

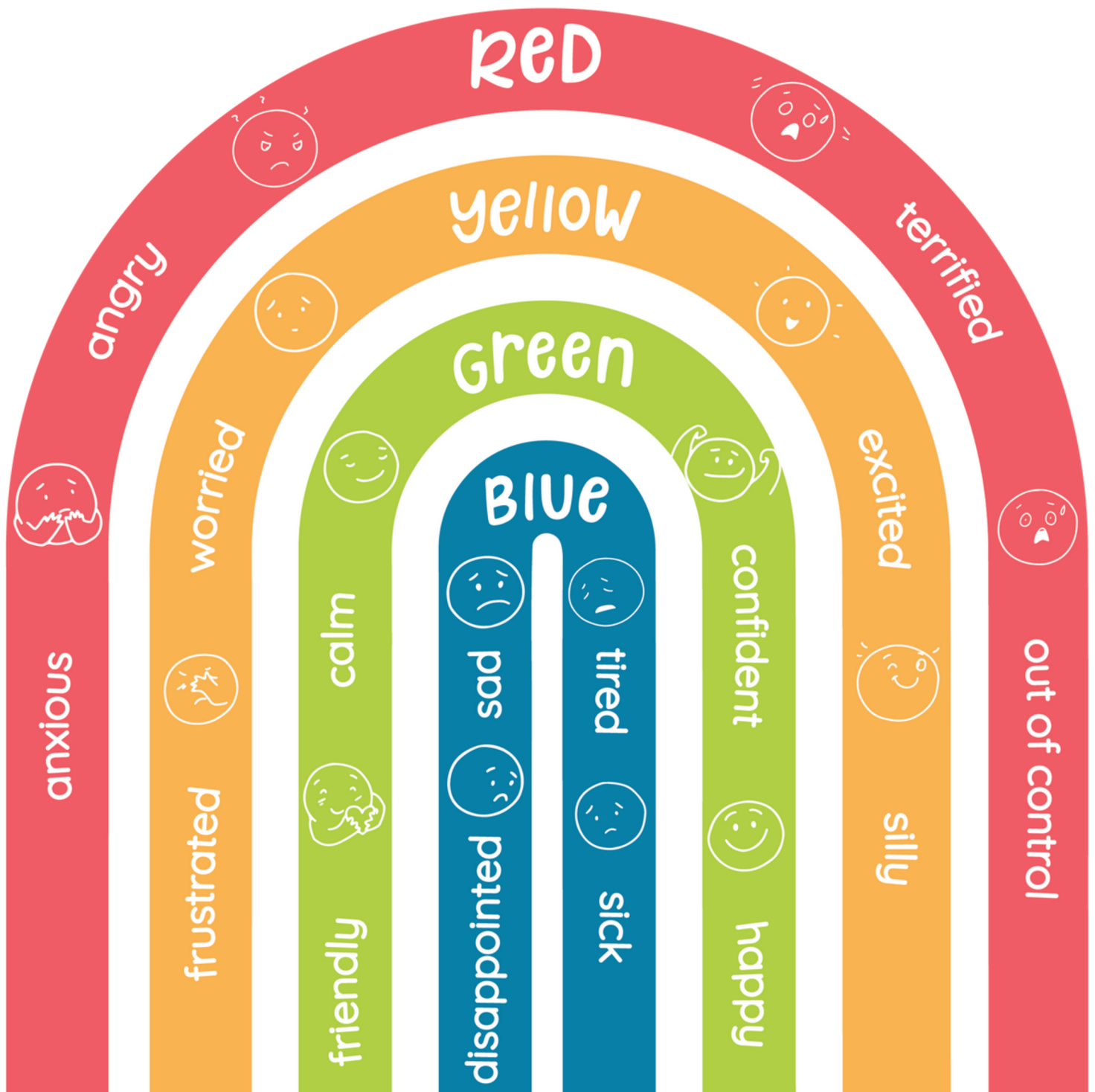


MY CALMING CORNER

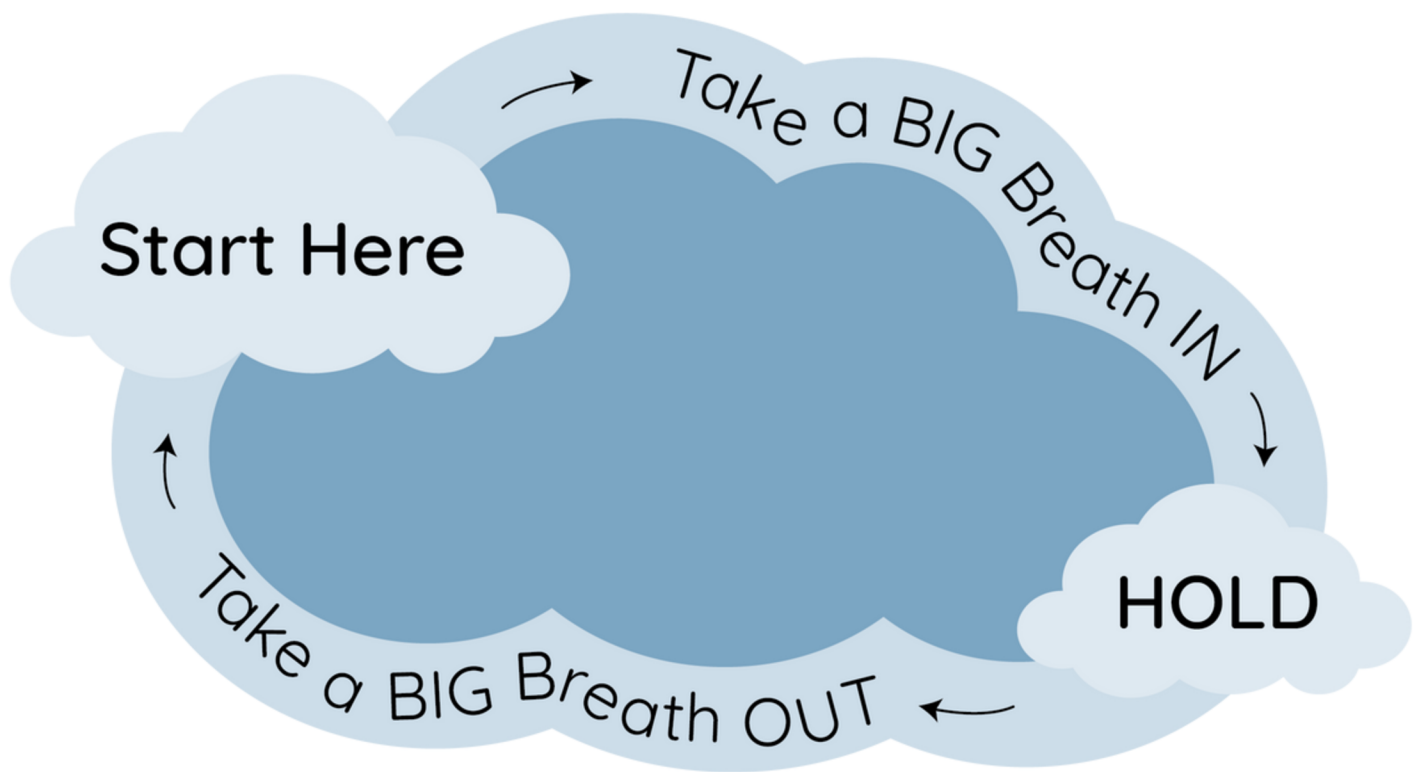
ALL
my
feelings
ARE OK

The text is decorated with several small icons: a yellow sun with rays, a yellow four-pointed star, and a pink four-pointed star. These are placed around the words: one sun and two stars to the left of 'my', one sun and two stars to the right of 'my', two stars to the left of 'ARE', and one star and one sun to the right of 'OK'.

Where is your feeling on the rainbow?



CLOUD breathing



Trace the cloud as you breathe in and out.
Think about someone you love while breathing.



I AM
safe
loved
valuable
enough

count your breath one to ten



count your breath ten to one

Terms of use

We love seeing our resources in action—and want to ensure they're used in ways that honor the creativity and effort behind them.

For Home & Individual Use

If you're a parent or guardian using our FFPs and Monday Guides with your child at home, you're all set!

✅ You may:

- Download and print for personal use within your household
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- Use materials in classrooms, therapy, 1-on-1 sessions, or group settings
- Share online (e.g., websites, drives, newsletters, or social media)
- Recreate, edit, or sell any part of our work

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If you're using these materials in a professional setting—such as 1-on-1 sessions, classrooms, or with clients/students - you'll need a [GrowthMinded Professional License](#).

This includes:

- Therapists, educators, coaches, or other professionals
