

# Big Life Journal

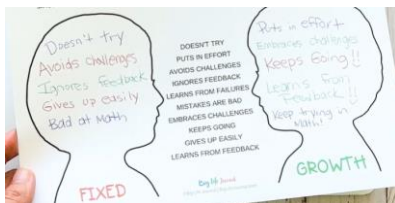
We are pleased to say that all Year 5 children will receive a block of weekly group ELSA sessions. They will be engaged in positivity-boosting challenges to nurture growth mindset, self-love, gratitude and friendships through the Big Life Journal Challenges Kit.



Designed for all learning styles, every challenge includes fun multisensory activities to help children develop a positive attitude and healthy mental habits.

We have previously found that the children like spending special quality time writing, drawing, playing and talking with their Challenge Buddy with the aims being to:

- develop emotional intelligence
- practice growth mindset skills
- cultivate kindness, self-love, and an attitude of gratitude
- build self-esteem and confidence
- develop positive friendships



If you have any questions, please contact your child's class teacher via the class email or the school SENCO at [SENCO@urchfont.wilts.sch.uk](mailto:SENCO@urchfont.wilts.sch.uk).