

# MY OOPSspace JOURNAL

Did you know it's impossible to create something perfect? And our mistakes can actually help us create unique things that never existed before. Put together the My OOPSspace Journal and see how many imperfect things YOU can create while having fun!

1

Print pages 2-7 double-sided. Be sure to check printer settings. If you can not print double sided you will have extra white pages which is okay.



2

Fold the pages to fit inside your cover page. The "Found Objects Collage" is a 2 page spread and works best in the middle of your book.



3

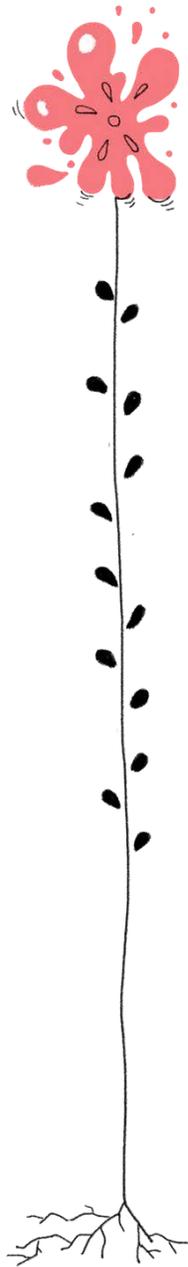
Staple your book together to secure. Now you are ready to begin your journal!



Big Life Journal

Copyright by Big Life Journal - [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk)





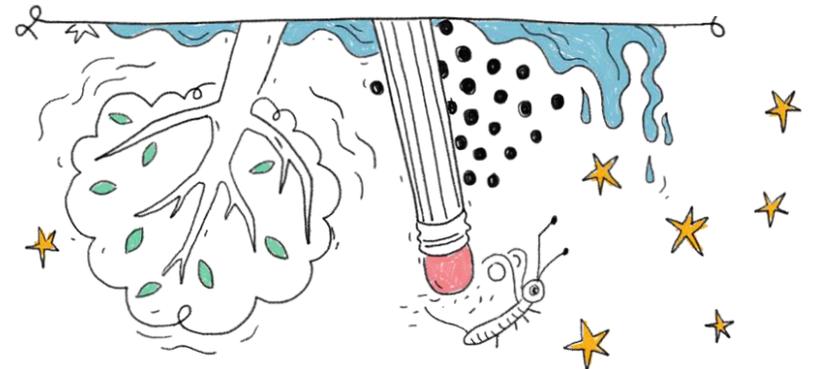
 Big Life Journal

Copyright by Big Life Journal - [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk)



# MY OOP Space JOURNAL

My name: \_\_\_\_\_



# Splatter Art



by BEING  
YOURSELF



you put something

Wonderful

IN THE WORLD

THAT WAS NOT  
THERE BEFORE

· EDWIN ELLIOT ·

You will need some basic supplies and a safe place to create messy splatter art. Choose from the ideas below to create your splatter art masterpieces.

## Balloon Splatter Painting

1. Squirt a little bit of washable paint into a water balloon.
2. Fill the rest of the balloon with water.
3. Drop the balloons on the paper and they will burst open and splatter it with paint!



## Paint Brush Splatter Art

1. Fill the bristles of the paint brush with washable watercolor or acrylic paint.
2. Gently tap the paint brush with your finger on your opposite hand to splatter the paint on the paper.



