





EPISODE 20 GUIDE

IN THIS EPISODE, KIDS WILL

- learn how even a small act can **make a difference** in the world
- travel to **California, USA**
- be inspired by **Justin**, our listener

DISCUSSION QUESTIONS

- What did Justin do to help frogs?
- What ways can you make a difference in the world?
- If you could improve anything in the world or your community, what would it be?

TRY THESE ACTIVITIES

1. Turn to Chapter 10 "**Make a Difference in the World**" in the [Big Life Journal Second Edition](#). In this chapter, children will practice thinking about ways they can make a difference.
2. Go through the **5-Day Kindness Challenge** in the [Kindness & Community Kit](#) together as a family or class. This challenge is full of fun and engaging activities for children to flex their kindness muscles.
3. Choose one activity each week from the **30 Ways to Make a Difference** printable (in our [Kindness & Community Kit](#)) to complete as a family or classroom.
4. Color the **Makes a Difference Coloring Page** (in our [2020 New Year Kit PDF for ages 4-10](#)) to hang up as a reminder that anyone, no matter how small, can make a difference.

All kits can be found on biglifejournal.com.

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms.*

Big Life Journal

biglifejournal.com/podcast