

# I am Strong Like A Tree

Big Life Journal

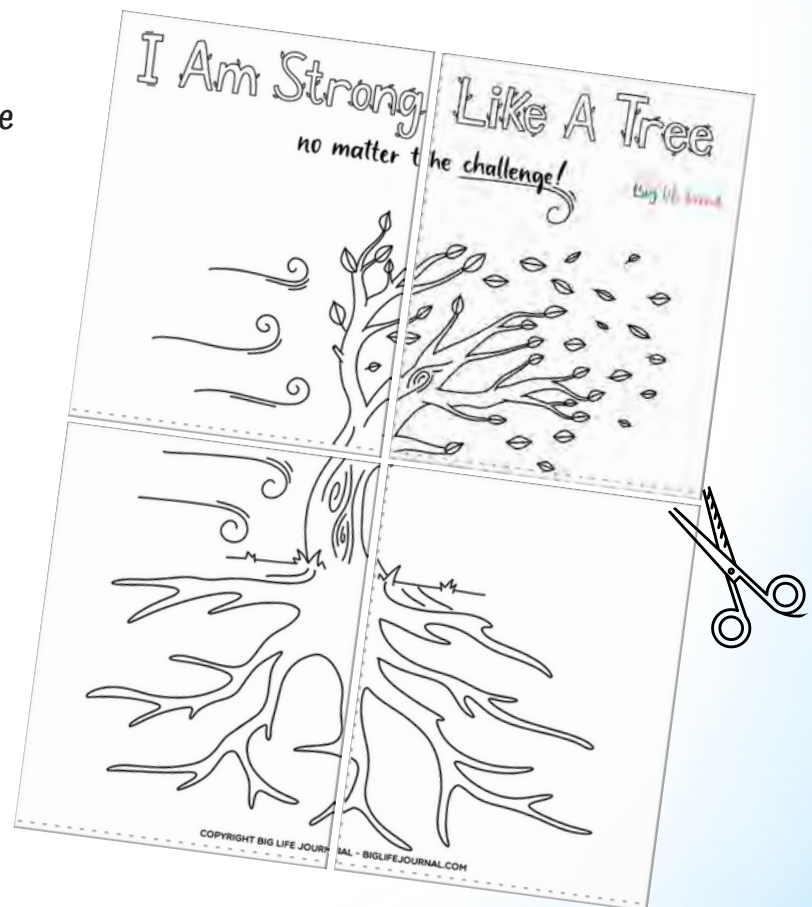
## Make your own 4 - page poster!

Have you seen trees swaying in high wind? Despite the wind, they keep standing tall and strong because their roots are deep.

You can think of your life as a tree! The loving adults, teachers, friends, your thoughts and values are roots which keep you standing strong. Challenges you face are like the wind. You can stand strong and tall despite the challenges because of your deep roots!

### HOW TO MAKE YOUR TREE POSTER

- 1 Print out the 4 pages of the poster. Cut along the dotted lines (cut on the inside line so the black dotted line does not show).
- 2 Line up the edges and tape the front and/or back of the poster.
- 3 Next to the roots, draw or write people, things, animals, thoughts, and values that make you feel loved and supported.
- 4 On the wind lines, draw or write challenges that you are facing.