## Rubber Band Splatter Art

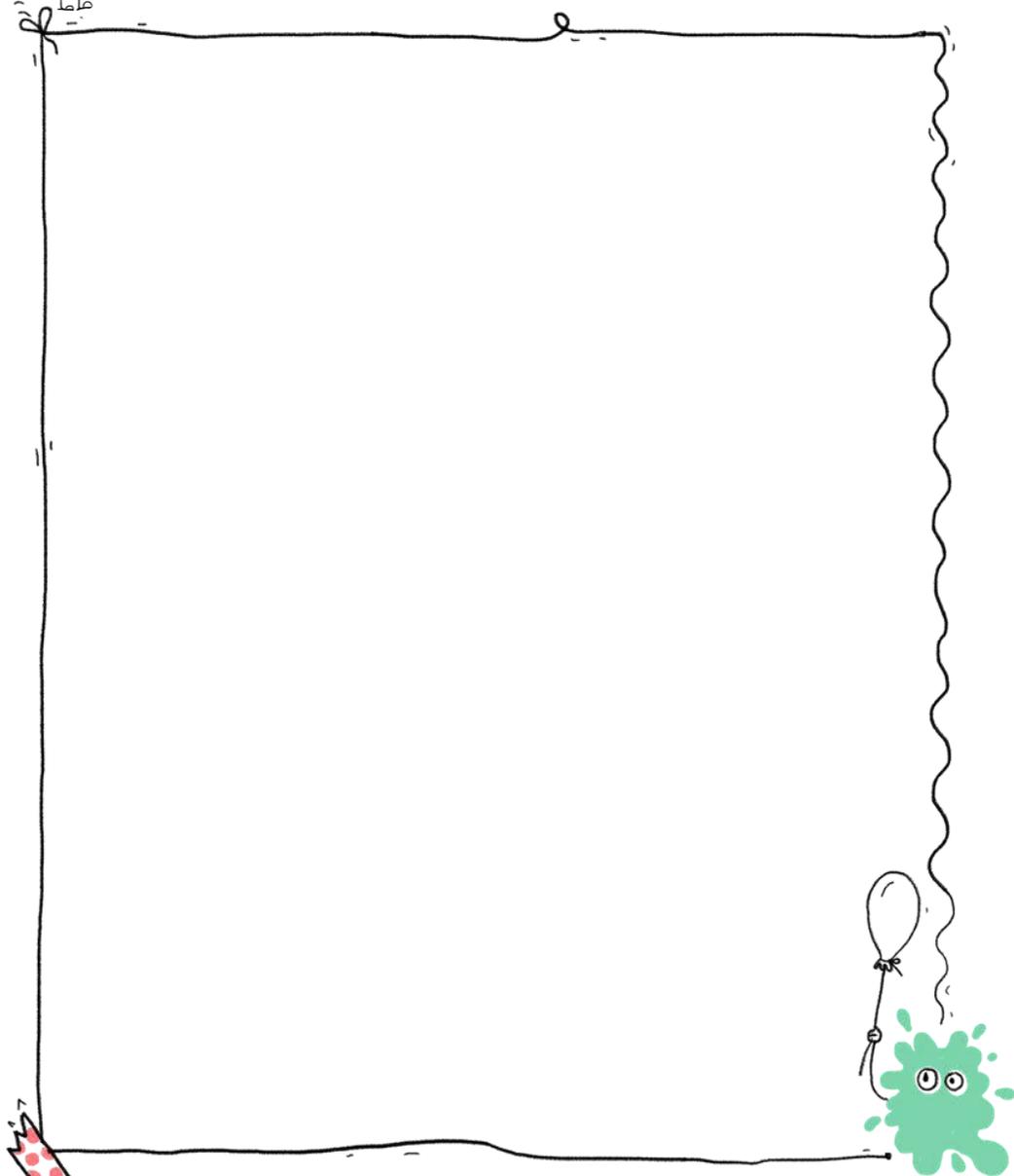
1. Find a cardboard box (a shoe box is the perfect size).
2. Place a piece of paper inside the box.
3. Fit a couple rubber bands over the box, spacing them out evenly.
4. Cover the rubber bands with paint and pull the bands up and let them go! Watch the paint splatter on the paper.



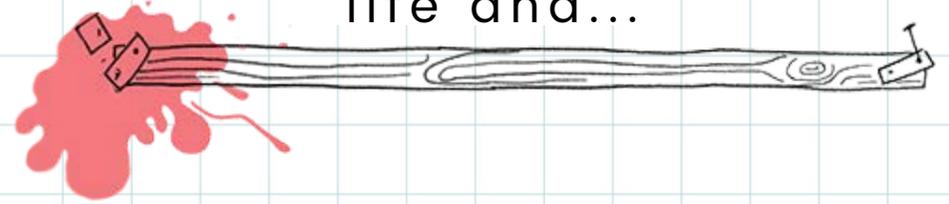
# My Creative Portrait



Use the space below to draw your face. Collect some materials like buttons, objects from nature, or images from magazines and use them to decorate the different parts of your portrait.



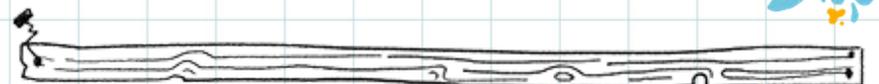
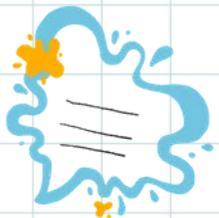
What is something that is not going perfectly in your life and...



...you are making the best of it?

