

day
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EVERYONE IS UNIQUE AND BEAUTIFUL

Big Life Journal

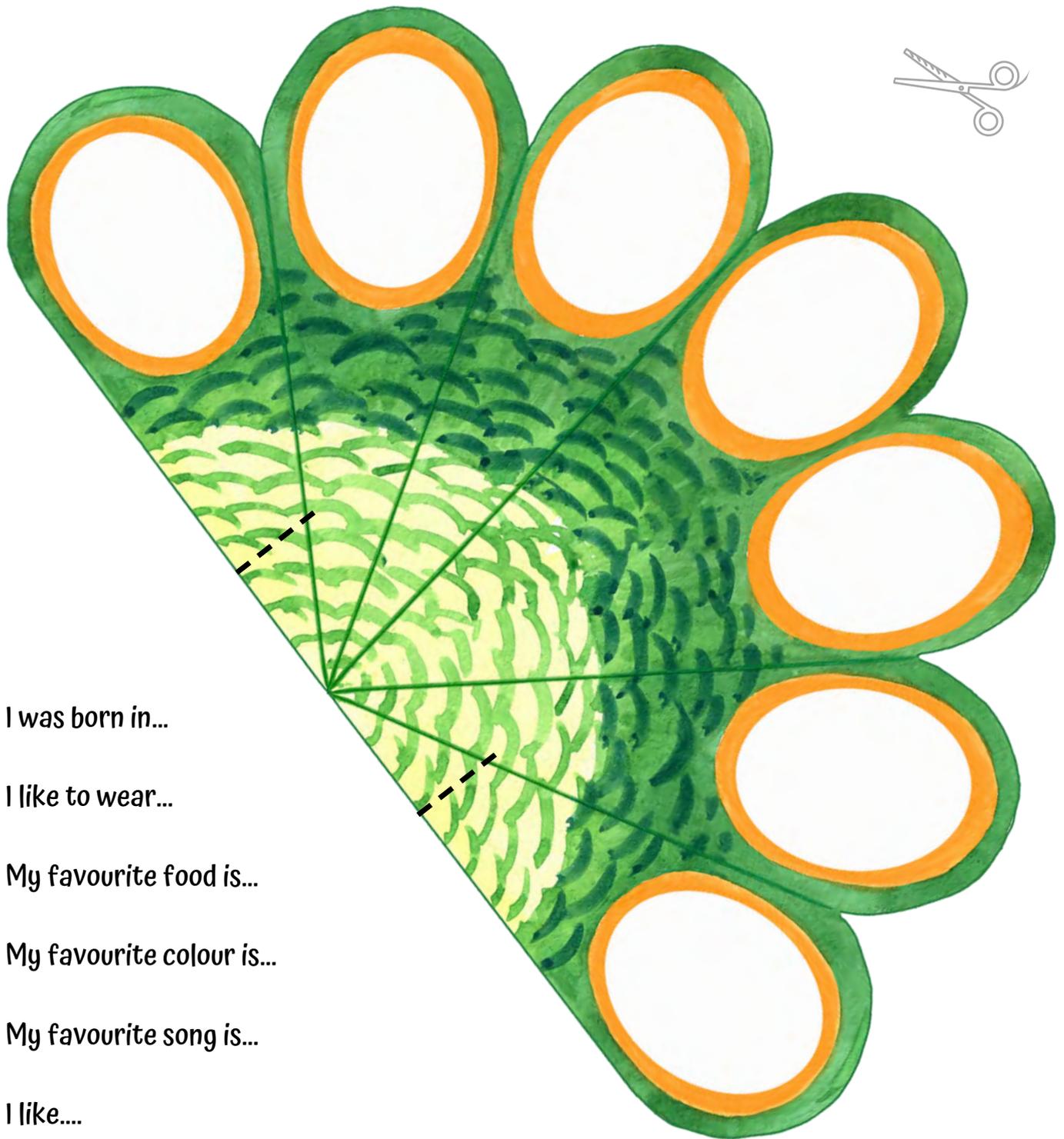
Every person on the planet is unique. You can find beauty in everyone because every person is beautiful in their own unique way.

