

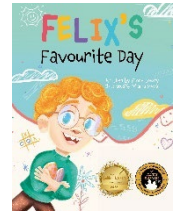


Fiona Lowry – Author

Printable Handout: Dream Big, Try Big, Do Big!

Thank you for reading either, or both of my two ‘dreaming big’ books:

- **Franco and the Green Light Fairy**
- **Felix’s Favourite Day**



I hope that your little one enjoyed the story and it made them realise that anything is possible. **We can all do BIG things.**

We learned that:

- ✓ Big dreams start with small steps.
- ✓ If we keep trying, we can get better at anything.
- ✓ Mistakes are normal, and they help us learn and grow.



Fun Drawing Activity: My Big Dream

Draw a picture of something BIG you want to do, or have. Maybe you want to be an astronaut, an artist, a scientist, or a superhero! Or perhaps, you would like a special pet, like Felix, or a car like Franco.

Remember, **anything is possible if you keep trying.**



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Have Some Fun: Dream Big Chant



We can all have some fun with our thoughts and the messages we tell ourselves and others. Why not say this chant out loud with your family or friends. Say it every day if you can, and watch for any magic to happen.

I can dream big!

I can try big!

I can do big!

Anything is possible for me!

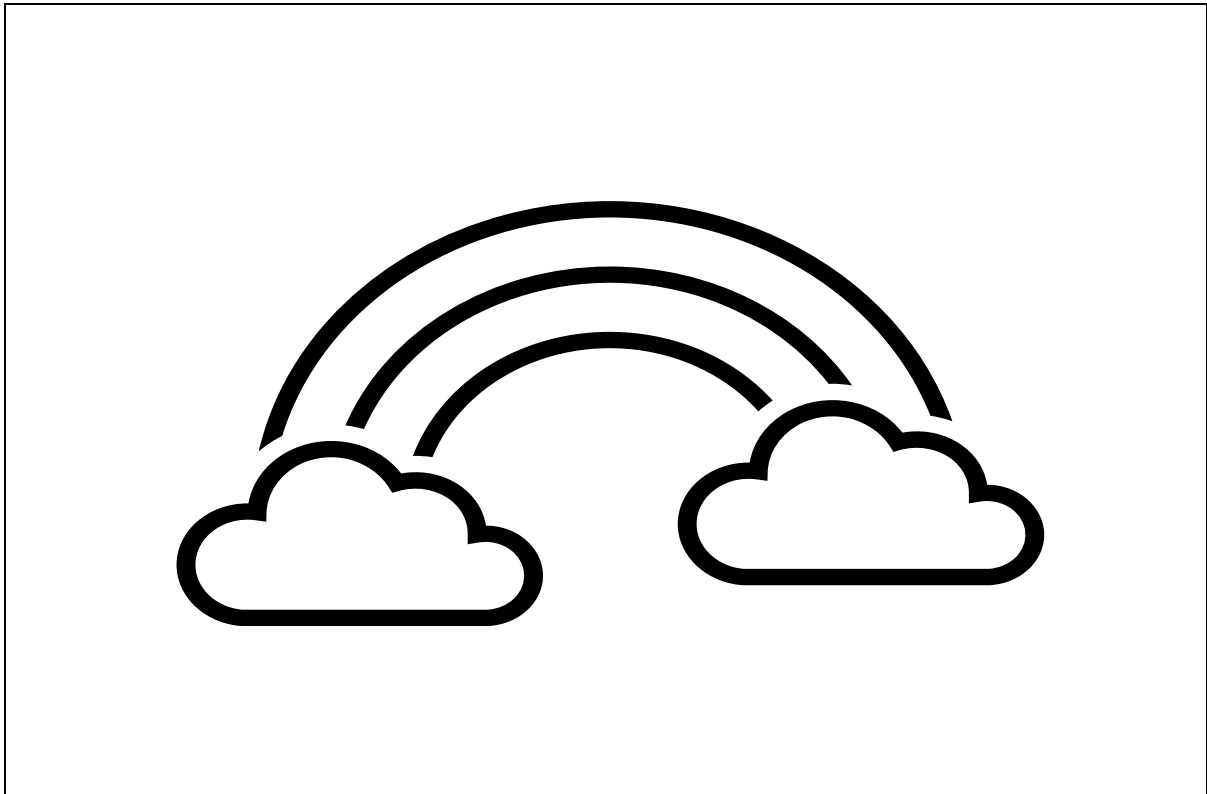
Take-Home Affirmation



A great way to encourage a growth mindset, is to ask your child to remember every day how incredible they are. You might like to encourage them to say to themselves:

‘I can dream big and do big things.’

Colour the rainbow:





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Parent Tip: Encouraging a Growth Mindset at Home



As a parent, we all have those moments when our little one is struggling with something and we want to be able to help. I've been there too!

Truth be told, I wish I knew then, what I know now. BUT, it is never too late to adjust how you think and speak to yourselves, and your child.

Here are some simple ideas to consider:

- Praise effort, not just success.
 - Instead of 'You're so smart,' say **'Wow! You worked really hard on that.'**
 - Instead of 'Good job!' Try, **'You put in so much effort, and I'm really proud of you.'**
 - Instead of 'You got it right – you're amazing!' Say, **'You kept going even when it was hard, and look how much you've learned.'**
 - Instead of, 'You're really good at this.' Try, **'You didn't give up, and now you can do it – that's amazing.'**
- Remind your child that mistakes are okay because they help us learn.
- Encourage use the word 'yet': When you hear 'I can't do this,' try encouraging your child to say, **'I can't do this yet.'**

If you are still seeing struggles, then perhaps visit your local library for recommendations to read books about perseverance and big dreams.

Parents/Guardians:



Remember: You are amazing, and are doing a wonderful job. ANYTHING is possible for you too.

Please use this box to write your child's dream and date it as a keepsake.

Name..... Age..... Date.....

I'd love to hear how these activities went! Feel free to share your experience with me on my socials. Thank you 😊

Facebook: Fiona Lowry – Author

Instagram: @fionalowryauthor