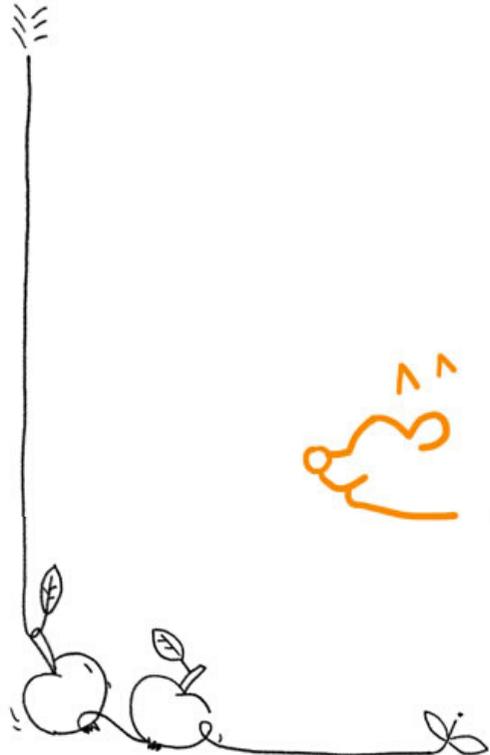
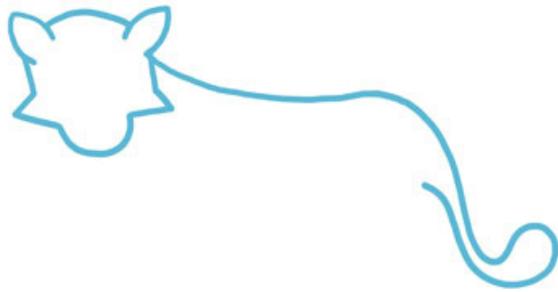
...you're working to change it?

...you like it that way?



# Colour Outside - the Lines -

Use the space below to add to the drawing and create something new!



# My Very Imperfect Story

Write down four of your favourite things, places, people, or characters below.

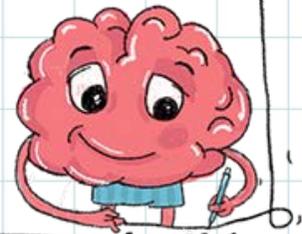
1.

3.

