



Soulful Learning

Parenting Toolkit Free Resource

Ages 5-8 Years
Topic: Physical 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. Optionally allowed only if used for in a balanced way.

Keep it playful but reflective—encourage your child to share without judgement.

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



Physical Health (Ages 5–8)

Self-Care & Life Skills



What you'll need

Primary items

- 3–4 sheets of A4 paper or thin card.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Ruler (optional).
- Stickers for chart rewards (optional).

No-cost household alternatives:

- Back of cereal boxes or scrap cardboard for chart base.
- Use drawings or stamps instead of stickers.
- Reuse envelopes or junk mail for coloured sections.
- Tape instead of glue.

Optional \$5–\$10 extras

- Sticker sheet (stars, smileys, animals).
- Laminating sheet to make chart reusable with whiteboard markers.
- Washi tape for borders.



Activity A — Reflect (Evaluate)

Name: “My Care Rules”

Goal (your child is learning to):

Evaluate which self-care habits help them feel clean, safe, confident, and ready to engage with the world, decide which old habits or beliefs they want to leave behind, and choose new, empowering habits that make them feel good about themselves and their daily life.

Time: 10–15 minutes

Steps

1. With your child, brainstorm 5–6 self-care habits (daily hygiene, healthy routines, small confidence boosters).
2. Choose the three most important habits for them right now.
3. Draw each habit on its own “rule card” or section of paper (e.g., brushing teeth before bed, washing hands after play, combing hair before school).
4. Decorate each with colours, small drawings, or symbols.
5. Display the three rules where your child can see them daily.

Helpful prompts (pick two)

- “Which habits make you feel ready for the day?”
- “How do you feel after you do this?”
- “Which habit do you want to keep forever?”
- “Is there a habit you want to try changing or adding?”

Coaching tips for parents

- Focus on positive outcomes (“This helps me feel fresh”) instead of fear-based reasons.
- Involve your child in choosing habits—they’ll be more motivated to follow them.



Activity B — Make/Do (Create)

Name: “My Morning & Night Chart”

Goal (your child is creating to):

Design a personalised chart of daily and weekly self-care actions, hygiene reminders, and small habits that boost confidence and independence.

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

Steps

1. Divide a sheet of paper into two sections: Morning and Night.
2. In each section, list or draw the habits for that time of day (e.g., Morning = brush teeth, wash face, dress; Night = bathe, tidy room, read a book).
3. Add a small box or circle beside each habit for stickers or ticks.
4. Decorate the chart with colours, borders, or small illustrations that match the activities.
5. Hang the chart somewhere visible (bathroom door, bedroom wall).

Creative twists (choose any)

- Use different colours for hygiene, tidying, and calming activities.
- Add “confidence boosters” like wearing a favourite outfit or practising a happy posture.
- Include a “bonus habit” space for new routines your child wants to try.

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

- Each day, add a sticker or tick for each completed habit.
- Quick check-in question: “How many care stickers did you earn today?”

Coaching tips for parents

- Start with 3–4 habits per section to keep it achievable.
- Praise completion with specific feedback (“I like how you remembered to wash your hands before dinner”).



Reflection space (journal)

Child's Page (draw or dot points)

My favourite care rule is:

One habit I want to do every day:

How I felt after doing my care chart today:



Reflection space (journal)

Parent's Page (dot points)

Which habits my child followed easily:

What motivated them most:

One small self-care skill to focus on this week:



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

- I will follow my morning chart each day.*
- I will follow my night chart each day.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Self-care habits help children feel confident, safe, and ready for their day.*
- *Simple, visible reminders make routines easier to follow.*
- *Building these skills early increases independence and self-esteem.*

Safety & guidance

- *Supervise all practical steps. Use child-safe scissors and non-toxic materials.*
- *Encourage consistent hygiene without shaming if a habit is forgotten—focus on progress.*

Thank You

"Thank you for creating your care rules and chart today. Every small habit you practise builds confidence, independence, and a healthy start and end to your day."

Physical Health (Ages 5–8)

Tech & Material World Balance

What you'll need

Primary items

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

No-cost household alternatives:

- Back of a cereal box for a sturdy map.
- Use hand-drawn icons instead of stickers or printed images.
- Coloured scrap paper for money jar drawings.
- Tape instead of glue.

