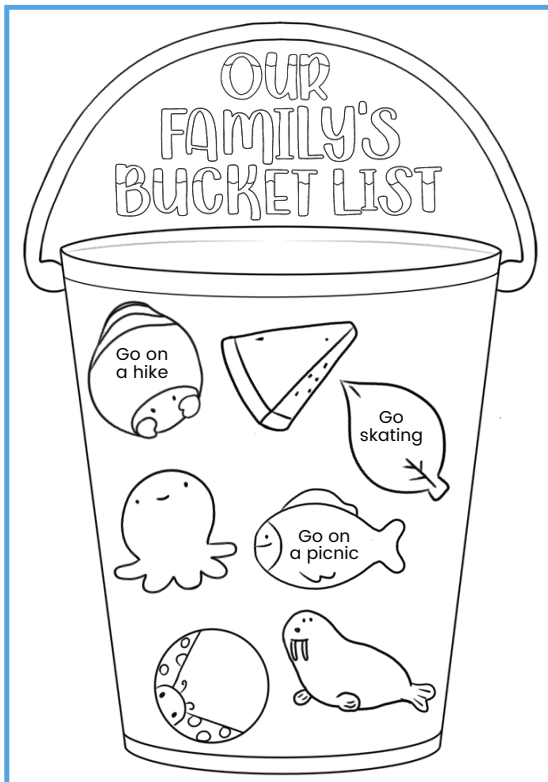


OUR FAMILY'S BUCKET LIST



It's fun to think about trying new things, setting exciting goals and exploring interesting places! Gather together to create this 4-page poster and write down all the things you're looking forward to doing and learning.

How to Make



step 1

Print out the 4-page poster on pages 2-5. Cut along the dotted lines (tip: cut on the inside line, so the black dotted line does not show). Line up the edges and tape the front or back of the poster.



step 2

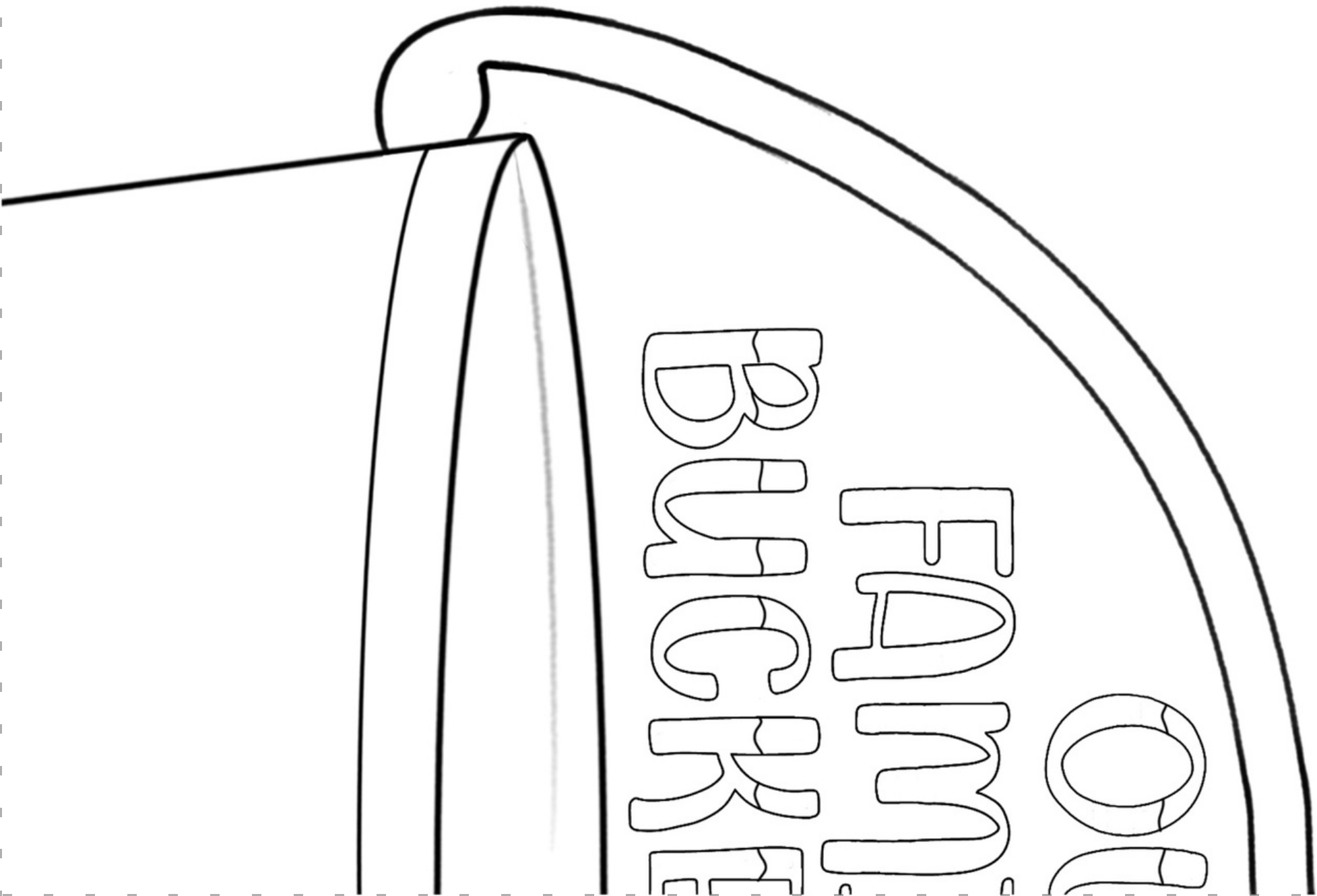
Print out the shapes on pages 6-7. Write down all the things your family would like to do together. Glue or tape the elements to the bucket.