Follow the instructions below to make a peacock. On each feather, write down what makes YOU unique. Share with your challenge buddy!

How to make

1. Print this and the following pages
2. On each feather, write down what makes YOU unique.
3. Cut out the peacock, be careful not to cut all the way down on the white dotted lines.
4. Cut out the feathers as one piece, be careful not to cut all the way down on the black dotted lines.
5. Slide the feathers through the peacocks body by inserting the slits together.





I was born in...

I like to wear...

My favourite food is...

My favourite colour is...

My favourite song is...

I like....

I don't like....

day
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FORTUNATE *to* HAVE YOU as a FRIEND

Big Life Journal

Follow the instructions below to make fortune cookies with kind messages.
Gift the fortune cookies to your friends and family!

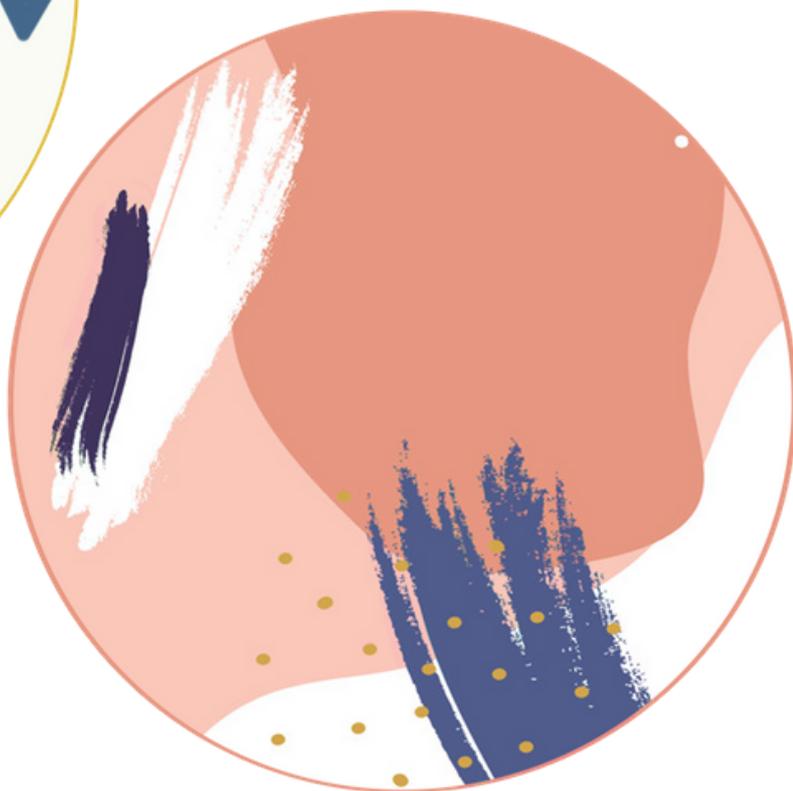
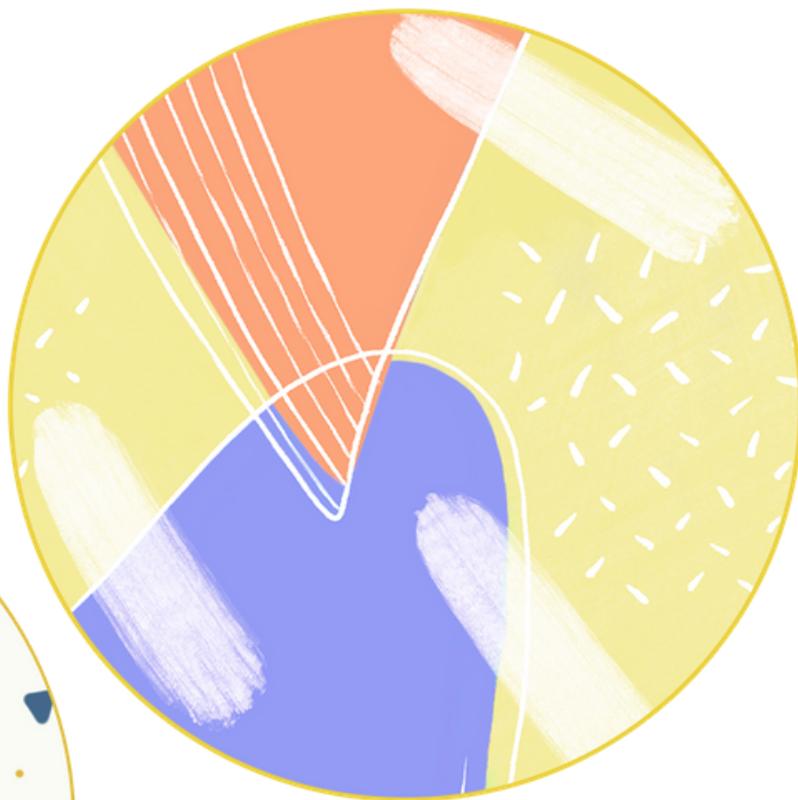
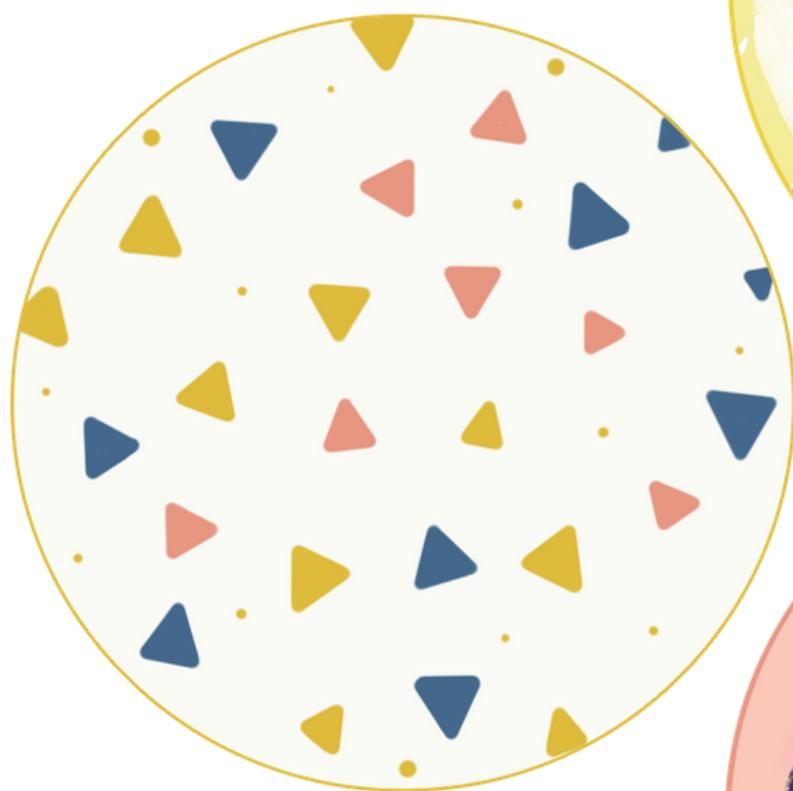
How to make a paper fortune cookie



- 1 Print the following two pages. Cut out the circles and fortune messages.
- 2 Fold each circle in half (pattern on the inside) and crease the fold.
- 3 Open the circle and fold the other way with pattern on the outside. Hold gently, do not crease! Put the fortune paper inside the fold, fortune should stick out a little bit.
- 4 With one hand still holding the paper, fold the sides of the circle down together.
- 5 Put a bit of glue or double sided sticky tape close to the centre crease, and hold for several seconds until the fortune cookie dries.



Cut out circles.