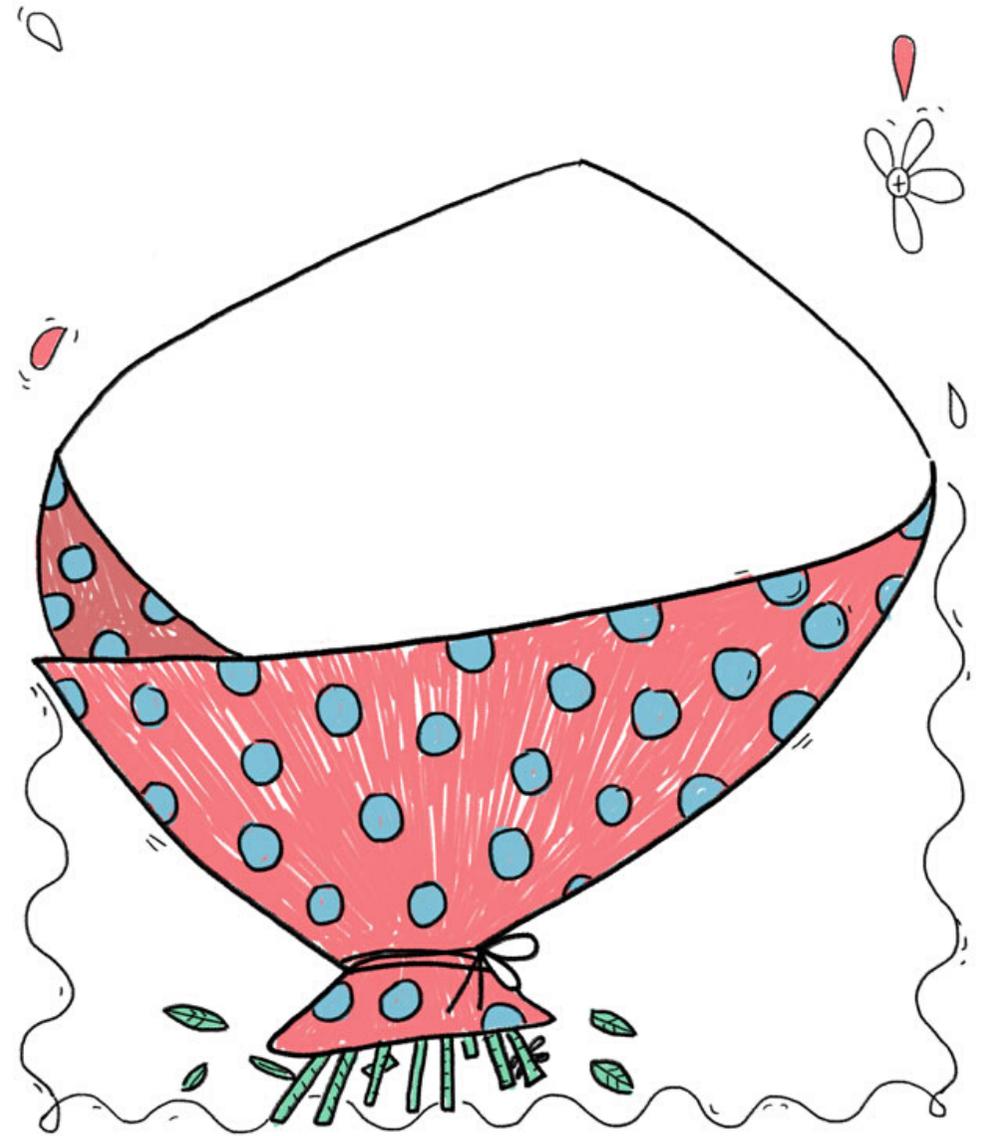
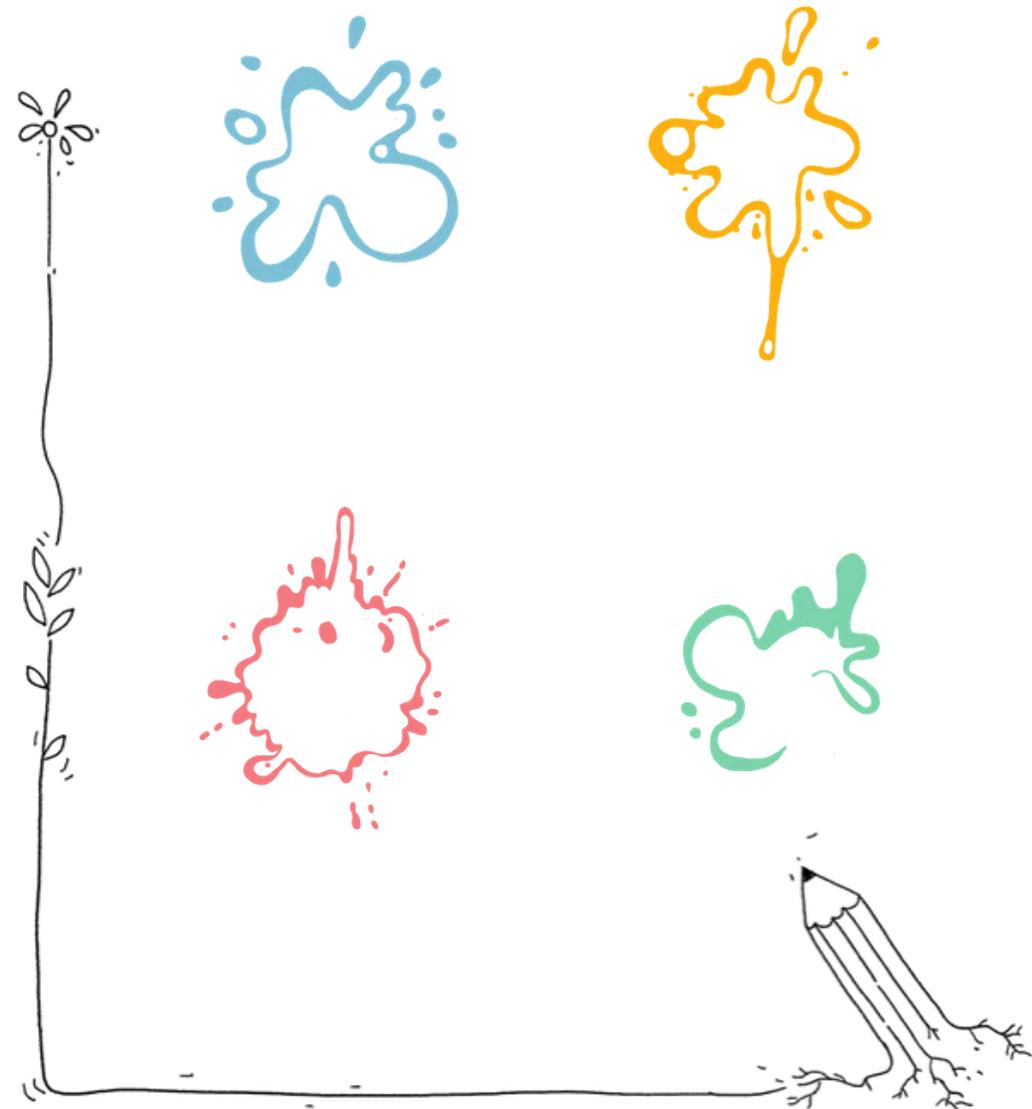
2.

