

TRY NEW THINGS Bingo

Big Life Journal

When we try new things our brain GROWS bigger! Write or draw a new thing you tried in the boxes below. Complete one or more rows of squares (vertical, horizontal, or diagonal) to get BINGO!

New food

New game

New book



Your choice

Start reading
a nonfiction
book

Make a

Try a new
snack

Try a new
card game

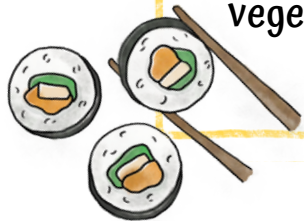


Read a comic
strip

Draw a

Try a new
vegetable

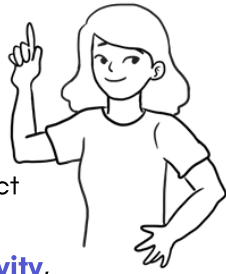
Try a new
board game

5 Strategies for Trying New Things

Big Life Journal

1. Remove Roadblocks



- Ask **open-ended questions**. Expect varied answers.
- Encourage children to **try the activity**, even if they don't enjoy it at first (but don't force it).
- Remind them of all their **previous new "firsts"** that they didn't love before trying them.

2. Innovate With Arts-Based Explorations



- Encourage children to **try out different ideas** often, so that they become "fluent" at trying new approaches.
- **Affirm children** when they use their original ideas creatively.
- If one approach doesn't work the first time, **help them consider a new approach**.
- Offer art-based materials. These offer **open-ended opportunities** for varied engagement.

3. Respond to the "Moment"



- Help children **stage a show** or assemble a portfolio of their original artwork to showcase their innovations.
- Follow the **child's lead** in a new interest they haven't shown before. Avoid shutting it down.
- **Pair children with more knowledgeable "others"** to help them do more than they otherwise could. You could pair them with a peer, teacher, or another caring adult.

4. Make It Dramatic

- **Use props** to try out new ideas.
- **Use improvisation prompts** or theater exercises to help children try new activities.
- Borrow the "yes, and" theater technique. In this approach, players remain open to **others' suggestions** and build upon them.



5. Keep It Playful

- **Model different strategies**. Let them see you try things that are new to them, like blowing bubbles underwater.
- Steer your child toward activities with **high intrinsic value**, or high internal rewards, such as play-based activities.
- **Let children make decisions** about what to do.



READ THE FULL ARTICLE [HERE](#)

the **BIG** Life KIDS PODCAST

EPISODE 31 GUIDE

IN THIS EPISODE, CHILDREN WILL

- discover that it is fun to **try new things**
- travel to **Sweden**
- meet **Gunhild Carling**, a jazz musician

DISCUSSION QUESTIONS

- How did trying new things help Leo?
- What inspired Gunhild to learn to play a variety of instruments?
- What are some new and fun things you can try?

TRY THESE ACTIVITIES

1. Read about "**Famous Failures**" to help children overcome their fear of trying new things. See the [Famous Failures Kit](#).
2. Make a "**Bravery Ladder**" to create a bravery ladder, help your child identify steps that will help him gradually achieve a new skill or conquer a fear. Think of it like learning to ride a bike by starting with training wheels. Read more about this activity in blog article "[7 Ways to Encourage Your Child to Try New Things](#)".
3. Journal every day with the [Big Life Journal-Daily Edition](#). The daily activities inside the journal help your child focus on encouraging, self-loving thoughts and wire their brain for growth mindset, resilience, confidence, gratitude, kindness, and self-love.
4. Read "[The Cow Who Climbed a Tree](#)" by Gemma Merino.
5. Watch "[Try Everything](#)" Official Music Video from Zootopia Movie.
6. Watch a [video](#) of Gunhild Carling performing live.

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Big Life Journal

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