Cut out fortunes.

I appreciate our friendship.	I am happy we're friends!
I appreciate you.	You're an awesome friend.
You are always so helpful.	You're strong.
You have the best ideas.	You make me smile.
I'm inspired by you.	You are persistent!
I like the way you are.	You're a great listener.
You are one of the bravest people I know.	Thank you for being you.
I love spending time with you.	I love your uniqueness.

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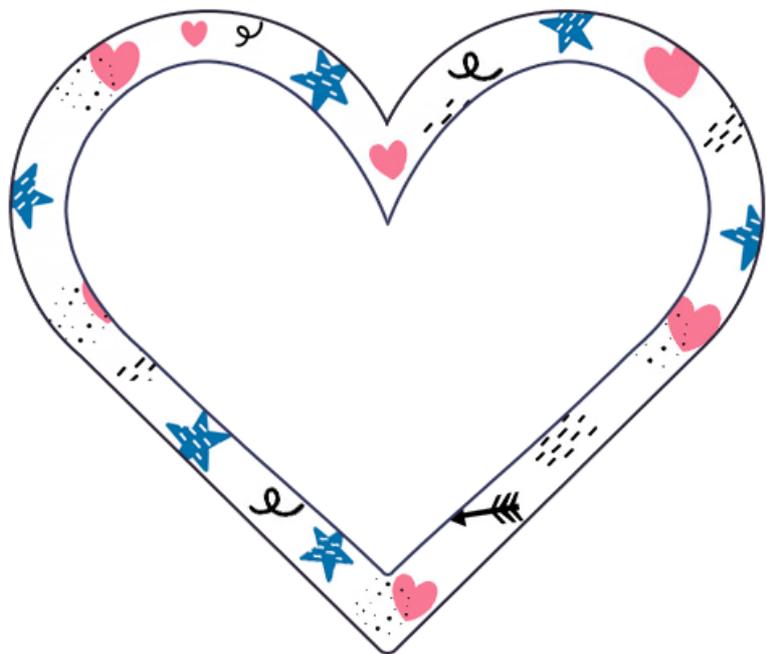
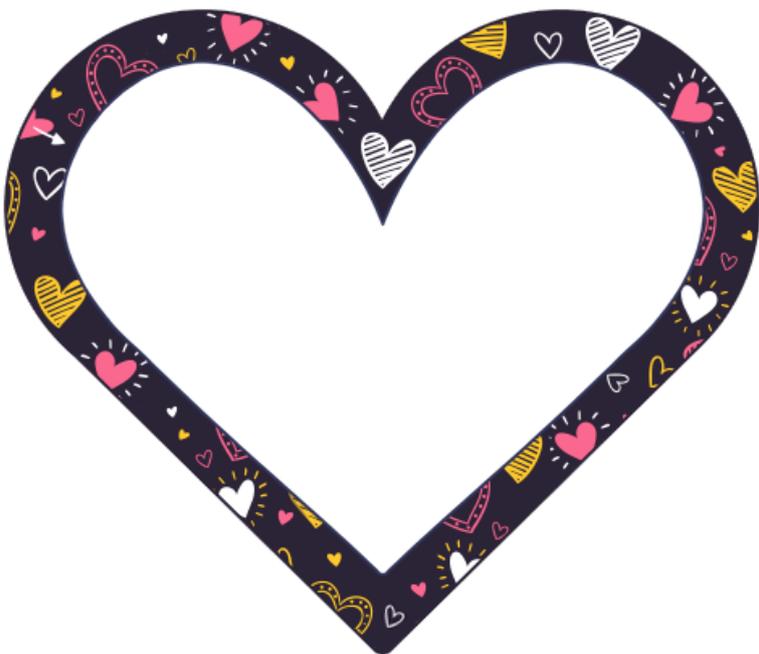
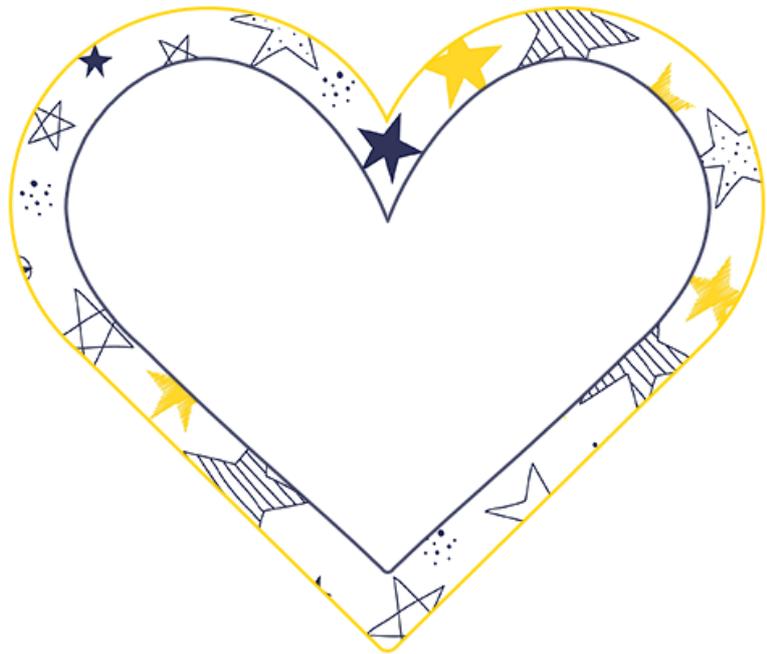
WHAT I LOVE ABOUT YOU

