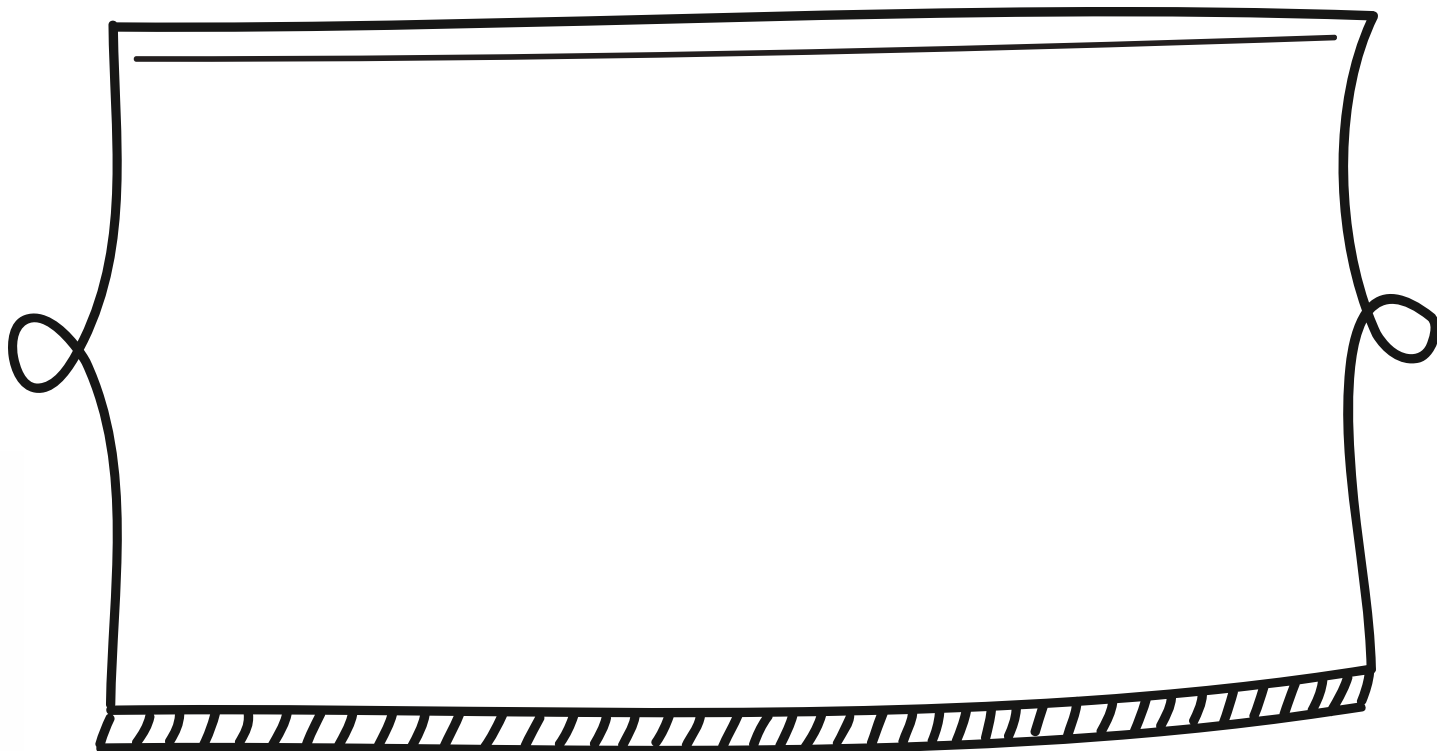
May you be healthy. May you be peaceful. May you be happy.



# MY AWE MOMENT

Awe moments are special moments throughout the day when you see or hear something beautiful or amazing. In awe moments, you have an overwhelming feeling of wonder or admiration. For example, you can experience an awe moment when you see a beautiful flower or hear a bird singing.

Think of an awe moment you had today. Draw it below:



Describe your awe moment here:

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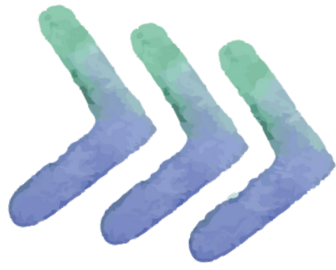
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# THREE COMPLIMENTS

Give at least three compliments today to three different people. You can compliment what they did, what they said or what they had. Write down each person's name and your compliment below.



