

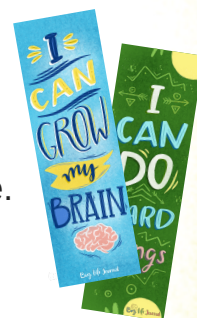
# GROWTH MINDSET BOOKMARKS FOR KIDS.



Make a growth mindset bookmark for your Big Life Journal or another favorite book!

## How to make a rectangular bookmark with inspiring message

- Print out page 2 of this printable pack.
- Cut out the bookmarks. Use card stock for a more sturdy bookmark or laminate.
- Optional: punch a hole at the top and add a fun tassel.



## How to make a corner bookmark



Print out pages 2 or 3 on regular printer paper and cut out the square and feather piece.



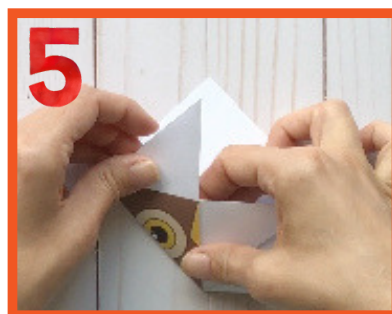
Fold square in half diagonally to create a triangle. Press along all the folds to crease.



Flip the triangle over. Fold each outer corner of the triangle to meet together at the top of the triangle so the illustration comes together.



Unfold the two corners you folded in the previous step. Fold the top point of the triangle down, using only the top layer.



Fold left corner back up and tuck it behind the new pocket you created in the last step. Repeat with the other corner.



For the owl bookmark, add the feathers behind the top point of the owl's head with glue or tape.



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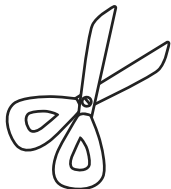
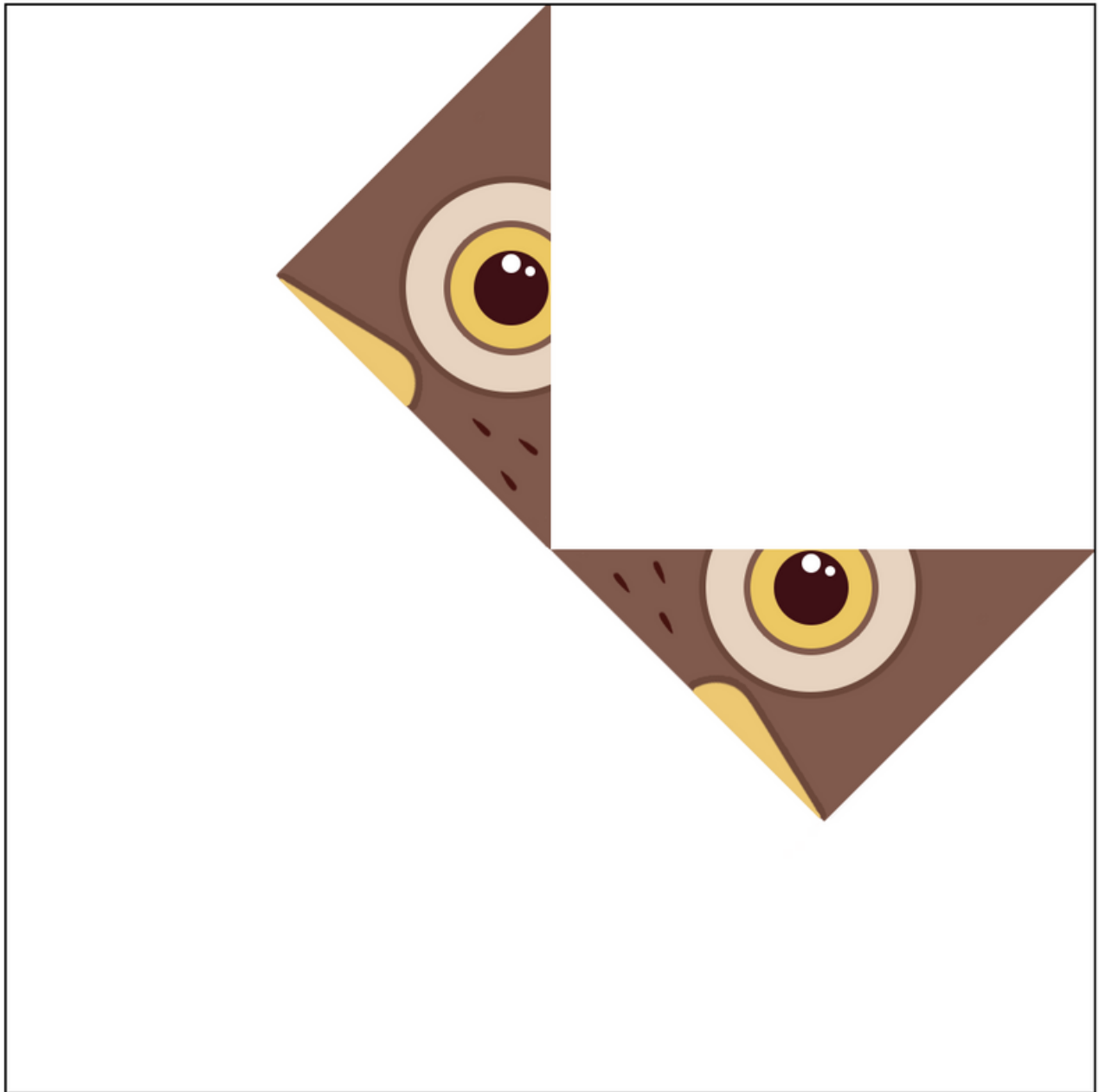
Print and cut out the bookmarks, use card stock for a more sturdy bookmark or laminate. You can also punch a hole at the top to add a fun tassel.