- Printing/emailing materials for sessions or group work
- Internal sharing within clinics, schools, or organizations

Not sure if it applies to you?

Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#).

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#).

If you have any questions, email us at support@biglifejournal.com

Thanks for respecting our work and helping us spread its impact!

– The Big Life Journal Team

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Hi there 🙋

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release**.

So be sure to download the resource right away!

If you're interested in getting access to our most popular printables and print-free activities for your child's exact needs, we invite you to join GrowthMinded.



GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.

Masterclasses and Workshops

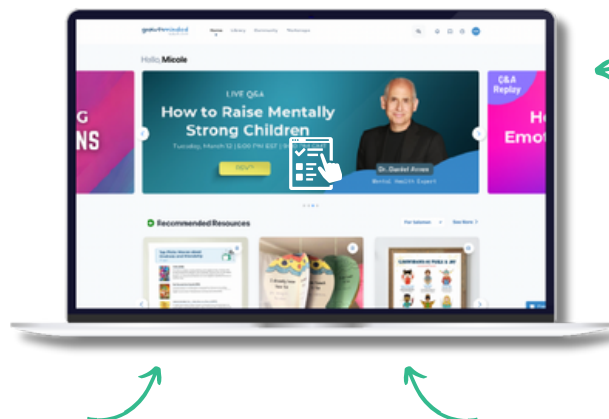
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Ask our **parenting experts** a question and get advice from **like-minded** parents.

Resources for Children

Explore activities, posters, and crafts **tailored for each age group**.



Expert Q&As

Get valuable **advice** from renowned experts on your most pressing questions.

Essential Tools for Parents

Get **fast results** with 2-minute parenting tips, talking scripts, and one-page guides.

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Get 1:1 **personalized support** from your certified parenting coach. Join our live group **coaching sessions** led by one of our coaches.

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