



Soulful Learning

Parenting Toolkit Free Resource

Ages 5-8 Years
Topic: Mental 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 the tone calm and encouraging. If your child shows frustration, pause and return later. Keep the tone curious and encouraging. Let your child lead the pace.

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



Mental Health (Ages 5–8)

Failure & Stress Management



What you'll need

Primary items

- 3–4 sheets of A4 paper or card.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Ruler (optional for drawing map outlines).
- Stickers, coloured paper, or magazine cut-outs (optional).

No-cost household alternatives:

- Scrap paper, the back of printed sheets, or a cereal-box cut to A4.
- Tape instead of glue.
- Draw symbols instead of cutting out pictures.
- Use a straight edge (book cover, folded paper) instead of a ruler.

Optional \$5–\$10 extras

- Small sticker set with stars, arrows, or treasure icons.
- Metallic or glitter pens for the map path.
- Laminating sheet to make the map long-lasting.



Activity A — Reflect (Evaluate)

Name: “I Am Not My Mistakes”

Goal (your child is learning to):

Evaluate how their self-worth and response to failure are shaped by past relationships, role models, and personal beliefs, and decide which mindsets or values help them grow, even when things don't go as planned.

Time: 10–15 minutes

Steps

1. Share a short, simple story from your own life where something didn't go as planned — and what you learned or how you grew from it.
2. Explain that mistakes are part of learning and do not define who we are.
3. Ask your child to think of one time they made a mistake and learned something helpful from it.
4. On paper, invite them to draw or write one sentence they'll remember when they mess up (e.g., “I can try again,” “I am still awesome,” “Mistakes help me learn”).

Helpful prompts (pick two)

- “What's one thing you learned from that time?”
- “Who helped you feel better after it happened?”
- “If it happened again, what would you do differently?”
- “What could you say to yourself next time to keep trying?”

Coaching tips for parents

- Keep your story brief and positive in tone; avoid overwhelming detail.
- Reinforce that making mistakes is a normal part of learning for everyone.
- Praise your child for their honesty and willingness to share.



Activity B — Make/Do (Create)

Name: “My Success Treasure Map”

Goal (your child is creating to):

Design a creative map showing how failure and setbacks can be part of the journey toward growth, with their own “Success Code” to guide them.

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

Steps

1. Draw a large rectangle or oval outline for the map. Add a wiggly path through it.
2. Mark three key places along the path:
 - a. Failure Island – where mistakes happen.
 - b. Try Again Cave – where learning and practice take place.
 - c. Growth Mountain – where courage and persistence lead to new skills.
3. Decorate each place with drawings, symbols, or stickers that represent what your child might experience there (e.g., a broken pencil for a setback, a torch for trying again, a flag for reaching a goal).
4. On one side of the page, create a “Success Code” — 3–5 short mantras or reminders (e.g., “Keep trying,” “Ask for help,” “Celebrate small wins”).
5. Add arrows, footprints, or treasure icons to connect the places.

Creative twists (choose any)

- Add more stops along the path (e.g., “Idea Island,” “Helper’s Hut”).
- Use colours to show feelings at each stage (blue for calm, yellow for hope).
- Roll the finished map into a scroll and tie with ribbon or string.

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

- Each evening, your child points to one place on the map and shares a small example from their day that fits (e.g., “I was in Try Again Cave when I fixed my Lego tower”).
- Quick check-in question: “Where was I on my map today?”

Coaching tips for parents

- Model resilience: share moments when you were at “Failure Island” and moved forward.
- Highlight progress, not just end results.



Reflection space (journal)

Child's Page (draw or dot points)

Today I was at: _____ (Island / Cave / Mountain)

I learned: _____

Next time I'll: _____



Reflection space (journal)

Parent's Page (dot points)

What I noticed about my child's attitude toward setbacks:

A strength I saw them use:

A value we can focus on this week:



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

- I will use one part of my "Success Code" at home / school / sport (circle one).
- I will notice where I am on my map each day.
- My cue (what will remind me): _____
- My tiny action (30–60 seconds): _____
- I will tell or show: _____

Key takeaways

- Mistakes are part of the journey, not the end of it.
- Growth happens when we choose to try again.
- A personal "Success Code" helps children respond positively to challenges.

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. Pause and comfort if the activity brings up strong emotions.

Thank You

"Thank you for exploring resilience together today. Every step you take, whether it's on Failure Island, in Try Again Cave, or up Growth Mountain, it brings you closer to becoming stronger, braver, and more ready for life's adventures."