I gave this compliment to:

My compliment:

I gave this compliment to:

My compliment:



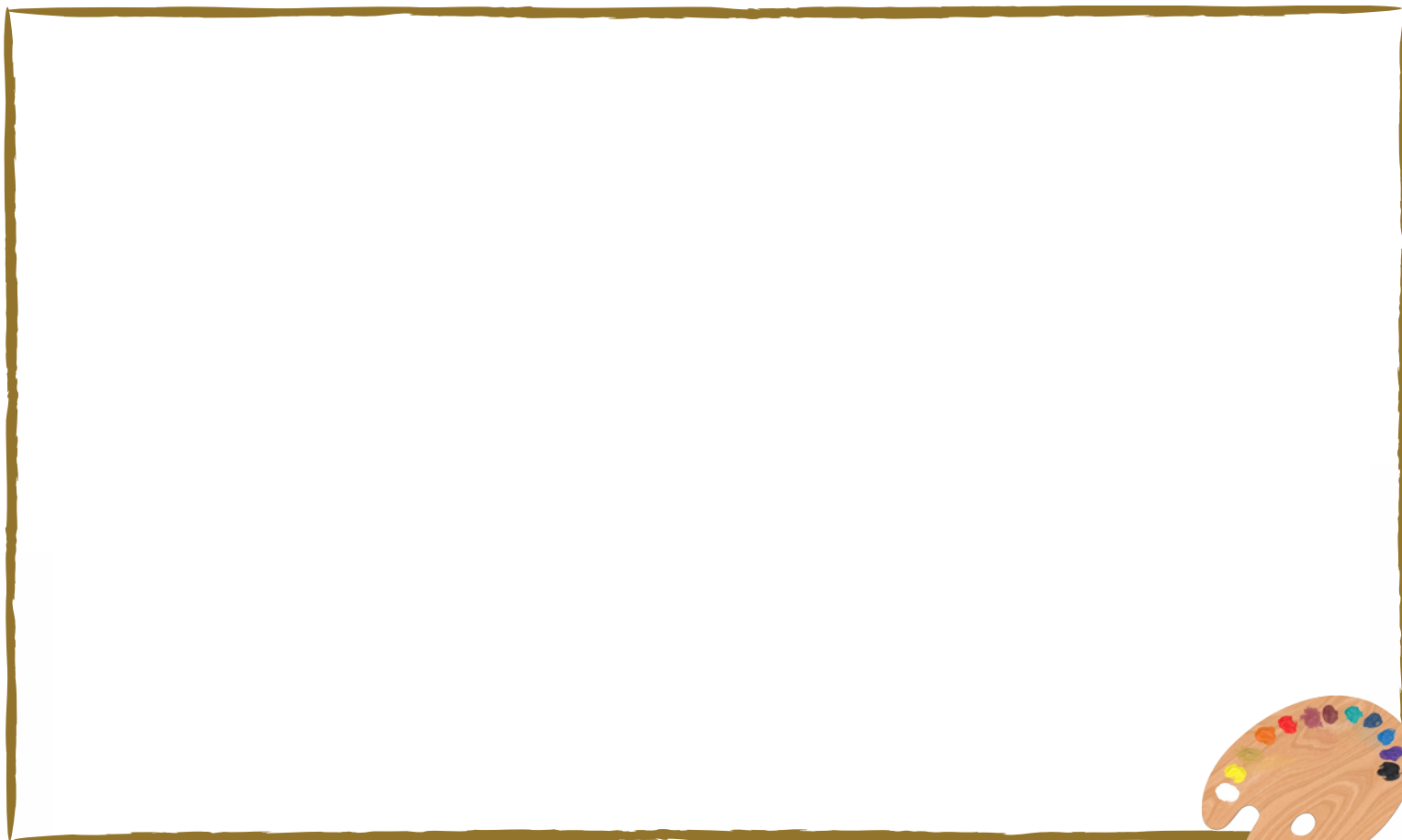
I gave this compliment to:

My compliment:



# A NEW THING OR ACTIVITY

Try a new thing or activity today. Draw what you did below.



Describe what you did here:

---

---

---

---

---



# A KIND OR HELPFUL THING

Do something kind or helpful for someone unexpectedly.

Write who you did the kind or helpful thing for below:



Describe the kind or helpful thing you did:

---

---

---

---

---



How did you feel when you did this?

---

---



How do you think the other person felt when you did it for him/her?

---

---



# A NEW GOAL

Think of a new goal you would like to achieve. It could be something you want to learn, do or become. Write your goal at the top of the goal ladder below.

Then write down the steps you will take on each rung of the ladder starting from the bottom.

My goal:

Then this:

Then this:

Then I will do this:

I will do this first: