



Soulful Learning

Parenting Toolkit Free Resource

Ages 5-8 Years
Topic: Emotional 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 your child to share without judgement. Keep the mood encouraging and celebratory. This is about helping your child feel proud of who they are and who they are becoming.

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



Emotional Health (Ages 5–8)

Emotional Wellbeing



What you'll need

Primary items

- 3–4 sheets of A4 paper or card.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Scrap paper or card for making “emotion cards” (at least 8–10).
- String or ribbon (for cape ties).
- Large sheet of paper, old pillowcase, or fabric for the cape (can be paper-based for simplicity).

No-cost household alternatives:

- Cut-up cereal box or cardboard for emotion cards.
- Use sticky notes instead of cards.
- Draw cape outline on paper instead of using fabric.
- Tape instead of glue.
- Ribbon, shoelace, or strips of cloth for cape ties.

Optional \$5–\$10 extras

- Felt-tip pens or fabric markers (if using a real fabric cape).
- Glitter glue, sequins, or sticker sheets for cape decoration.



Activity A — Reflect (Evaluate)

Name: “Pick & Drop Emotion Cards”

Goal (your child is learning to):

Reflect on their emotional responses by evaluating their impact on their wellbeing and relationships, and decide which patterns or coping strategies they want to strengthen, change, or release for healthier emotional growth.

Time: 10–15 minutes

Steps

1. Prepare emotion cards in advance (each card has one emotional reaction written or drawn—e.g., “shouting,” “hugging,” “listening,” “walking away,” “crying,” “sharing,” “smiling”).
2. Place three bins, boxes, or labelled areas: Keep (helpful responses), Change (could improve), and Let Go (not helpful).
3. Invite your child to read or look at each card and decide where it goes.
4. For each choice, ask 1–2 prompts to explore why they placed it there.

Helpful prompts (pick two)

- “What happens when you do this?”
- “Does it make you or others feel better or worse?”
- “Can you think of a time this helped you?”
- “What would you like to do instead?”

Coaching tips for parents

- Keep the tone curious, not corrective.
- Celebrate the “Keep” pile and talk about how to use those responses more often.
- For “Change” or “Let Go,” brainstorm together what could replace them.



Activity B — Make/Do (Create)

Name: “Role Model Superpower Cape”

Goal (your child is creating to):

Create a personalised emotional strategy by decorating a cape with traits learned from family, teachers, or role models (e.g., calmness, kindness), and presenting them as “superpowers” they can use in daily life.

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

Steps

1. Lay out the cape material (fabric, large paper, or pillowcase).
2. Talk about role models they know and admire. For each, identify one trait that helps them handle emotions well (e.g., staying calm when frustrated, being patient, listening).
3. Write or draw each trait onto the cape, one per section or area.
4. Decorate each “superpower” with a symbol (e.g., a shield for patience, a star for kindness).
5. Tie or tape the cape loosely around your child’s shoulders and invite them to present their superpowers to you.

Creative twists (choose any)

- Add a “power emblem” in the centre of the cape that represents their overall strength.
- Use colours to group similar superpowers (e.g., blue for calm, red for courage).
- If space allows, write a short “superpower promise” at the bottom of the cape.

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

- Each morning, pick one superpower from the cape to “wear” mentally during the day.
- Quick check-in question in the evening: “When did you use your superpower today?”

Coaching tips for parents

- Model your own “superpower” and share how you used it recently.
- Reinforce that these powers grow stronger the more they are used.



Reflection space (journal)

Child's Page (draw or dot points)

My favourite "Keep" card was:

One superpower I used today:

How it helped me:



Reflection space (journal)

Parent's Page (dot points)

What I noticed about my child's emotional choices:

A strength I saw them practise:

One superpower we can focus on together this week:



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

- I will use one "superpower" each day.*
- I will remember to pause before reacting.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Emotions are signals, and we can choose how to respond to them.*
- *Learning from role models builds healthy emotional strategies.*
- *Using "superpowers" daily strengthens emotional wellbeing.*

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 your child feels upset when reflecting, take a short break and resume when ready.*

Thank You

"Thank you for exploring your emotions and powers today. The superpowers you choose—kindness, patience, courage—are yours to carry into every moment, helping you grow and connect in ways that make life brighter."

