

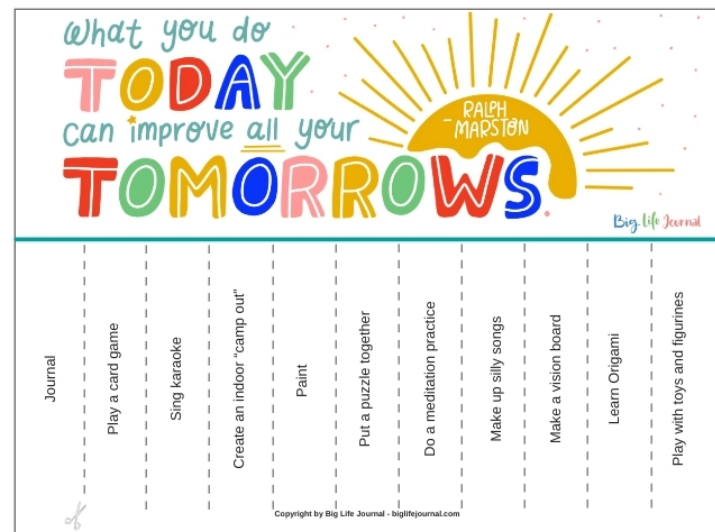
SCREEN-FREE ACTIVITIES

Tear-Off Posters

Feeling a little bored or just want to do something fun? We have A LOT of ideas for you! Tear off an activity from one of the posters to explore your creative side or uncover a special skill.

Which one will you choose?

Print pages 2-5. Cut along the dotted line to make strips you can tear off whenever you want to try a new activity.



Big Life Journal

Copyright by Big Life Journal - biglifejournal-uk.co.uk

What you do
TODAY
can improve all your
TOMORROWS



Big Life Journal

Write or draw in your journal

Play a card game

Sing karaoke

Create an indoor "camp out"

Paint or draw

Put a puzzle together

Learn a magic trick

Make up silly songs

Make a dream (or vision) board

Learn or practice Origami

Create your own magazine



You will never
have this day again. So

MAKE IT COUNT.

Big Life Journal

Design a board game

Build a tower out of cards

Bake a treat

Write and illustrate a book

Make paper airplanes and see which
one can fly the farthest

Play charades

Listen to Big Life Kids podcast

Make a card for someone

Design the menu for tonight's meal

Write a poem, song, or story

Play store



☆ Look deep into nature, then you will

UNDERSTAND

☆ EVERYTHING

== better. ==

☆
ALBERT
EINSTEIN

☆
Big Life Journal

Read a book or magazine

Make clothes for dolls or toys out of
scrap fabric

Go for a nature walk

Create shadow art

Create leaf rubbing art

Play Mad Libs and word searches

Play school

Draw cartoons or comic strips

Color

Paint kindness rocks

Create a spaceship out of a
cardboard box



Make time for what makes

YOU HAPPY

Big Life Journal

Listen to an audiobook

Make a fort

Use socks as puppets and have a
puppet show

Host a radio show

Play hide and seek

Learn to juggle

Do a science experiment

Make paper flowers or snowflakes

Create an imaginary creature and
write its story

Play Simon Says

Draw or paint pictures and host
an art show



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!**

Enjoy Your Free Printable!

By downloading this file, you are agreeing to the ["Terms of Use"](#).

Reselling of Big Life Journal printables is strictly prohibited. Posting Big Life Journal files or download links on websites, on social media, inside forums, in virtual classrooms, on personal or organization storage sites (Google Drive, Dropbox, etc.), inside chats, inside Facebook groups, and the like is strictly prohibited.

Forwarding our newsletter with the printables to your friends, colleagues, family, etc. is permitted.

You may only print Big Life Journal printables for your personal or classroom use. No other use is authorized. Please email hello@biglifejournal.com to request a specific use for our printables.

You may not use Big Life Journal printables (free or purchased) in your professional practice with clients (coaching, therapy, private classes and the like) without purchasing a professional licence. For more information about professional licences, please contact support@biglifejournal.com

It is illegal to reproduce or distribute copyrighted material without the permission of the copyright owner.