



Soulful Learning

Parenting Toolkit Free Resource

Ages 5-8 Years
Topic: Conscious Health

by Rahul Bharadwaj

soulful-learning.com.au
rahul@soulful-learning.com.au



Introduction

The aim of this workbook is to help you stay on track as a conscious parent and build healthy habits in your child while you spend quality time with them.

You can choose to use this as a digital copy or print it out for journaling and writing for you and your child.

soulful-learning.com.au
rahul@soulful-learning.com.au

How to Use This Mini Workbook (For Parents)

You are the guide.

Read once, gather materials, then sit beside your child.



Two parts today:

- Reflect (10–15 mins): short, talk-and-think activity.
- Make/Do (20–30 mins, with an optional 7-day habit): hands-on creation together.

Screens: not needed for this activity.

Keep it playful but reflective.

Encourage your child to share without judgement.

Safety: You supervise all steps. Use child-safe scissors, non-toxic materials, and tidy away small parts.



Conscious Health (Ages 5–8)

Inner Compass



What you'll need

Primary items

- 3–4 sheets of A4 paper or card.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- A few old magazines/brochures for pictures (optional).
- Stickers or coloured paper offcuts (optional).
- A clipboard or firm book to lean on (optional).

No-cost household alternatives:

- Scrap paper, the back of printed sheets, or a cereal-box cut to A4.
- Tape instead of glue; blu-tack for temporary sticking.
- Junk-mail catalogues instead of magazines.
- Draw simple icons instead of using stickers.
- Pencil only is fine if markers aren't available.

Optional \$5–\$10 extras

- Small sticker sheet. Pack of coloured card.
- Washi tape. A kid-friendly magazine to cut pictures from.



Activity A — Reflect (Evaluate)

Name: “Who I Am Storyboard”

Goal (your child is learning to):

Decide which inner beliefs about themselves make them feel safe, capable, and authentic, challenge old schemas that no longer serve them, and choose new, healthier self-narratives to guide their actions and self-worth.

Time: 10–15 minutes

Steps

1. Fold a sheet of paper in half. Label the left side “Old Me” and the right side “New Me.”
2. Invite your child to draw one simple picture on each side (stick figures are perfect).
3. Together, add short labels to each picture. On “Old Me,” write the belief that used to be there (e.g., “I’m not good at puzzles”). On “New Me,” write a helpful belief they choose now (e.g., “I can learn puzzles with practice”).
4. Ask 1–2 questions (see prompts), then circle one “truth” they want to keep from the New Me side.

Helpful prompts (pick two)

- “When did you feel brave or kind today?”
- “Which picture shows the ‘you’ that feels most like your true self?”
- “What helped you change from the first picture to the second?”
- “Which word from the New Me side would you like to remember this week?”

Coaching tips for parents

- Keep labels short and positive; praise noticing and honesty.
- If your child offers a harsh phrase, gently reword it into a neutral observation (“That was hard for me yesterday”) and move on.
- End by naming one strength you observed (effort, curiosity, kindness).

Activity B — Make/Do (Create)

Name: “My True Heart Map”

Goal (your child is creating to):



Design their own “Inner Compass Map” — a personal chart of truths, affirmations, and guiding values they’ve chosen for themselves, decorated with words, images, or symbols of role models and experiences that make them feel strong, safe, and real.

Time: 20–30 minutes (+ optional 7-day habit)

Steps

1. On a fresh page, draw a big heart. Title it “My True Heart Map.”
2. Brainstorm 4–6 “truth words” your child chooses (e.g., kind, funny, brave, helper, patient, problem-solver). Write one word in each part of the heart. If helpful, lightly pencil lines to create sections.
3. Add small drawings or cut-out pictures around each word (e.g., a cape for “brave,” a puzzle piece for “problem-solver,” a smile for “kind”).
4. Invite your child to add one role model (someone real or fictional) as a tiny picture or symbol near a word that fits.
5. Finish with a short line at the bottom: “When I forget, I will remember: I am _____ and _____.”

Creative twists (choose any)

- Colour code: one colour per word.
- Frames: outline each section with a pattern (dots, stripes, waves).
- Collage corners: add two small pictures that show moments they felt proud.