Emotional Health (Ages 5–8)

Self-Identity & Self-Esteem

What you'll need

Primary items

- A4 paper or thin card for crown shape.
- Pencils, crayons, or markers.
- Glue stick or tape.
- Safety scissors.
- Stickers, feathers, or small decorations (optional).
- Yarn, string, or elastic cord (for bracelet).
- Beads, buttons, or cut-up drinking straws (different colours).

No-cost household alternatives:

- Use a cereal box for the crown.
- Draw feather shapes instead of using real feathers.
- Colour paper strips instead of beads for bracelet.
- Tie bracelet with wool, ribbon, or an old shoelace.

Optional \$5–\$10 extras

- Pack of craft feathers or stickers.
- Bead kit in assorted colours.
- Metallic pens for crown decoration.





Activity A — Reflect (Evaluate)

Name: “My Best Self Crown”

Goal (your child is learning to):

Reflect on their current beliefs and self-image, evaluate whether they support their confidence and relationships, and decide which traits or thoughts they want to keep, change, or let go of as they grow into their best self.

Time: 10–15 minutes

Steps

1. Help your child cut out a crown shape (or use a strip of card to wrap around their head).
2. Talk about traits or behaviours they feel proud of—things that make them a good friend, learner, or family member (e.g., sharing, helping, trying again).
3. For each chosen trait, write or draw it on the crown and add a decoration (feather, sticker, or coloured pattern).
4. As you work, talk briefly about traits they’d like to grow or change, but keep the main focus on what to celebrate.

Helpful prompts (pick two)

- “What’s one thing you like about yourself?”
- “What makes you feel proud inside?”
- “When do you feel you’re being your best self?”
- “What would you like to do even more often?”

Coaching tips for parents

- Keep the conversation positive; gently reframe any negative self-talk into growth opportunities.
- Praise effort and kindness, not just skills or achievements.

Activity B — Make/Do (Create)

Name: “My Power Bracelet”

Goal (your child is creating to):



Create a personal vision of their best self by making a bracelet where each colour represents a strength or value they want to grow and carry with them daily.

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

Steps

1. Lay out yarn, string, or elastic cord for the bracelet base.
2. Together, pick 4–6 colours (from beads, buttons, or paper strips) to represent strengths or values (e.g., red = courage, blue = kindness, yellow = curiosity, green = patience).
3. As each bead or item is added, say aloud what it stands for and invite your child to repeat it.
4. Tie the ends securely and have your child wear the bracelet as a daily reminder of their chosen strengths.

Creative twists (choose any)

- Add one “special bead” to represent a personal goal for the week.
- Use charms or symbols instead of beads.
- Make matching bracelets for family members with their own strengths.

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

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

Coaching tips for parents

- Model the process by naming one of your own strengths and how you used it today.
- Remind your child to look at their bracelet during the day if they need encouragement.



Reflection space (journal)

Child's Page (draw or dot points)

My favourite trait on my crown:

My favourite colour (trait) on my bracelet:

How I used it today:



Reflection space (journal)

Parent's Page (dot points)

Strengths I saw my child celebrate:

How they showed confidence:

One value we can focus on this week:



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

- I will remember one strength from my crown each day.*
- I will choose one colour from my bracelet to use.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Self-identity grows stronger when children notice and celebrate their strengths.*
- *Visual reminders like crowns and bracelets make values part of daily life.*
- *Confidence is built through repeated small actions that reflect our best self.*

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).*
- *Ensure crown/bracelet fits comfortably without being too tight.*

Thank You

"Thank you for celebrating your best self today. The strengths you choose to wear—whether on your head or your wrist—are also the ones you carry inside, helping you grow into the person you want to be."



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.



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.

6

Problem solving

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



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



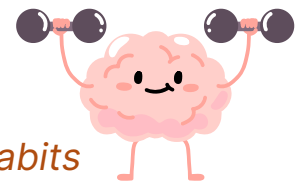
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



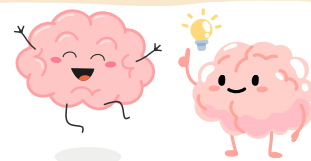
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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!