Optional \$5–\$10 extras

- Sticker packs (coins, clocks, stars).
- Laminating sheet to make map reusable with whiteboard markers.
- Washi tape for decorative borders.





Activity A — Reflect (Evaluate)

Name: “Keep, Change, Try”

Goal (your child is learning to):

Evaluate which tech habits, money beliefs, and material attachments make them feel balanced and which create stress or comparison, then decide what rules they want for themselves about unplugging, spending wisely, and valuing people and experiences over “things.”

Time: 10–15 minutes

Steps

1. On three separate sheets, write or draw the headings: Keep, Change, and Try.
2. Read aloud (or show) a list of common habits—mix of tech, money, and “stuff” examples (e.g., watching cartoons before bed, spending pocket money right away, playing outside, saving coins, charging devices in the kitchen, sharing toys with friends).
3. Ask your child to sort each habit into one of the three categories.
4. Talk about why they chose each category and what makes them feel good or not-so-good about it.

Helpful prompts (pick two)

- “When you do this, how does your body feel?”
- “Does this habit give you more time for fun or take time away?”
- “Does this habit help you feel close to people?”
- “What could we do instead of this?”

Coaching tips for parents

- Keep the tone neutral; avoid shaming any habit.
- Celebrate the “Keep” pile as strengths they already have.
- Make “Try” habits small and doable (e.g., tech-free breakfast).

Activity B — Make/Do (Create)

Name: “Treasure of Time Map”

Goal (your child is creating to):



Design a personal guide for healthy tech use, safe gadget habits, beginner money rules, and reminders to value people and experiences more than things.

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

Steps

1. On a sheet of paper, draw a large treasure map with a path winding through it.
2. Add “treasures” like Family Time Island, Playground Cave, and Reading Rock.
3. Draw “Tech-Free Zones” (e.g., bedroom, dinner table) and mark them with a no-screen symbol.
4. Add “Money Jars” along the path—label them Save, Spend, Share, or other family-friendly money categories.
5. Decorate the map with symbols that show safe gadget habits (posture icon, headphones with volume limit, taking breaks).
6. Write a small reminder in one corner: “Stuff doesn’t define me. People and moments matter most.”

Creative twists (choose any)

- Use gold stars or coin stickers for money jars.
- Make the map look “aged” by lightly crumpling paper and smoothing it out before drawing.
- Add a “future treasure” spot for a goal your child is saving towards.

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

- Each evening, talk about one “treasure” they enjoyed that day without using screens.
- Quick check-in question: “What treasure did we find today?”

Coaching tips for parents

- Model balance by showing your own unplugged time and mindful spending.
- Revisit the map weekly to celebrate progress and make small updates.



Reflection space (journal)

Child's Page (draw or dot points)

One habit I'm keeping:

One habit I'm changing:

One treasure I want more of:



Reflection space (journal)

Parent's Page (dot points)

How my child showed balance today:

A good choice they made with tech or money:

One balance skill to practise this week:



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

- I will spend time on one tech-free treasure each day.*
- I will use my money jars before spending.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Balance means making space for the things that truly matter.*
- *Tech and money are tools—they work best when used with thought and care.*
- *Choosing people and experiences over "stuff" creates lasting happiness.*

Safety & guidance

- *Supervise all practical steps. Use child-safe scissors and non-toxic materials.*
- *Remind your child to take regular breaks from screens and practise safe gadget posture.*
- *Encourage wise spending without making money a stressful topic.*

Thank You

"Thank you for creating your Treasure of Time Map today. Each choice you make—to unplug, to save, to spend time with people you love—is another step toward a balanced, happy life."



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



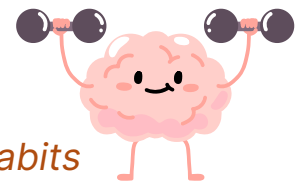
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



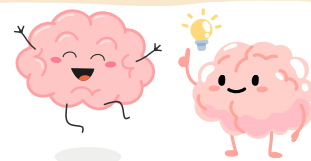
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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!