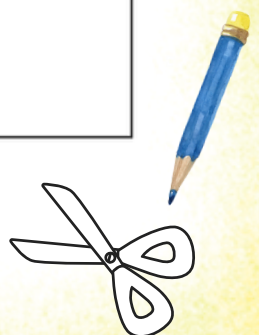
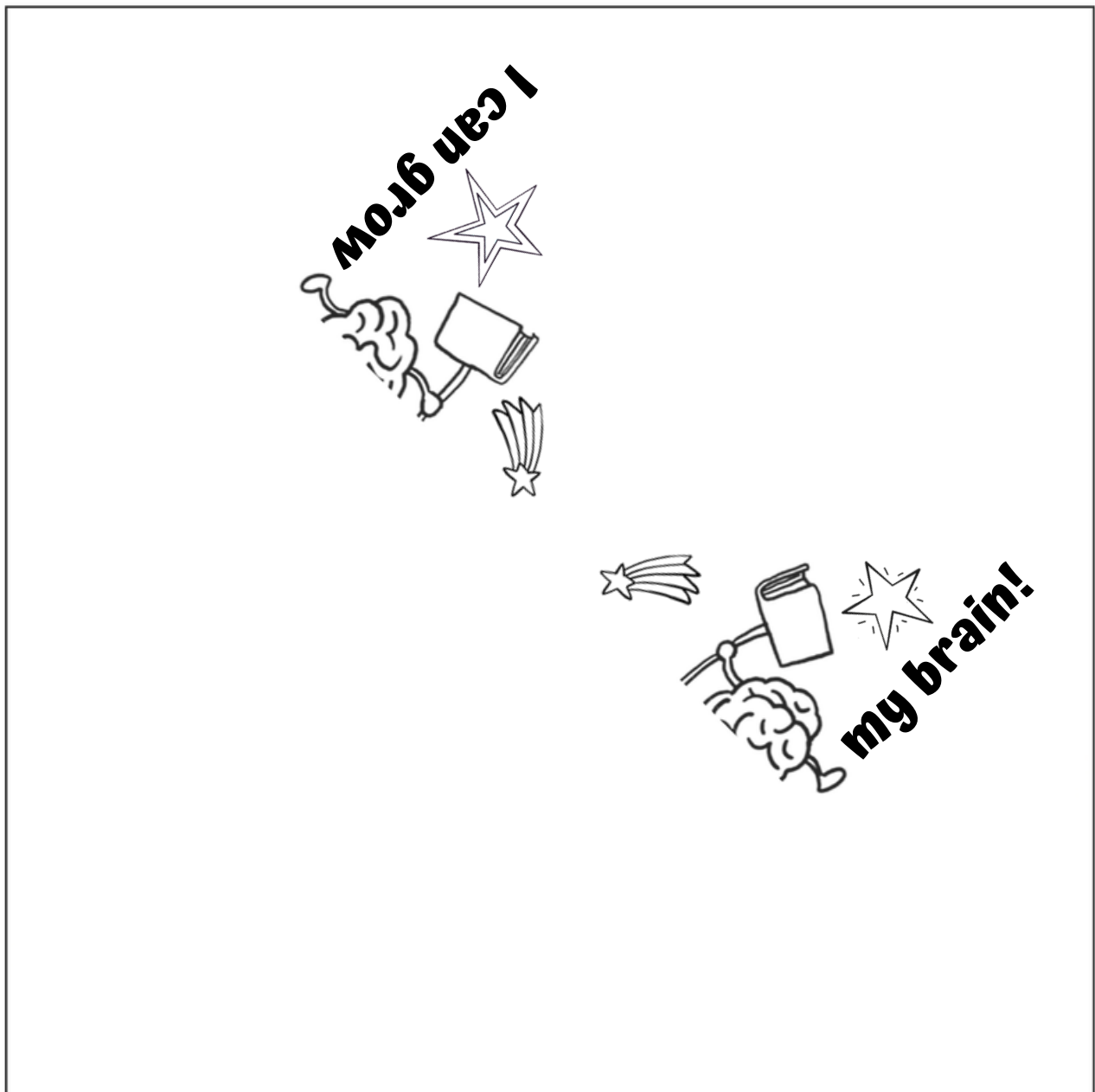
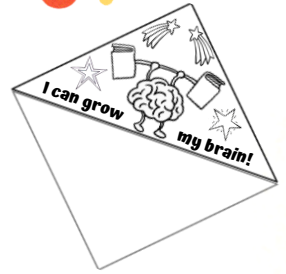
# GROWTH MINDSET BOOKMARKS FOR KIDS