4.

Use your imagination to create a story that includes the four words above.



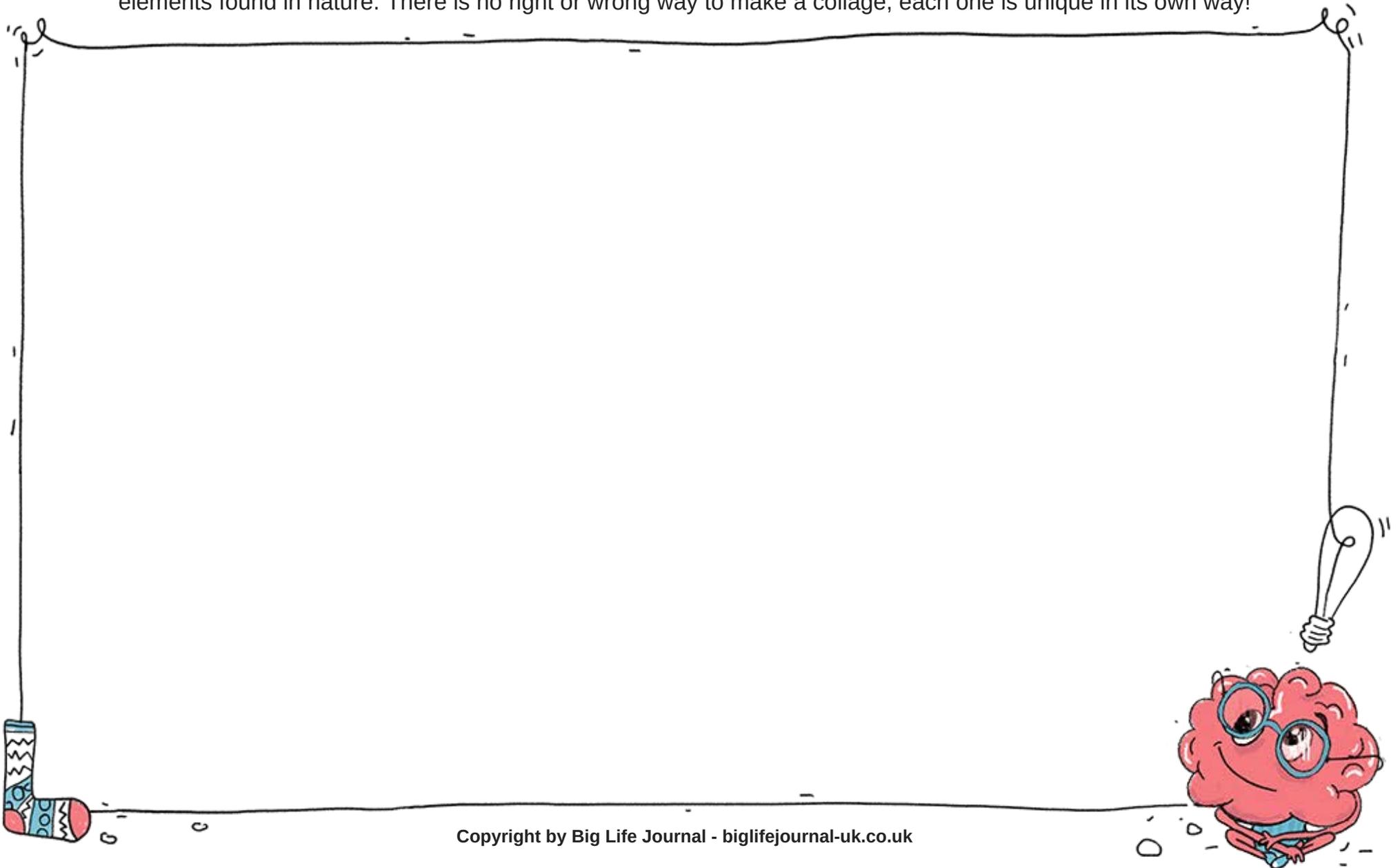
# Turn the Ink Stains Into Something Else



Fill this bouquet with anything you would like! You can use paint, pencils, or crayons to draw or glue on imperfect leaves, dry flowers, or torn paper.

