



Soulful Learning

# Parenting Toolkit Free Resource

**Ages 9-12 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 unless your child uses a digital tool to draw their comic. Only if used for researching or decorating coping ideas.

Keep it playful but reflective.

Keep the tone encouraging. Failure is a step in learning, not a definition of worth. Keep the tone solution-focused. This is about building on strengths, not judging weaknesses.

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



# Mental Health (Ages 9-12)

## Failure & Stress Management



### 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.

#### No-cost household alternatives:

- Scrap paper or back of printed sheets for drafting ideas.
- Draw panels freehand instead of using a ruler.
- Use black pen only and add colour later if preferred.

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

- Comic template printouts.
- Fine-liner pens for bold outlines.
- Sticker sheets with stars or positive icons for the "Success Code" section.



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

**Name:** “Values Compass Discussion”

**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. Explain the idea of a Values Compass—a guide that helps you choose actions when challenges or failures happen.
2. Together, think of situations when something didn’t go well for your child or the family.
3. Discuss: What values do we want to show in those moments? (e.g., perseverance, honesty, kindness, asking for help).
4. Write these values in a compass shape with four points, or as a simple list.
5. Agree on one value to practise as a family for the week.

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

- “Which values helped us get through a hard time before?”
- “When we feel frustrated, what do we want to remember?”
- “Which role models handle failure in a way you admire?”
- “How can we remind ourselves of our values in the moment?”

### **Coaching tips for parents**

- Model your own reflection—share a recent moment when you used a value to guide your response.
- Keep the discussion short but meaningful so it feels doable.



## Activity B — Make/Do (Create)

**Name:** “Comic Strip: Rise & Retry Phoenix”

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

Design a 4-panel comic strip showing a character facing repeated failure, learning from it, and defining success in their own way—ending with their personal “Success Code” of mantras and values.

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

### Steps

1. Divide a page into four panels.
2. Panel 1: The character tries something and fails.
3. Panel 2: The character feels upset or frustrated.
4. Panel 3: The character learns, changes their approach, and tries again.
5. Panel 4: The character redefines success—showing a meaningful outcome, not just a win (e.g., feeling proud, learning a skill, helping someone).
6. Beside or under the comic, write a Success Code—3–5 short mantras or values (e.g., “I learn from mistakes,” “I keep trying,” “My worth is not my score”).

### Creative twists (choose any)

- Make the character an animal, mythical creature, or superhero.
- Add speech bubbles for thoughts and actions.
- Use bright colours in the final panel to show growth and positivity.

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

- Each evening, review the Success Code and choose one mantra to focus on the next day.
- Quick check-in question: “Which mantra helped you today?”

### Coaching tips for parents

- Praise the creativity in the story, not just the outcome.
- Reinforce that the “phoenix” idea is about rising again stronger after setbacks.



# Reflection space (journal)

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

*One value on my compass I used today:*

*My favourite panel in my comic:*

*One mantra from my Success Code I want to remember:*



# Reflection space (journal)

## Parent's Page (dot points)

*How my child approached reflecting on failure:*

*A strength I noticed in their comic story:*

*One way I can help them use their compass this week:*



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

- I will look at my Values Compass when things don't go well.*
- I will use one mantra from my Success Code each day.*
- My cue (what will remind me): \_\_\_\_\_*
- My tiny action (30–60 seconds): \_\_\_\_\_*
- I will tell or show: \_\_\_\_\_*

### Key takeaways

- *Values can guide our actions when things don't go as planned.*
- *Failure can be a step toward growth and self-defined success.*
- *Creative storytelling helps us practise resilience in a safe way.*

### Safety & guidance

- *Supervise cutting and use of materials.*
- *Encourage your child to share feelings openly during the discussion.*

### Thank You

*"Thank you for creating your Values Compass and Phoenix comic today. Each time you rise and retry, you are proving that challenges can help you grow into your best self."*

# Mental Health (Ages 9-12)

## Developing Healthy Mental Habits



### What you'll need

#### Primary items

- 2–3 sheets of A4 paper or card.
- Pencils, pens, or markers.
- Glue stick.
- Safety scissors.
- Brass fastener (split pin) or push pin for spinner.
- Ruler (optional for neat sections).

