



Enjoy a conversation



Get lost in a book

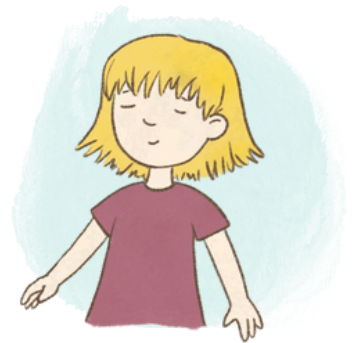


Ask yourself how you're feeling right now



Put your hand on your heart and feel it

# 10 WAYS TO BE IN THE PRESENT MOMENT



Take 5 deep breaths of fresh air



Play your favorite game just for fun



Write in a journal



Taste, smell, touch the food you're eating



Pay attention to someone next to you



Pause and notice the world around you

# the **BIG** Life KIDS PODCAST

## EPISODE 55 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- learn how to be more **patient**
- understand the importance of practicing **patience**
- be **inspired** by Jennifer Lee, a DJ who had to be patient when recovering from a disease

### DISCUSSION QUESTIONS

- What were the names of the “WANTED” rule-breakers on Zara’s list?
- If you were a “WANTED” rule-breaker, what would your nickname be? What would be your crime?
- When was the last time you had to wait a long time for something? How did you feel once you got what you were waiting for?

### TRY THESE ACTIVITIES

1. If your child tends to feel impatient, print out the “Calming Strategies for Children” printable in our [Resilience Printable Kit](#). This helpful poster offers your child different ways they can de-stress as they wait.
2. Inspired by Parenting Expert, [Amy McCready](#), help foster your child’s patience by opting for a few slow-paced games. Consider doing a puzzle together or an old card game. These types of activities will help your child understand the importance of patience and will give you an opportunity to model patient behavior for your child.
3. [Find a pen pal for your child](#). Not only will your child make new connections and learn about different cultures, it will also help your child practice patience as they wait for their pen pal to respond.

*Listen to Episode 55: Play the WAITING game in the Wicked Wild West!  
on Apple, Spotify, Google, and other podcast platforms.*

# Gratitude & Mindfulness Kit

## Ages 5-11

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.**

The real bonus is the quality time which is his love language, double whammy!."

- Katherine."

★★★★★



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With gratitude,  
Big Life Journal team