step 3

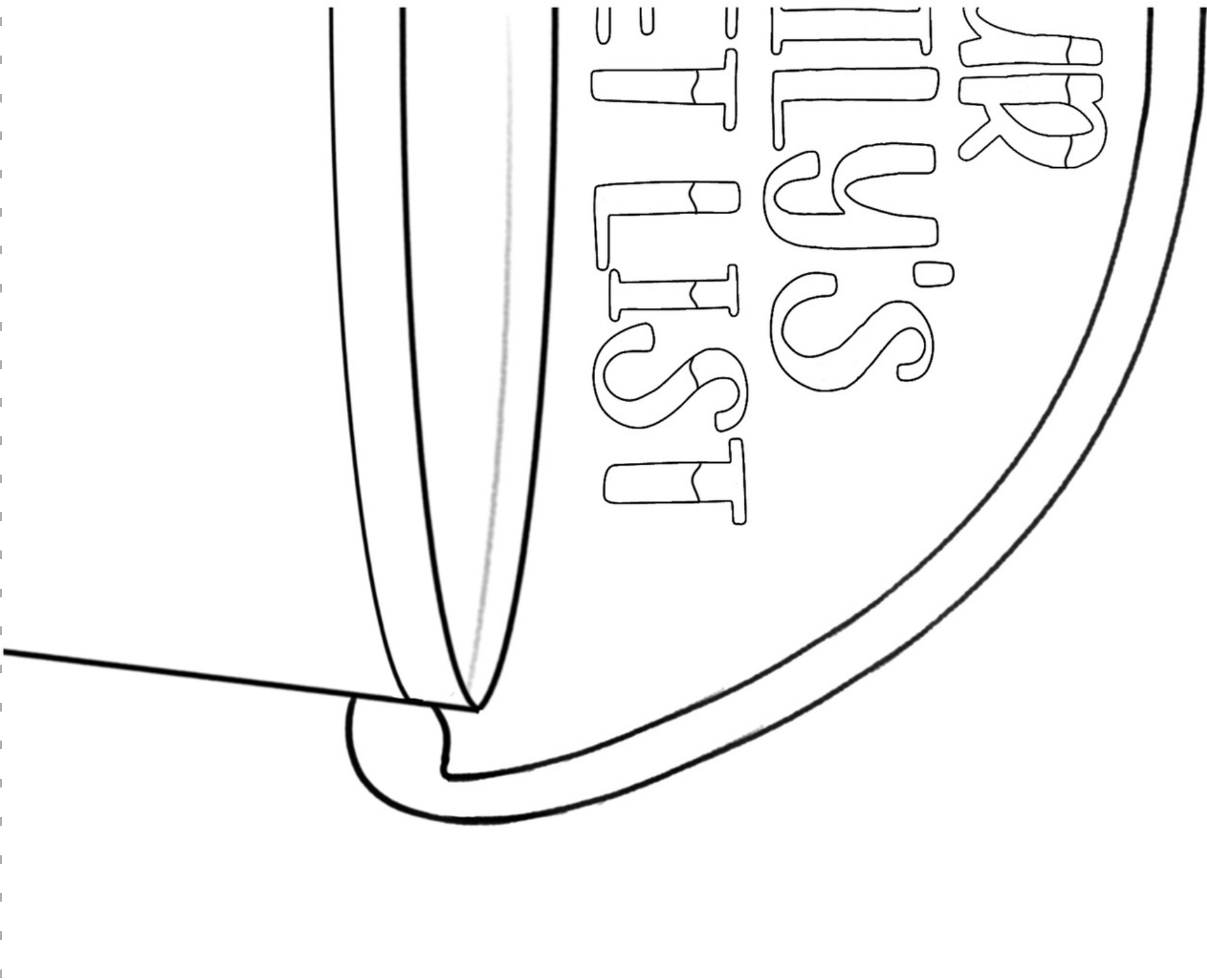
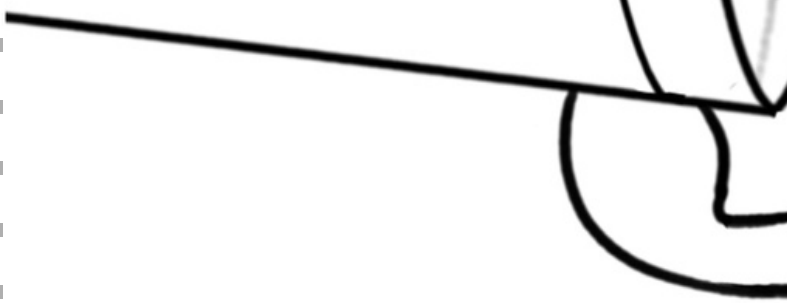
Colour in the activity once you have completed your experience.