Optional 7-day habit (bite-sized daily action)

- Each evening, your child points to one “truth word” on the heart and shares one 10-second example from the day.
- Quick check-in question: “Where did you see your [truth word] today?”

Coaching tips for parents

- Model first: choose your own one “truth word,” share a brief example, then invite your child to try.
- Let your child choose colours, pictures, and order; you provide gentle structure and time boundaries.



Reflection space (journal)

Child's Page (draw or dot points)

Today I noticed:

I felt:

One thing I'm proud of:

One word from my heart I used today:



Reflection space (journal)

Parent's Page (dot points)

Strengths I saw today:

What helped my child stay engaged:

One small support I'll offer this week:



Real-life "try this week" checklist (fridge-friendly)

- I will use one "truth word" at home / school / sport (circle one).
- I will practise it in the: morning / afternoon / evening (circle one).
- My cue (what will remind me): _____
- My tiny action (30–60 seconds): _____
- I will tell or show: _____

Key takeaways

- Your child can notice old stories and choose new, helpful ones.
- Naming "truth words" makes strengths visible and repeatable.
- Small daily cues build the habit of acting from their chosen values.

Safety & guidance

- Supervise all practical steps.
- Use child-safe scissors and non-toxic materials.
- Keep small parts out of reach of younger siblings (if applicable).
- If strong feelings show up, pause, take two slow breaths together, and resume later.

Thank You

"Thank you for reflecting and creating together today. Each time you notice a helpful belief and act from it, you're shaping daily habits and building a life guided by what feels true, kind, and strong."

Conscious Health (Ages 5–8)

Soulful Living



What you'll need

Primary items

- 2–3 sheets of A4 paper or a small notebook.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Stickers or coloured paper (optional).
- String or blu-tack to hang finished work (optional).

No-cost household alternatives:

- Scrap paper, the back of printed sheets, or cereal-box card.
- Tape instead of glue.
- Junk-mail catalogues for pictures instead of stickers.
- Drawing simple icons instead of printing or cutting images.
- Clothes peg or paperclip to hang instead of string.

Optional \$5–\$10 extras

- Small pack of heart-shaped stickers.
- Coloured card or construction paper.
- Glitter glue or metallic pens for decoration.



Activity A — Reflect (Evaluate)

Name: “Thank You Heart”

Goal (your child is learning to):

Evaluate which acts of kindness, gratitude, or forgiveness feel genuine and safe, decide which values they want to live by, and choose how they can express love and connection in a way that builds healthy bonds with friends, family, and the world around them.

Time: 10–15 minutes

Steps

1. On a sheet of paper, draw a large heart in the middle.
2. Ask your child to think of three moments when they felt truly grateful. These can be big or small (e.g., someone shared a toy, a hug when they were sad, a fun family meal).
3. In the heart, draw or write one moment in each section (divide the heart into three parts if helpful).
4. Talk together about why those moments mattered and how they made your child feel.

Helpful prompts (pick two)

- “What made that moment so special for you?”
- “Who helped you feel cared for or happy?”
- “How can you make someone else feel like that?”
- “Which of these moments would you like to happen more often?”

Coaching tips for parents

- Focus on the feeling and meaning, not just the event.
- If your child can’t think of a moment, share a recent example from your own day to spark ideas.
- Name one value you see in your child’s story (kindness, generosity, patience).

Activity B — Make/Do (Create)

Name: “Magic Words Cloud”

Goal (your child is creating to):



Create a visual guide of the daily actions, words, and habits they choose to leave as their “mark” on others, using words that make people feel good (e.g., please, thank you, I forgive you).

Time: 20–30 minutes (+ optional 7-day habit)

Steps

1. Draw a big fluffy cloud on a sheet of paper.
2. Inside the cloud, write “Magic Words” at the top in bright colours.
3. Brainstorm together 5–7 words or short phrases that make people feel happy, safe, or appreciated. Write each inside the cloud.
4. Decorate the cloud with colour, patterns, or small pictures that connect to each word (e.g., a heart near “thank you,” a handshake near “please”).
5. Hang the cloud somewhere your child can see it every day—bedroom wall, fridge, or study desk.

Creative twists (choose any)

- Use one colour per “magic word.”
- Add little “word bubbles” around the cloud for extra phrases.
- If using coloured card, cut out the cloud shape and decorate the edges with washi tape or stickers.