Big Life Journal

Remind your friends and family what you love about them!

Cut out the hearts. Inside each heart write a message for your friend or family member. You can start with, "I love when you..." or "I love that you are..."

Give these hearts away! You can even surprise a person by placing the heart on their bed pillow or inside the book they're reading.



Big Life Journal

A GOOD FRIEND IS

What does it mean to be a good friend? Find and circle the words inside each square. The hidden words can run across, up, down, or diagonally. The words may also overlap.

R	E	S	P	E	C	T	F	U	L
A	I	U	O	L	O	V	I	N	G
V	H	P	U	D	U	K	I	N	D
V	Y	P	T	H	O	N	E	S	T
C	K	O	F	R	I	H	C	I	Q
A	T	R	U	S	T	I	N	G	K
R	G	T	O	Q	Q	W	J	M	B
I	S	I	G	E	H	Q	J	D	V
N	I	V	F	A	J	V	V	S	T
G	L	E	G	C	D	Y	W	O	Y

- HONEST
- KIND
- LOVING
- CARING
- SUPPORTIVE
- RESPECTFUL
- TRUSTING



U	F	G	H	E	L	P	F	U	L	T	A	F	G	V
N	E	E	Y	X	K	H	Q	C	N	P	B	L	G	K
D	H	N	H	V	O	U	O	A	J	O	Y	F	U	L
E	L	E	N	C	O	U	R	A	G	I	N	G	U	L
R	N	R	I	Y	Z	E	M	Q	G	P	Q	U	D	T
S	N	O	I	X	L	U	E	N	V	O	K	I	N	N
T	F	U	S	O	F	B	I	C	H	S	T	E	R	P
A	E	S	T	G	T	V	W	T	V	I	I	X	C	R
N	L	I	F	A	I	D	U	R	O	T	R	J	R	K
D	A	O	I	G	T	B	H	B	A	I	Y	I	G	H
I	M	V	R	X	B	H	P	P	H	V	N	U	J	R
N	K	O	P	A	H	Z	D	G	Z	E	S	X	F	X
G	F	C	J	V	C	H	E	E	R	F	U	L	C	C

- TOLERANT
- JOYFUL
- POSITIVE
- ENCOURAGING
- GENEROUS
- UNDERSTANDING
- HELPFUL
- PATIENT
- FORGIVING
- CHEERFUL