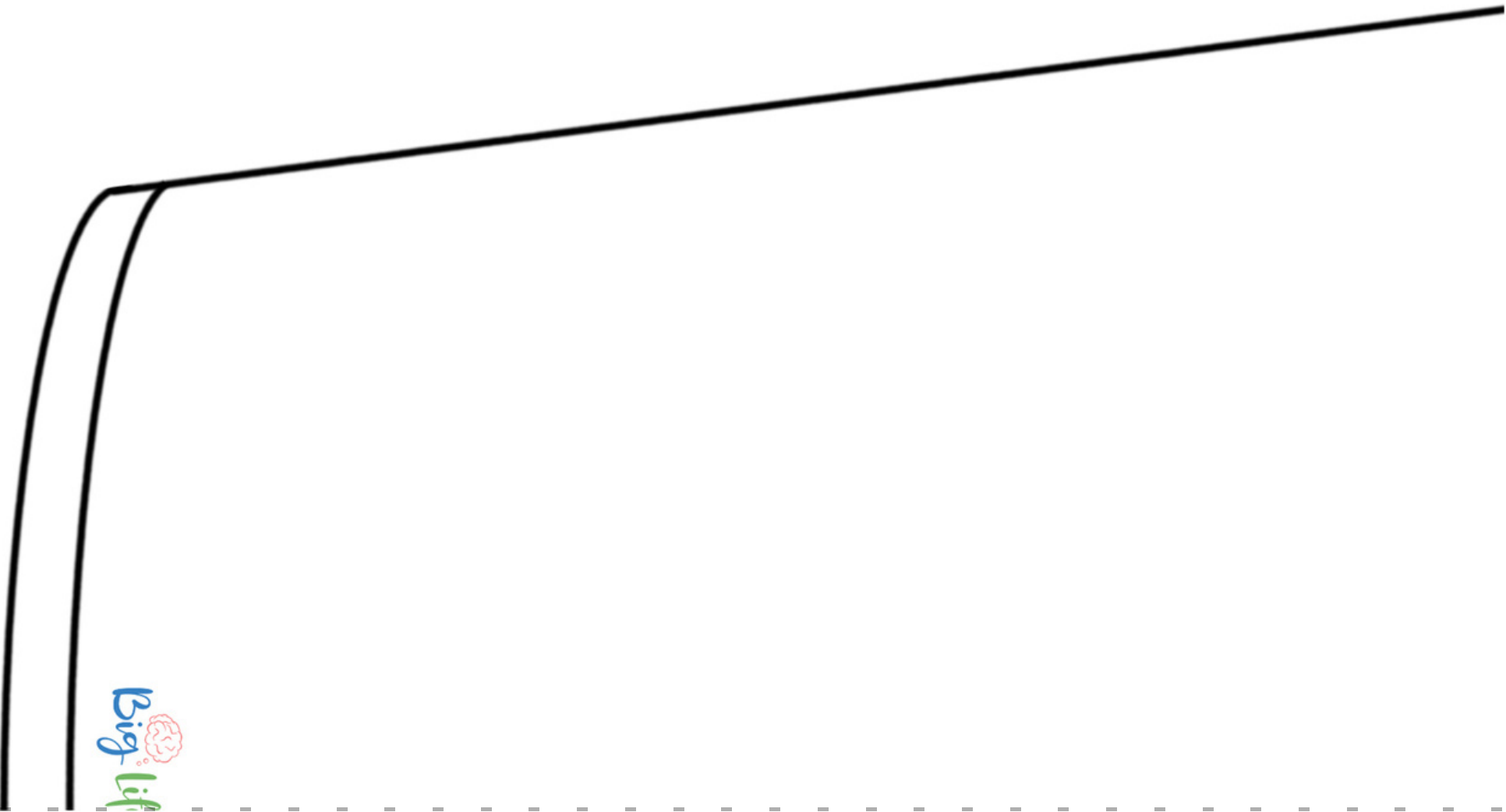
OUR
FAMILY
BUCKLE

Mr
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LIST



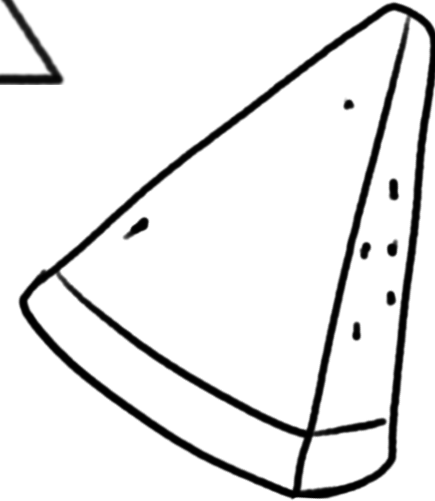


