

Find SOMETHING SPECIAL in Others!

Get to know your friends, classmates, and family!
Write the person's name inside each square.

MY NAME _____

someone
with a nice
smile

someone who has
a great handshake

someone who
loves to help
others

someone who
loves dancing

someone
who loves
snow

someone who
loves to read

someone born in
another country

someone who
plays piano

someone
who loves
dogs

someone who
recently learned
a new skill

someone who
loves to travel

someone
who loves
to draw

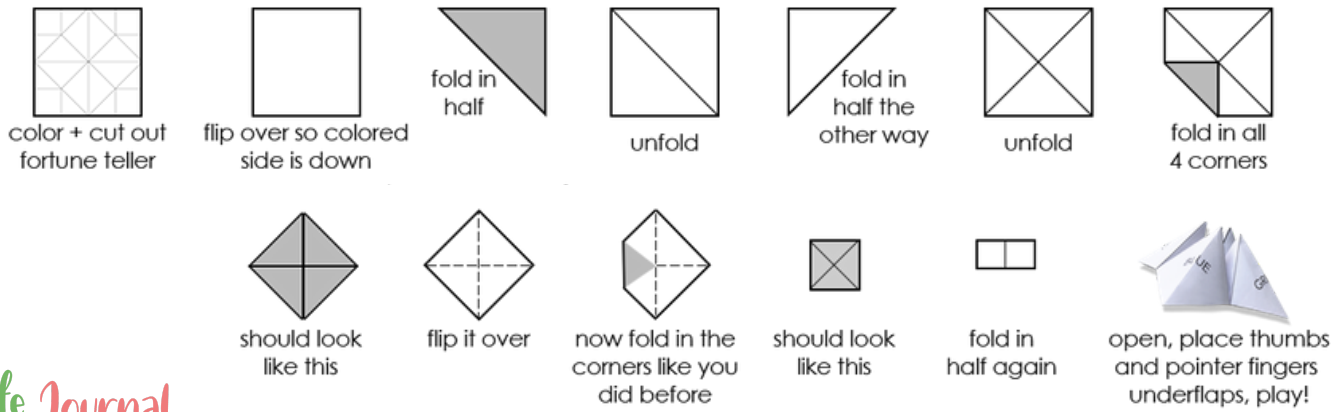
someone who
makes funny
jokes

someone who
loves to cook

someone who
has a sibling

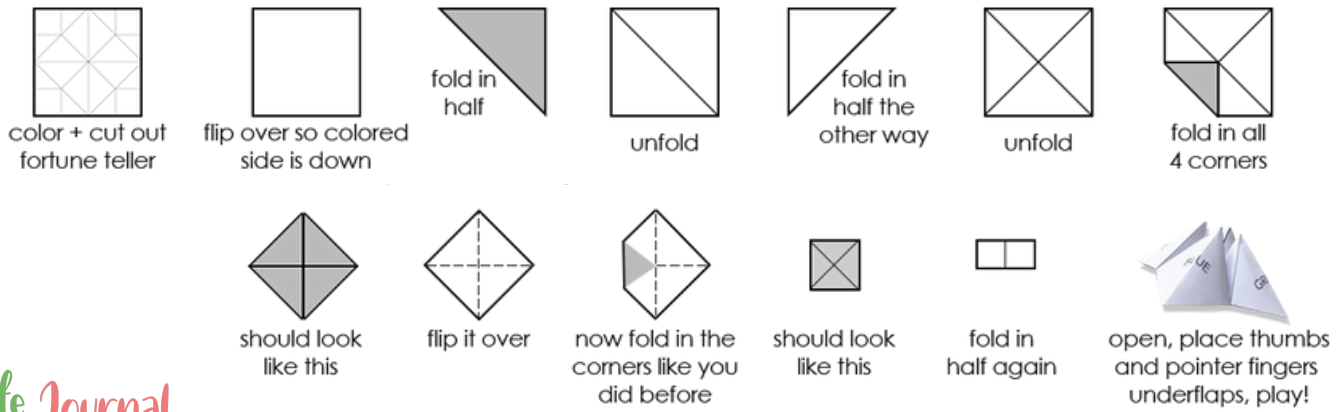
FRIENDSHIP FORTUNE TELLER

BLUE	6 What's something challenging that you've recently done?	7 What made you happy today?	RED
5 If you could have a superpower, what would it be and why?	8 If you could learn any skill what would it be?	1 Name an interesting place you'd like to visit.	2 If you could do anything over summer break, what would you do?
4 What is your favorite game?	3 If you knew you couldn't fail, what would you do or try?	YELLOW	



FRIENDSHIP FORTUNE TELLER

BLUE	6 What problem do you want to solve in the future?	7 If you could be any animal, what would you choose and why?	PURPLE
5 Is there something cool you can do and teach it to me?	8 Ask anything you want!	1 Share your favorite joke.	YELLOW
4 What is something you think everyone should try at least once?	3 If you could meet anyone in the world, who would it be?	2 What is one thing you can do really well in and one thing you can't do YET?	
GREEN			



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WAYS TO HELP kids cope with BIG LIFE CHANGES



1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them **time to process** and begin to accept the change.



2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them **work through the emotions** that they're feeling.

If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to **help kids cope** with major life changes. Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on biglifejournal.com



4. KEEP ROUTINES THE SAME

Give your child as much **consistency and stability** as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a **sense of safety**.



5. PROVIDE CONNECTION AND PLAY

Remain consistent is your child's **connection with you**. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some **sense of agency** by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



7. TALK ABOUT OTHER CHANGES

Talk about things they **successfully coped with** in the past. They might include:

- Starting school
- Getting a new pet
- Joining the soccer team
- Going to first grade