# Found Objects Collage

To make a collage, glue different materials such as photos, images from magazines, ribbons, pieces of cloth, or elements found in nature. There is no right or wrong way to make a collage, each one is unique in its own way!



# the **BIG** Life KIDS PODCAST

## EPIISODE 26 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- learn to find beauty in **imperfect** things
- be inspired by our listener **Benjamin**

### DISCUSSION QUESTIONS

- How did Benjamin create beauty from imperfection?
- What would you say to a friend who is trying to make something perfect?
- What is something in your life that didn't turn out as planned, but still ended up being beautiful?

### TRY THESE ACTIVITIES

1. Read Chapter 2 "**Mistakes Help You Grow**" in [Big Life Journal - 2nd Edition](#) and do the fun activities. The science part of this chapter explains to kids that mistakes actually grow their brains!
2. Read the poem **When I Make A Mistake** (in the [Growth Mindset Printables Kit](#)) to help children develop a more positive attitude about making mistakes. You could laminate or frame it and place it in your children's room, encourage them to memorize it, or use it as a cover or front page for a binder.
3. Read stories from the [Famous Failures Kit](#) designed to help children overcome the fear of failure. These stories of famous people teach about the importance of effort and perseverance on the way to success.
4. Use the **Resilience is My Superpower** poster (in the [Resilience Kit](#)) as a daily reminder for your children of their incredible power to stay resilient. Ask them to fill in the last three affirmations to make it more personal.
5. Use the **5 Reasons Why Failure Is Important** poster (in the [Resilience Kit](#)) to demonstrate how failures help us learn. Our brains grow and develop in important ways whenever a failure occurs. When children understand this concept, they feel empowered.
6. Discussing the acronym **FAIL** (First Attempt In Learning). You can get a copy of the FAIL poster in our [Resilience Kit](#).
7. Check out the [Podcast Activity Kit](#) for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to [Episode 26](#) on Apple Podcast (also available on other platforms). All kits can be found on [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk).*

Big Life Journal

[biglifejournal-uk.co.uk/podcast](http://biglifejournal-uk.co.uk/podcast)



ways to

HELP YOUR



# CHILD with PERFECTIONISM

Big Life Journal

## 1 REDEFINE SUCCESS



Children who have a **growth mindset** are more likely to develop their potential. They view their successes as a result of **effort and strategies** rather than fixed traits like intelligence or abilities.

## 2 CHALLENGE THEIR THINKING

In the heat of the moment, use **empathetic** comments like "I can see you're angry because you want this to be perfect". Later ask:

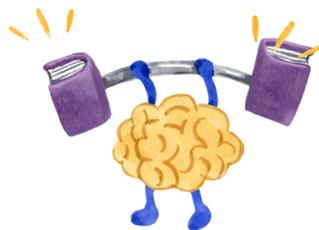
What's the worst thing that could happen?

What is a more positive way to think about this?

What part of my problem could I solve now?

## 3 EXPLAIN THE BRAIN MUSCLE

Talk with your child about their brain and its **incredible power** to grow and develop.



Remind that brains are **constantly changing** and **learning** from new experiences. When we make an error, our brains spark and grow—and we actually learn faster.

## 4 TALK ABOUT YOUR MISTAKES

A simple way to combat your child's unrealistic self-expectations is by pointing out **your own mistakes**.



**Talk about your mistakes in real-time** ("Oops! I just added too much flour to this recipe!") and how you are addressing them.

## 5 FOCUS ON LEARNING FROM MISTAKES

Rather than ignoring or shying away from addressing errors, give your child the opportunity to **figure out** what went wrong. Start with prompts like, "Let's pay attention and figure out what happened" or "Mistakes are opportunities—let's explore this together".



## 6 REFRAME GRADES

Rather than dwelling on grades, encourage your child to **ask questions** like, "What would I do differently this time?" or "What can I do to achieve a different score in the future?"



## 7 ENCOURAGE SELF-COMPASSION

Brainstorm **words we like to hear** from friends or parents when we fail or make a mistake. Encourage your child to ask themselves, "What would a good friend tell me about this?" or "What would my mom say?"



## 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](mailto: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](mailto:support@biglifejournal.com)

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