Mental Health (Ages 5–8)

Developing Healthy Mental Habits

What you'll need

Primary items

- 3–4 sheets of A4 paper or a small notebook.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Coloured paper or card (optional).

No-cost household alternatives:

- Scrap paper, the back of printed sheets, or cereal-box card.
- Old envelopes or junk mail for coloured sections.
- Tape instead of glue.
- Pencil-only drawings if no colours are available.

Optional \$5–\$10 extras

- Pack of coloured card or paper strips.
- Small sticker set (stars, smiley faces).
- Laminating sheet to make the rainbow last longer.





Activity A — Reflect (Evaluate)

Name: “My Feel-Good Day Map”

Goal (your child is learning to):

Reflect on their emotional patterns — what habits help them stay balanced, what self-talk makes them braver, and what beliefs or routines need changing — and judge which parts of their daily routine make them more resilient across school, friendships, and family.

Time: 10–15 minutes

Steps

1. Draw a simple line across a page, from morning to night. Mark 4–5 moments (e.g., wake-up, school, after-school, bedtime).
2. Ask your child to draw or write what usually happens at each moment.
3. Circle the habits that help them feel good (e.g., “I play outside after school,” “I eat breakfast”).
4. Lightly cross out anything that makes the day harder (e.g., “I rush in the morning,” “I forget my homework”).
5. Choose one circled habit to celebrate and one crossed-out habit to work on.

Helpful prompts (pick two)

- “What is your favourite part of the day?”
- “When do you feel the most calm?”
- “When do you feel most proud of yourself?”
- “What small change could make one part of the day better?”

Coaching tips for parents

- Keep the focus on habits and routines, not on labelling feelings as “good” or “bad.”
- Praise your child for noticing what already works well.
- Encourage small, realistic changes rather than big overhauls.

Activity B — Make/Do (Create)

Name: “Recharge Rainbow”

Goal (your child is creating to):



Build a personalised menu of healthy coping activities they can use when upset, tired, or overwhelmed.

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

Steps

1. Cut 5–7 strips of paper in different colours (or use white paper and colour them in).
2. Assign each colour to a “recharge activity” (e.g., blue = read a book, red = dance, yellow = cuddle a pet, green = draw, orange = have a drink of water).
3. Write or draw the activity on each strip.
4. Arrange the strips into a rainbow shape and glue onto a page or card.
5. Display the rainbow somewhere your child can see it every day.
6. When your child feels upset, invite them to choose one colour from the rainbow and do that activity together.

Creative twists (choose any)

- Add a “gold pot” at the end of the rainbow with a picture of your child smiling or feeling calm.
- Use symbols or stickers for each activity instead of words.
- Make a mini version to keep in a school bag.

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

- Each evening, pick one colour from the rainbow and try that recharge activity, even if they’re not upset, to build it into their routine.
- Quick check-in question: “Which rainbow colour helped you today?”

Coaching tips for parents

- Model using the rainbow yourself (“I’m going to pick green because drawing helps me feel relaxed”).
- Celebrate when your child chooses and follows through on a recharge activity.



Reflection space (journal)

Child's Page (draw or dot points)

One habit that helps me feel good:

One habit I'd like to change:

My favourite rainbow colour today was:



Reflection space (journal)

Parent's Page (dot points)

What I noticed about my child's awareness of helpful habits:

A strength they used to make a change:

One recharge activity we can practise together this week:



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

- I will do one recharge activity each day.*
- I will keep noticing what helps me feel balanced.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Small, positive habits can make a big difference to how we feel.*
- *Noticing patterns helps children choose better ways to cope.*
- *A visual tool like the rainbow makes it easier to act on healthy habits.*

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 overwhelmed, pause, do a calming activity, and resume later.*

Thank You

"Thank you for building your Recharge Rainbow together today. Each colour is a reminder that you have choices — simple, powerful habits you can use every day to feel strong, calm, and ready for whatever comes your way."



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



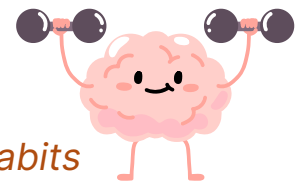
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



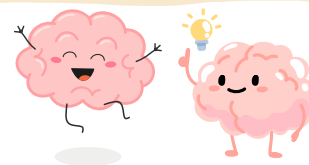
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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!