

# 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.



Big Life Journal



# 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.

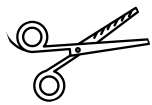
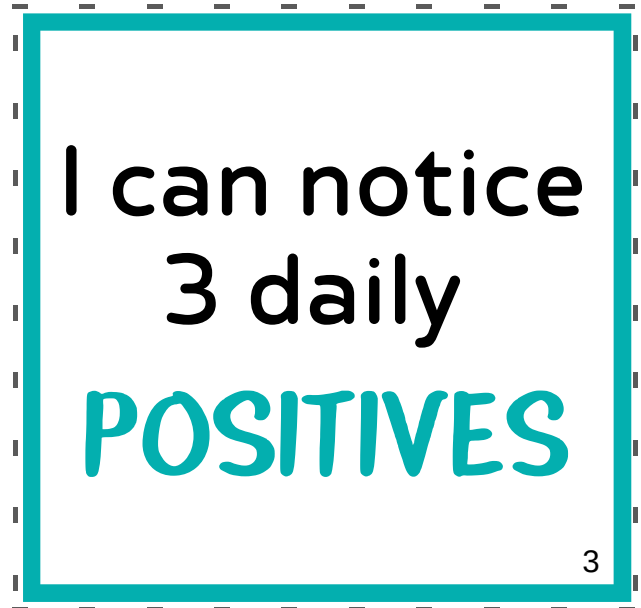
6

- ★ 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.

7

- ★ 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.

8



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

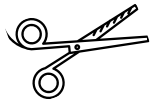


I can do  
something  
**I LOVE**

4

I can have a  
**COMPLAINT-  
FREE DAY**

5



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

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

I can  
**CHEER**  
up  
someone

6

I can  
be  
**MINDFUL**

7

I can  
**HELP**  
someone

8



# 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.





# 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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