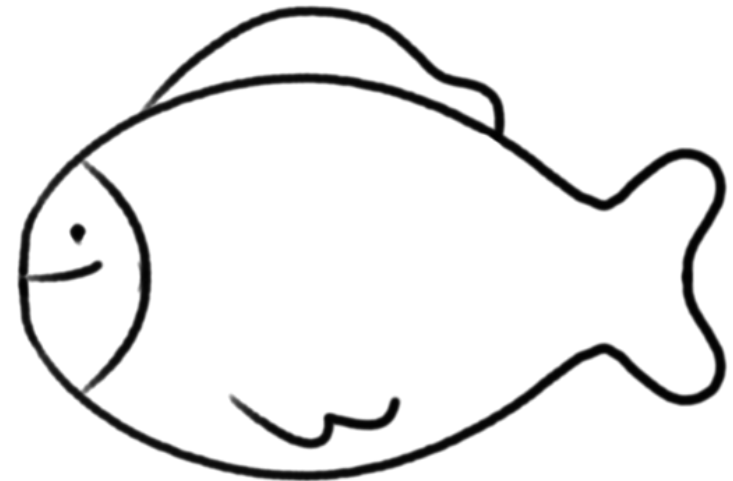
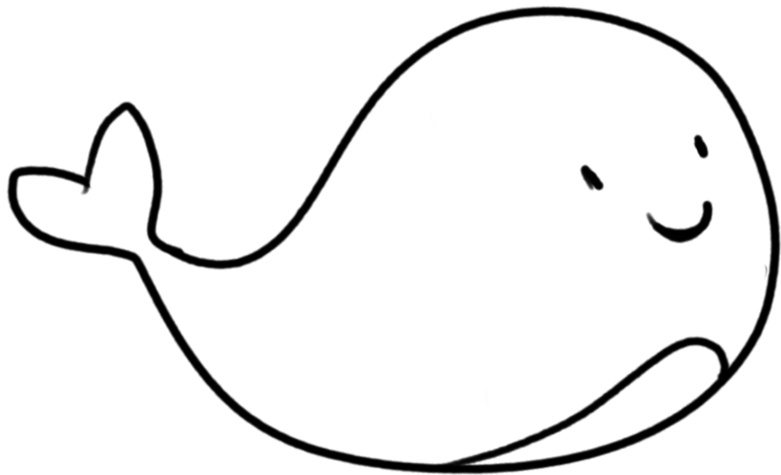
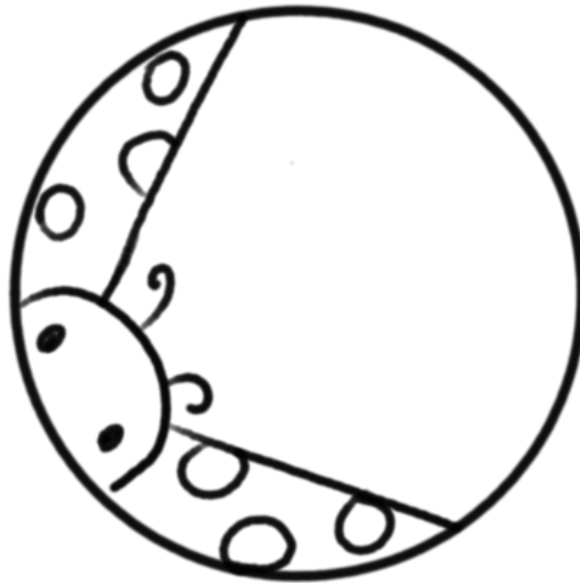