I Am Strong

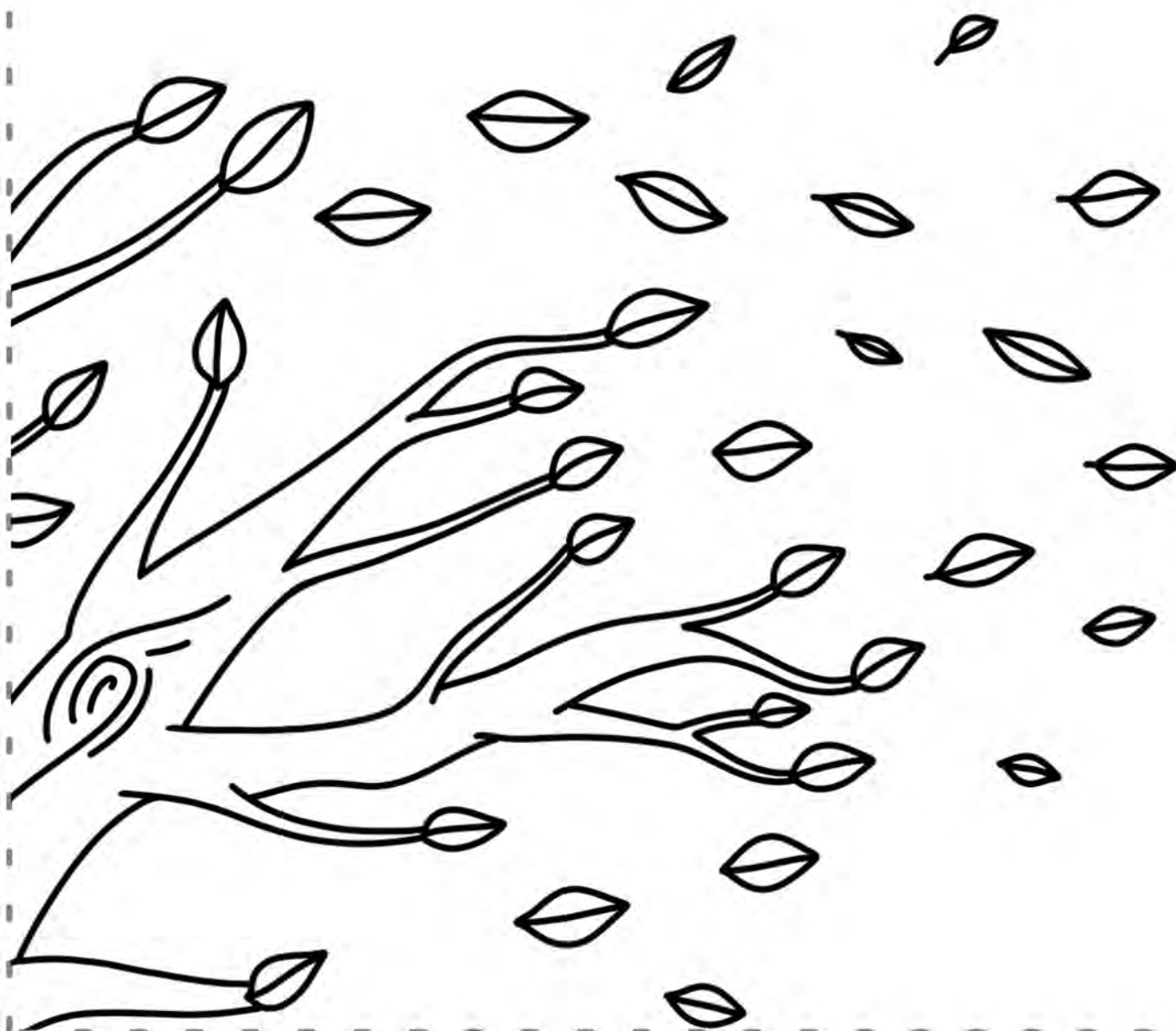
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# Like A Tree

the challenge!

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# 3

# WAYS TO HELP CHILDREN NAVIGATE FRIENDSHIP CHALLENGES

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## FIRST, TEACH WHAT IT MEANS TO BE A GOOD FRIEND



## 1

### BOSSINESS

#### If your child is being bossy...

- Remind them to **ask** for what they want respectfully, rather than demanding it.
- Give them the **words** to say instead.
- **Provide** your child with choices.
- Recognize and **encourage** the improvement.

#### If your child is being bossed around...

- Role-play.
- Give them the **words to say**.



## 2

### EXCLUSION

- When your child talks to you about being excluded by others, **listen**.
- Use **analogies**.
- Instill confidence and the understanding that what others think about her **does not define her** or change who she is.
- Encourage your child to **celebrate** who she is.

- Ask her to list her **positive qualities**.
- Make a **friendship tree**, listing all the friends she knows in all areas of life.
- Cast a wide net. **Involve** your child in extracurricular activities and help her expand her social circle.
- Talk with your child about how to **cope with situations** that make her feel left out or hurt.



## 3

### ARGUMENTS



#### Teach children how to handle disagreements in a healthy manner.

- **Model** peaceful conflict resolution.
- Set **clear rules** against unhealthy behaviors like a door slamming, sarcasm, ridicule, and physical harm.
- When your child has disagreements, remind them of the peaceful conflict **resolution strategies** you use in your home.
- **Explain** to your child that in a friendship, they shouldn't be trying to "win" arguments.



# EPISODE 12 GUIDE

## IN THIS EPISODE, CHILDREN WILL

- discover how **challenges make them stronger**
- travel to **Connecticut, USA**
- be inspired by **Izayah**, our listener

## DISCUSSION QUESTIONS

- What did Izayah have to do to heal from his finger injury?
- What's a challenge that you have overcome this year?
- What and who helped you overcome this challenge? (positive thoughts, persistence, family, friends, etc.)

## TRY THESE ACTIVITIES

1. Use the "**50 Positive Phrases to Build Resilience in Children**" printable (included in the [Resilience Kit](#)) for daily encouragement to improve your child's confidence. Hang this printable in a visible place where you can see it often and choose 1-3 new phrases to say each day.
2. Bring the "**Top 30 Children's Books on Resilience**" list (included in the [Resilience Kit](#)) with you on your next trip to the library or bookstore. Ask your children to pick one book they would like to read next.
3. Use the "**In or Out of My Control**" activity (included in the [Resilience Kit](#)) to prepare your child to face negative situations. Explain there are things they CAN'T control, such as opinions, behaviors, and words of others. Instead, they CAN control how they respond.
4. Use these "**Affirmation Lunchbox Notes**" (included in the [Resilience Kit](#)) to create lunch box notes with empowering messages. For older children, snap a photo of a note and send it to them via text message. You can also use the notes to assemble an affirmations poster and put it up in your child's room.
5. The "**Find The Positive In Every Situation**" (included in the [Gratitude Kit](#)) activity will help your child find the positive in a seemingly negative situation. It's all about perspective.

*All kits can be found on [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk).*

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms.*



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