



Soulful Learning

# Parenting Toolkit Free Resource

**Ages 9-12 Years**  
**Topic: Conscious Health**

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# 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.**

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# 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 open conversation. There are no right or wrong answers. Focus on encouraging meaningful, value-driven kindness rather than kindness for reward.

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

# GOOD TIMES



# Conscious Health (Ages 9-12)

## Inner Compass



### What you'll need

#### Primary items

- A4 paper or notebook pages.
- Pencils, pens, or markers.
- Glue stick.
- Safety scissors.
- Coloured paper or card for "Power Cards".
- Ruler (optional for card edges).

#### No-cost household alternatives:

- Scrap paper or the back of printed sheets.
- Cereal box cardboard cut into card shapes
- Draw borders instead of using coloured card.
- Tape instead of glue.

#### Optional \$5-\$10 extras

- Small pack of coloured index cards.
- Decorative washi tape for card edges.
- Sticker sheet with motivational icons.



## **Activity A — Reflect (Evaluate)**

**Name:** “My Mirror Map”

**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. On a page, draw three columns: True, False, and Changing.
2. Ask your child to think about things people have said about who they are—family, friends, teachers, coaches. Write each in one column.
3. Discuss why each statement feels true, false, or in the process of changing.
4. Look for themes—are there repeated strengths? Patterns in the “false” column that they’ve outgrown?
5. Highlight two truths they want to hold on to and one “changing” belief they want to grow into.

### **Helpful prompts (pick two)**

- “Who usually says this to you?”
- “How does it make you feel when you hear it?”
- “Do you agree or disagree with it? Why?”
- “If this belief were a plant, would you keep watering it?”

### **Coaching tips for parents**

- Keep the tone neutral—avoid defending or rejecting any statement for them.
- Encourage them to focus on what feels authentic now, not just in the past.



## **Activity B — Make/Do (Create)**

**Name:** “Power Cards Deck”

**Goal (your child is creating to):**

Design 6–8 “Power Cards” with traits, how they show up in their life, and one action to strengthen each.

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

### **Steps**

1. Cut out 6–8 cards (about the size of a playing card).
2. On each card:
  - a. Top: Write a trait (e.g., Brave, Honest, Kind).
  - b. Middle: Describe or draw how it shows up in their life.
  - c. Bottom: Write one action they can take to strengthen it.
3. Decorate each card with colours, symbols, or patterns that match the trait.
4. Keep the cards in a small box or envelope where they can see or use them often.

### **Creative twists (choose any)**

- Add a “power rating” out of 10 for each trait now, and review in a month.
- Make one “wild card” for a new strength they want to build.
- Use different colours for personal, school, and friendship traits.

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

- Each morning, choose one card to focus on for the day.
- Quick check-in question: “How did you use your [trait] today?”

### **Coaching tips for parents**

- Model by making one of your own cards alongside them.
- Share how you use that trait in your daily life.



# Reflection space (journal)

## Child's Page (draw or dot points)

**One belief I want to keep:**

**One belief I'm changing:**

**My favourite power card today:**



# Reflection space (journal)

## Parent's Page (dot points)

***Strengths I noticed in my child today:***

***How they practised self-awareness:***

***One trait we can encourage this week:***



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

- I will use one power card each day.*
- I will notice when a belief needs moving to "Changing" or "True."*
- My cue (what will remind me): \_\_\_\_\_*
- My tiny action (30–60 seconds): \_\_\_\_\_*
- I will tell or show: \_\_\_\_\_*

### Key takeaways

- *Not all beliefs about us are true or permanent.*
- *Choosing which to keep or change builds confidence.*
- *Personal strengths grow stronger with daily attention.*

### Safety & guidance

- *Supervise cutting and use of materials.*
- *Remind your child that they can revisit and edit their Mirror Map and Power Cards anytime.*

### Thank You

*"Thank you for exploring your beliefs and strengths today. The power cards you've created are reminders of who you are and who you are becoming guides to help you live in a way that feels true, safe, and strong."*

# Conscious Health (Ages 9-12)

## Soulful Living



### What you'll need

#### Primary items

- A4 paper or large poster sheet.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Green and brown paper (or any colours for leaves and trunk).
- Sticky notes (optional for removable leaves).