Optional 7-day habit (bite-sized daily action)

- Each morning, choose one “magic word” and try to use it at least once during the day.
- Quick check-in question in the evening: “When did you use your magic word today?”

Coaching tips for parents

- Model by using one of the “magic words” yourself and pointing it out gently.
- Praise effort, not perfection. Acknowledge attempts to be kind or grateful even if the moment felt small.



Reflection space (journal)

Child's Page (draw or dot points)

One "magic word" I used today:

How it made me feel:

How it made someone else feel:



Reflection space (journal)

Parent's Page (dot points)

What I observed in my child's expressions of kindness/gratitude:

One moment I saw them shine:

One value we can nurture together this week:



Real-life "try this week" checklist (fridge-friendly)

- I will use one "magic word" at home / school / sport (circle one).
- I will practise it in the: morning / afternoon / evening (circle one).
- My cue (what will remind me): _____
- My tiny action (30–60 seconds): _____
- I will tell or show: _____

Key takeaways

- Gratitude, kindness, and forgiveness are choices we can make daily.
- Simple words have the power to change how people feel.
- Seeing "magic words" daily helps children act on their chosen values.

Safety & guidance

- Supervise all practical steps. Use child-safe scissors and non-toxic materials.
- Keep small parts out of reach of younger siblings (if applicable).
- If strong emotions arise, pause, take a slow breath together, and resume when ready.

Thank You

"Thank you for exploring kindness and gratitude together today. The simple words we choose can leave a lasting mark on the hearts of the people around us and these small moments are what make life truly soulful."

Parenting Hacks to Boost Your Child's Development

1



Free play

Play is the work of the child. Encourage free and unstructured play to let children explore their interests.

2

Encourage Curiosity

Give children freedom to explore their surroundings. Provide open-ended activities to allow them wonder and ask questions.

3

Show examples



Show diverse range of projects for children to spark inspiration. Suggest them to change or modify the samples.



6

Problem solving

Give opportunity for children to solve their problems without adults' intervention.



5

Story telling

Allow children to engage in the story by predicting what will happen next. Ask children to create their own story and share it.



4

Provide variety of materials

To allow children to explore their creativity, make sure they have access to a broad diversity of materials.



7

Focus on process

As children work on projects, it is important for them to understand the importance of the process, not just the final product.



Message of the Day

Your presence is what matters for your child more than anything.
 And that starts with your mental and physical health.
 Your health is your wealth! Look after yourself. Be self-compassionate.
 Be connected. You are not alone ❤️



Habits Tracker

WRITE DOWN THE HABITS YOU WANT TO TRACK
THROUGHOUT THE DAY, FOR THE WEEK.

	MON	TUE	WED	THU	FRI
9AM					
10AM					
11AM					
12PM					
1PM					
2PM					
3PM					
4PM					
5PM					
6PM					
7PM					
8PM					
9PM					
10PM					

5 Elements of Soulful Learning

Conscious Health - Self-Discovery & Conscious Living



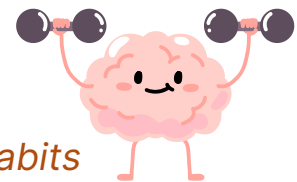
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



- Stress Management
- Coping Mechanisms
- Perseverance
- Developing Healthy Mental Habits



Emotional Health - Self-Awareness & Emotional Mastery



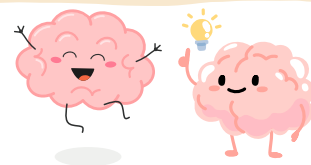
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



Social Health - Social & Relational Intelligence



- Conflict Resolution
- Self-Protection
- Understanding Others
- Communication & Self-Expression Habits



Physical Health - Vitality & Practical Life Skills



- Body Fundamentals
- Self-Care & Life Skills
- Tech & Material World
- Developing Healthy Lifelong Routines



Let's Create Something Special for Our Community

Our Promise

Research-backed.
Community-driven.
Fun for every child.

Two Easy Next Steps

Book a free 30-minute call to explore how a pilot workshop could run.
Invite us to deliver a one-off trial session for you.

Contact Us



Phone: 0426 682 673



Email: rahul@soulful-learning.com.au



Website: soulful-learning.com.au



Soulful Learning



SCAN ME!