



Soulful Learning

# Parenting Toolkit Free Resource

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

**by Rahul Bharadwaj**

[soulful-learning.com.au](http://soulful-learning.com.au)  
[rahul@soulful-learning.com.au](mailto: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](https://soulful-learning.com.au)  
[rahul@soulful-learning.com.au](mailto: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 (paper-based preferred). Optional for digital drawing tools, but paper-based work is recommended for hands-on engagement.

Keep the conversation supportive—highlight both what’s working well and areas to grow without criticism.

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

# GOOD TIMES



# Emotional Health (Ages 9-12)

## Emotional Wellbeing



### What you'll need

#### Primary items

- A4 paper or notebook pages.
- Pencils, pens, or markers.
- Ruler (optional for comic panels).
- Coloured pencils or markers for decoration.
- Glue stick (optional for adding cut-out symbols to the shield).

#### No-cost household alternatives:

- Back of cereal boxes for shield template.
- Scrap paper for drawings and cut-outs.
- Use pen outlines with pencil shading instead of colour packs.

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

- Metallic or glitter pens for shield details.
- Comic strip template printouts.
- Small stickers or washi tape for decoration.



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

**Name:** “Strength Shield Art Project”

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

Reflect on their emotional responses, evaluate their impact on wellbeing and relationships, and decide which coping strategies or habits to strengthen, change, or release for healthier emotional growth.

**Time:** 10–15 minutes

### **Steps**

1. Draw a large shield shape on a page (or use a template).
2. Divide the shield into two halves:
  - a. Left side: 3 strengths or emotional habits they want to protect (e.g., patience, kindness, asking for help).
  - b. Right side: 3 habits or patterns they want to improve (e.g., interrupting, getting frustrated quickly, avoiding challenges).
3. Decorate each section with symbols, colours, or small drawings that represent the trait.
4. Parent adds one extra symbol or strength they’ve observed in the child.
5. Discuss how these traits affect relationships and how to nurture the positive ones.

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

- “Which strength has helped you the most recently?”
- “Which habit gets in the way of feeling good or connecting with others?”
- “Who in your life shows these strengths—what can you learn from them?”
- “What’s one step you can take to improve one habit?”

### **Coaching tips for parents**

- Keep feedback balanced—celebrate strengths before talking about changes.
- Model openness by naming a habit of your own you’re working on.



## **Activity B — Make/Do (Create)**

**Name:** “Create-a-Character Emotion Comic”

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

Create a comic strip featuring a character who faces emotional challenges and uses real-life strategies to respond in healthy ways.

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

### **Steps**

1. Fold a sheet into 4–6 comic panels or draw panels with a ruler.
2. Panel 1–2: Introduce the character and their challenge (e.g., feeling left out, getting teased, losing a game).
3. Panel 3–4: Show the character’s first reaction and how it affects them or others.
4. Panel 5–6: Show the character using healthier strategies (deep breathing, talking to a friend, walking away) and the result.
5. Add captions or thought bubbles to show the character’s feelings and decisions.

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

- Base the character on an animal, superhero, or fictional world.
- Add a “strategy box” at the end listing the healthy coping methods used.
- Include a cameo from a role model or mentor character.

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

- Each day, choose one of the comic’s strategies to use in real life.
- Quick check-in question: “Did you use your character’s strategy today?”

### **Coaching tips for parents**

- Encourage humour and creativity—it makes reflection more engaging.
- Talk about how the strategies in the comic can work in real life situations.



# Reflection space (journal)

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

***One strength I'm proud of:***

***One habit I'm improving:***

***My favourite part of my comic:***



# Reflection space (journal)

## Parent's Page (dot points)

***Strengths I saw my child recognise:***

***How they expressed emotional understanding:***

***One strategy to practise together this week:***



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

- I will use one strategy from my comic in real life.*
- I will practise one improvement habit from my shield.*
- My cue (what will remind me): \_\_\_\_\_*
- My tiny action (30–60 seconds): \_\_\_\_\_*
- I will tell or show: \_\_\_\_\_*

### Key takeaways

- *Self-awareness grows when children see both their strengths and areas for growth.*
- *Creative storytelling makes it easier to talk about emotional strategies.*
- *Practising one strategy at a time builds confidence and resilience.*

### Safety & guidance

- *Supervise cutting and gluing.*
- *Remind your child that all feelings are valid—what matters is how we choose to respond.*

### Thank You

*"Thank you for building your Strength Shield and telling your character's story today. Every time you practise healthy emotional strategies, you're shaping a future where your strengths guide your choices and your heart stays strong."*

# Emotional Health (Ages 9-12)

## Self-Identity & Self-Esteem



### What you'll need

#### Primary items

- 3 jars, boxes, or containers (any size) labelled "Keep," "Change," "Let Go".
- Slips of paper or sticky notes.
- Pens/markers.
- A larger jar for the Vision Jar Challenge (plastic or glass).
- Extra paper for decorating labels.