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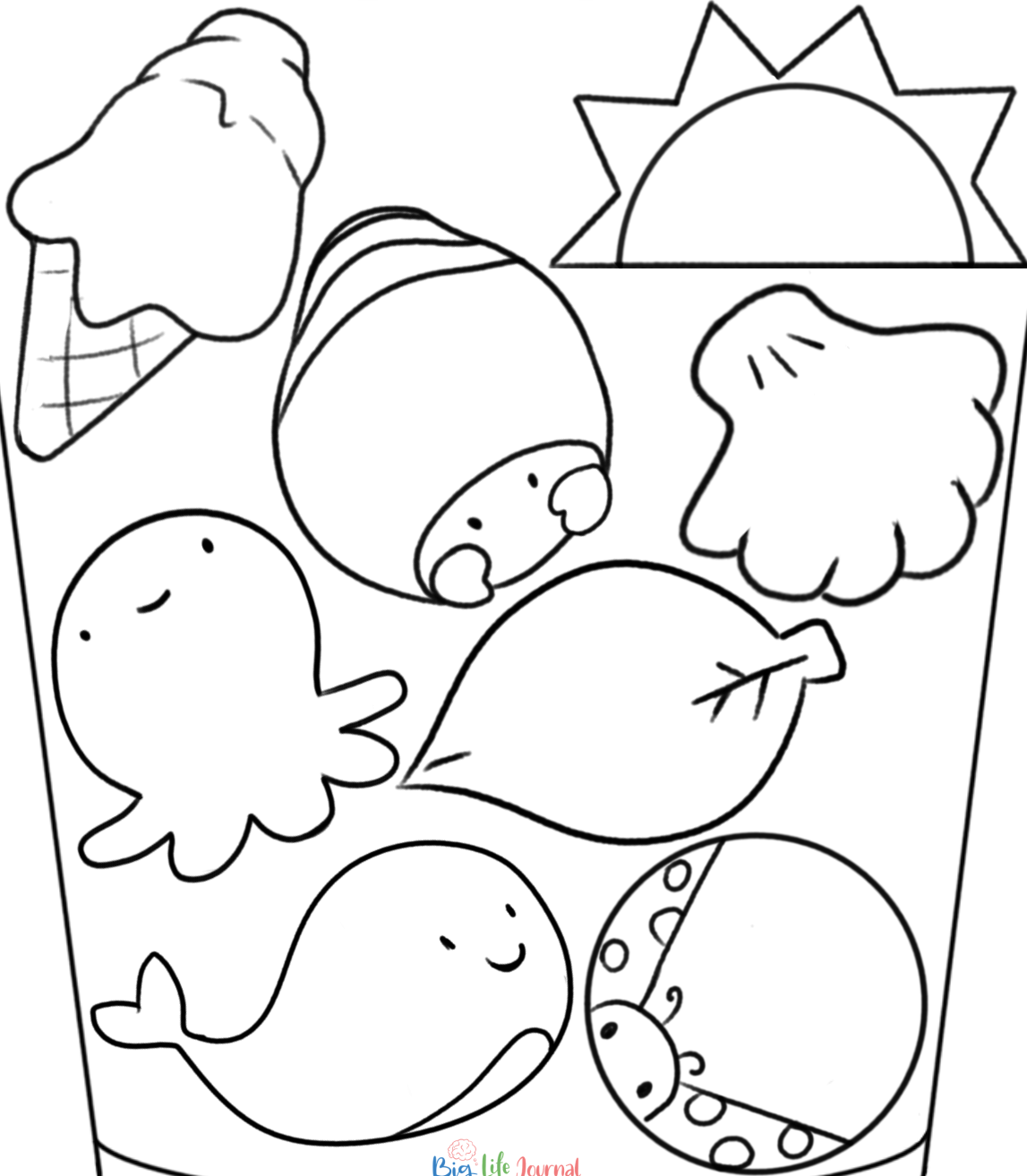
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OUR FAMILY'S BUCKET LIST