Print and cut out the square and feather piece below.  
Follow directions on Page 1.



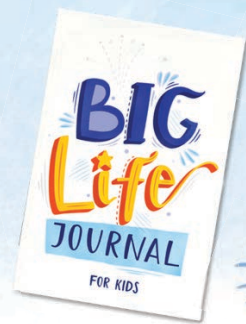
# GROWTH MINDSET BOOKMARKS FOR KIDS.

Print and cut out the square below. Follow directions on Page 1.



# How to make **THE MOST** of your

## BIG LIFE JOURNAL



### CONSIDER THIS BEFORE STARTING

Ask yourself these questions:

- What do I hope my child will GAIN by using Big Life Journal?
- How much do I KNOW about growth mindset?
- How much TIME do I have available to be my child's Journal Buddy?



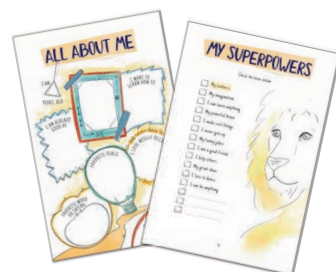
### HOW TO GET KIDS EXCITED ABOUT IT

- Show **your** excitement about the journal and joining them as their Journal Buddy.
- Share your positive thoughts and feelings about learning from each other.



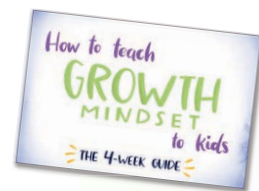
### WHERE TO BEGIN

- Encourage your child to start with the All About Me and the My Superpowers pages at the beginning of the journal.
- Ask them what **they** think the journal is about.
- Slow down, this will set the stage for you and your child and give you time to mentally prepare and process this new journey.



### HOW TO MAKE IT EASY FOR YOU

- Focus on your purpose.
- Do a bit of prep work.
- Use our free 4-Week Guide available in the blog post on our website.



### HOW TO MAKE IT ENJOYABLE

- Keep It Simple, Sweetie. Kids like simple ideas and topics, trust the process.
- Have realistic expectations. Change usually doesn't happen overnight.
- Release the pressure. Just remember to keep it relaxed.
- Remember, writing prompts are only suggestions.



### HOW TO MAKE IT FUN

- At the end of each chapter, your child can color an inspiring message. Carefully cut out the pages to assemble into their own beautiful poster.
- For each topic, invite your child to make a poster, collage, or picture.



### HOW TO MAKE THE MOST OF IT

- It's important to put ideas into practice!
- Make it a fun game to brainstorm how you both can apply the topics in real life.
- Brainstorm three ways you can practice what you learned in the journal together.