#### No-cost household alternatives:

- Scrap cardboard for the spinner base (e.g., cereal box).
- Paper clip and pencil as a simple spinning pointer.
- Hand-drawn circles instead of printed templates.

#### Optional \$5–\$10 extras

- Coloured card for wheel sections.
- Decorative stickers for coping strategies.
- Laminating sheet for durability.



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

**Name:** “Resilience Radar”

**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 routine make them more resilient across school, friendships, and family.

**Time:** 10–15 minutes

### **Steps**

1. Draw a list of 6–8 daily habits: sleep, meals, exercise, time with friends, homework, screen time, self-talk, hobbies.
2. Next to each, draw a 1–5 scale (1 = drains me, 5 = boosts me).
3. Ask your child to rate each habit honestly.
4. Review together:
  - a. Which ones are 4–5 (strengths to keep strong)?
  - b. Which are 1–2 (areas to improve)?
  - c. Which are 3 (could be boosted with a small change)?
5. Choose one habit to improve over the next week.

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

- “What makes this habit feel draining or boosting?”
- “Is there a small change that could shift it one step higher?”
- “Who or what helps you keep this habit strong?”
- “How do you feel when this habit is at its best?”

### **Coaching tips for parents**

- Focus equally on strengths and growth areas.
- Encourage your child to set one small, achievable improvement goal.



## **Activity B — Make/Do (Create)**

**Name:** “Recharge Menu Wheel”

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

Build a personal coping strategy tool that they can spin to choose a healthy action when feeling overwhelmed, upset, or stressed.

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

### **Steps**

1. Draw a large circle on card or sturdy paper; divide it into 6–8 equal sections.
2. In each section, write or draw one healthy coping action they choose (e.g., listen to music, talk to a friend, journal, go for a walk, read, do deep breathing, doodle, stretch).
3. Decorate each section with colours or icons.
4. Cut out a smaller circle for the spinner pointer, attach it with a brass fastener or paper clip method.
5. Display the wheel in a visible spot so it’s easy to use in the moment.

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

- Make themed wheels (school stress, friendship challenges, before bed).
- Add a “wild card” space for trying something new.
- Use numbers instead of names and keep a matching “menu list” for variety.

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

- Spin the wheel once a day (even when not upset) to practise using coping skills.
- Quick check-in question: “Which recharge option did you try today?”

### **Coaching tips for parents**

- Use the wheel together once in a while so it feels like a shared tool.
- Celebrate when your child uses a coping action without prompting.
- Observe Situations where they displayed the behaviour.



# Reflection space (journal)

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

***One habit I rated highest:***

***One habit I want to improve:***

***My favourite recharge option today:***



# Reflection space (journal)

## Parent's Page (dot points)

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

***A coping skill they used successfully:***

***One habit we can work on together:***



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

- I will practise one recharge action each day.*
- I will check my Resilience Radar again at the end of the week.*
- My cue (what will remind me): \_\_\_\_\_*
- My tiny action (30–60 seconds): \_\_\_\_\_*
- I will tell or show: \_\_\_\_\_*

### Key takeaways

- *Knowing which habits boost or drain energy builds self-awareness.*
- *Healthy coping tools are easier to use when they are ready and visible.*
- *Practising coping actions before stress hits makes them more effective.*

### Safety & guidance

- *Supervise cutting and assembly of the wheel.*
- *Remind your child to choose coping actions that are safe and age-appropriate.*

### Thank You

*"Thank you for building your Resilience Radar and Recharge Menu today. Each time you choose a healthy coping action, you're strengthening your ability to handle challenges with confidence and care."*



# 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



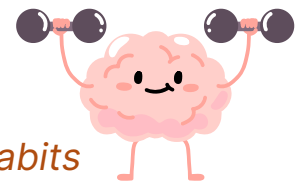
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



## Mental Health - Resilience & Mental Strength



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



## Emotional Health - Self-Awareness & Emotional Mastery



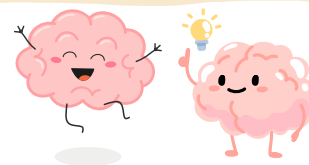
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



## 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



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Soulful Learning



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