EPISODE 42 GUIDE

IN THIS EPISODE, CHILDREN WILL

- be **inspired** by Jayla, a young girl who aspires to be an author
- discover practical ways to work towards their biggest **goals**
- create a **Bucket List Poster** to motivate them to achieve their goals

DISCUSSION QUESTIONS

- Jayla dreams of becoming an author. What sorts of stories does she write?
- What steps has Jayla taken towards her goal of becoming an author?
- What goals are you planning to add to your Bucket List Poster?

TRY THESE ACTIVITIES

- Make a "My Rocket Goal" (in our [Podcast Season 3 & 4 Activity Kit](#)). This activity helps your child break down their big goal into manageable steps. As they complete each step, they move the cloud down so they can see their progress and see how far they've come! It's a great resource for kids who feel intimidated by a big goal.
- Play Three Stars and a Wish. List three "stars" or things you already do well. Discuss how you became good at these "stars." Then list one "wish" or something you want to improve on. This "wish" can be your new goal! (Read more about this activity [HERE](#))
- Listen to [Episode 6](#) to discover "The Power of YET." This exercise reminds kids that even if they haven't done something before, they can still give it a go.

The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to episode 42 on Apple Podcasts and leave a review. All kits can be found on biglifejournal.com.au.

Big Life Journal

biglifejournal.com.au/podcast

Over 500,000 children around the world use Big Life Journal's products with great success! Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



Get Resilience Kit



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

Get Confidence Kit

Shop All Store

Use our resources and see your children become more **CONFIDENT, RESILIENT, and SELF-LOVING!**

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