

THE FRIENDSHIP MELON

A Slice of Resolution

Here's a fun tool to use any time you have a disagreement with your friend or sibling.

How to use:

If you have a small or medium argument, you can use the friendship wheel to find a way to agree.

If your first strategy doesn't work, spin to try another way!

If you have a big argument, find a grown-up to help.

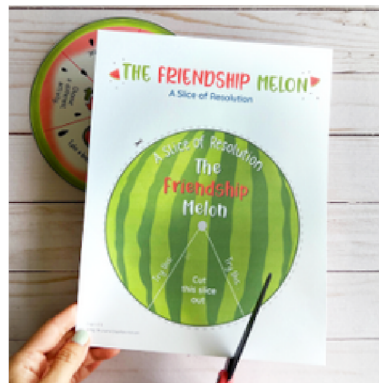
How to Make:

1.



Print the wheel (pages 2-3) on cardstock, if possible.

2.



Cut along the dashed lines on both pages.



3.

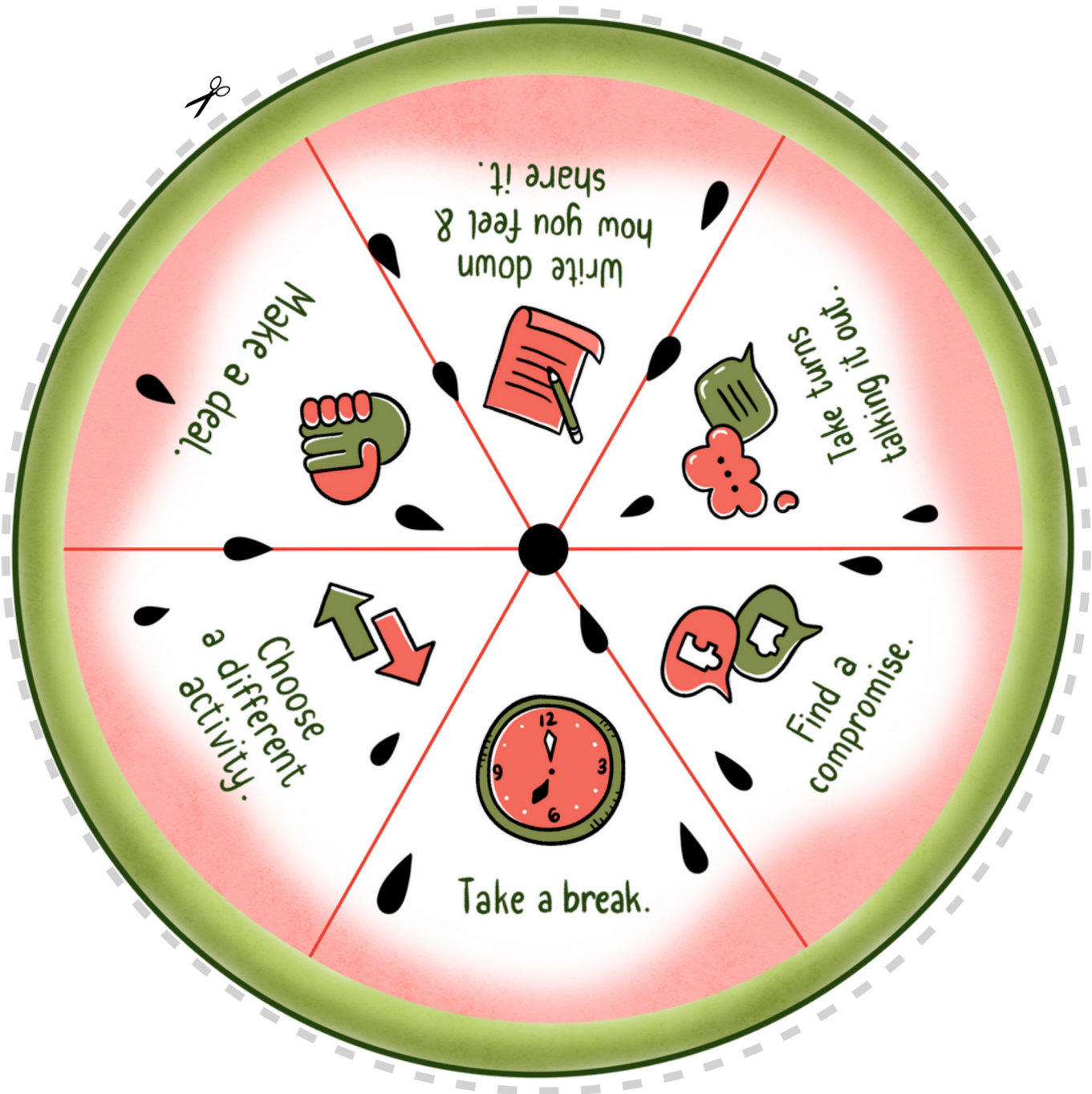


Punch a hole in the centre of the patterns and connect them together with a metal fastener. Or use yarn/paperclip + a button.

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Big Life Journal

Resilience Kit

Ages 5-11

Our Resilience Kit is a collection of printable worksheets, posters, activities, and colouring pages designed to help children develop grit, resilience, and perseverance.

"It has been a great tool to remind kids to never give up and always have dreams, no matter how challenging the journey might be to achieve them."

- Phoebe F.

★★★★★



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