#### No-cost household alternatives:

- Draw tree and leaves directly on paper instead of cutting shapes.
- Use scrap paper for leaves.
- Old envelopes or junk mail for coloured paper.
- Tape instead of glue.

#### Optional \$5-\$10 extras

- Sticker packs (hearts, stars) to decorate leaves.
- Metallic or glitter pens for special leaves.
- Small corkboard to make a reusable "tree".



## **Activity A — Reflect (Evaluate)**

**Name:** “Gratitude Tree”

**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 to express love and connection in a way that builds healthy bonds with others.

**Time:** 10–15 minutes

### **Steps**

1. On a sheet, draw a large tree with a trunk and branches.
2. Together, brainstorm acts of kindness, gratitude, or forgiveness your child values most.
3. Write each on a “leaf” (drawn directly on the page or cut out separately).
4. Place each leaf on the branch it belongs to—label branches with themes like Family, Friends, Community, World.
5. Discuss which branches they’d like to grow more and why.

### **Helpful prompts (pick two)**

- “When you did this, how did it make you feel?”
- “Was this kindness because it felt right or because you wanted recognition?”
- “Which of these would you like to do more often?”
- “Who else might benefit from this act?”

### **Coaching tips for parents**

- Reinforce the idea that genuine kindness often feels good inside, even if no one notices.
- Share your own “leaf” to model personal reflection.



## **Activity B — Make/Do (Create)**

**Name:** “Kindness Tree (Family Edition)”

**Goal (your child is creating to):**

Create a family kindness tree where each member adds leaves with ways they have lived soulfully that week.

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

### **Steps**

1. Draw or build a larger tree on paper or card and place it somewhere visible at home.
2. Give each family member their own colour for leaves.
3. Throughout the week, each person writes one act of kindness, gratitude, or forgiveness they have done on a leaf and adds it to the tree.
4. At the end of the week, gather to read the leaves aloud and celebrate the actions.

### **Creative twists (choose any)**

- Assign a “Kindness Keeper” each week to help collect leaves.
- Add “fruit” to the tree for acts that took extra courage or creativity.
- Keep the tree growing all year and take a photo of it each month.

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

- Each evening, your child adds one new leaf with a soulful action from their day.
- Quick check-in question: “What kindness did you grow today?”

### **Coaching tips for parents**

- Make the tree a shared family project so the child sees kindness as a group value.
- Acknowledge small acts as well as bigger ones.



# Reflection space (journal)

## Child's Page (draw or dot points)

*My favourite kindness leaf was:*

*One branch I want to grow more:*

*How it made me feel:*



# Reflection space (journal)

## Parent's Page (dot points)

*What I noticed about my child's value-driven kindness:*

*One way they strengthened relationships this week:*

*A kindness we can practise together next week:*



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

- I will add at least one kindness leaf each day.*
- I will focus on growing one branch of my tree.*
- My cue (what will remind me): \_\_\_\_\_*
- My tiny action (30–60 seconds): \_\_\_\_\_*
- I will tell or show: \_\_\_\_\_*

### Key takeaways

- *Kindness feels most rewarding when it is guided by values rather than approval.*
- *Tracking acts of kindness makes them more visible and repeatable.*
- *Shared family projects strengthen connection and empathy.*

### Safety & guidance

- *Supervise cutting and gluing.*
- *Encourage honest sharing without judgement—there are no "wrong" leaves.*

### Thank You

*"Thank you for growing your kindness tree today. Every leaf you add is a reminder that love, gratitude, and forgiveness can shape the way we connect—with each other, our community, and the world."*

# 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.



4

## Provide variety of materials

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



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.



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



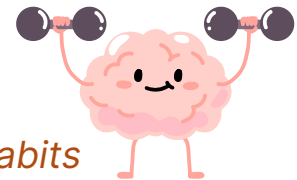
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



## Mental Health - Resilience & Mental Strength



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



## Emotional Health - Self-Awareness & Emotional Mastery



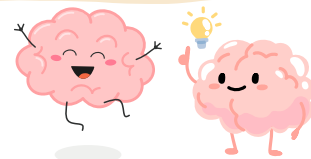
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



## 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



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Soulful Learning



**SCAN ME!**