#### No-cost household alternatives:

- Recycled jars or food containers.
- Envelopes instead of jars.
- Scrap paper or cut-up envelopes for slips.

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

- Decorative washi tape or ribbon for jars.
- Coloured paper for slips.
- Metallic or glitter pens for vision jar decoration.



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

**Name:** “Keep, Change, Let Go Jar”

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

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

**Time:** 10–15 minutes

### **Steps**

1. Label three jars or boxes: Keep, Change, Let Go.
2. Child writes a belief, trait, or habit on each slip (e.g., “I’m a good friend,” “I get nervous speaking up,” “I always have to be perfect”).
3. One slip at a time, they choose the jar it belongs in.
4. Parent asks reflective questions to help them decide—remind them there are no “wrong” answers.
5. Choose 1 slip from each jar to discuss daily for the next three days.

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

- “How does this belief make you feel?”
- “Does it help you connect with people or push them away?”
- “Who or what gave you this belief?”
- “What would change if you let go of it?”

### **Coaching tips for parents**

- Use neutral tone—avoid labelling traits as “good” or “bad.”
- Model vulnerability by sharing one of your own “change” or “let go” beliefs.



## **Activity B — Make/Do (Create)**

**Name:** “Vision Jar Challenge”

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

Create a personal vision of their best self through daily reflections on values and actions that embody them.

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

### **Steps**

1. Choose a jar (clear if possible) and decorate with their name, colours, symbols, or inspiring words.
2. Agree on 3–5 core values they want to live by (e.g., kindness, courage, honesty, creativity).
3. Cut slips of paper—enough for a week.
4. Each day, child writes: “Today I lived my value of \_\_\_ by \_\_\_.”
5. At week’s end, open the jar together, read aloud, and reflect.

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

- Use a different coloured slip for each value.
- Add small drawings or symbols to each slip.
- Record the slips in a “Best Self” scrapbook after the week ends.

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

- Continue the Vision Jar for a month, focusing on one value per week.

### **Coaching tips for parents**

- Encourage concrete actions rather than vague ones (“I helped a classmate pick up books” instead of “I was nice”).
- Celebrate each slip as evidence of living their values.



# Reflection space (journal)

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

***A belief I want to keep:***

***A belief I want to change:***

***A belief I want to let go:***

***My favourite value I lived this week:***



# Reflection space (journal)

## Parent's Page (dot points)

***Strengths I noticed my child embrace:***

***Beliefs or habits they're ready to change:***

***Actions we can model together:***



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

- I will add one slip to my Vision Jar every day.*
- I will choose one belief from my "Change" jar to work on this week.*
- I will share one "Keep" belief with someone I trust.*
- My cue (reminder): \_\_\_\_\_*
- My small daily action: \_\_\_\_\_*

### Key takeaways

- *Self-image is shaped by both inner beliefs and external influences. Knowing which to keep or let go of builds confidence.*
- *Daily reflection connects actions to values, creating a stronger sense of self.*
- *Small, visible reminders (like jars) make growth tangible.*

### Safety & guidance

- *For glass jars, supervise decorating to avoid breakage.*
- *Emphasise that changing or letting go of a belief takes time—progress is gradual.*

### Thank You

*"Every value you choose and every belief you shape is like a brick in the home you're building for your best self. The more you add with care, the stronger and more beautiful it becomes."*



# 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



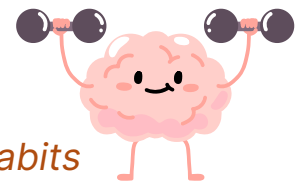
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



## Mental Health - Resilience & Mental Strength



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



## Emotional Health - Self-Awareness & Emotional Mastery



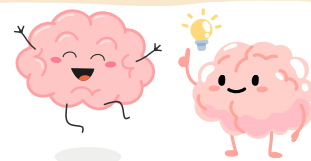
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



## 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](mailto:rahul@soulful-learning.com.au)



Website: [soulful-learning.com.au](http://soulful-learning.com.au)



Soulful Learning



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