



Soulful Learning

Parenting Toolkit Free Resource

Ages 9-12 Years
Topic: Physical Health

by Rahul Bharadwaj

soulful-learning.com.au
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
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 for this activity. Optionally allowed for looking up ideas only.

Best done when your child has a typical day ahead — not during holidays when routines change drastically. Best done when your child is in their normal school-week routine for accurate reflection.

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

GOOD TIMES



Physical Health (Ages 9-12)

Self-Care & Life Skills



What you'll need

Primary items

- Paper or notebook.
- Pens, coloured markers, or pencils.
- Ruler for game board design.

No-cost household alternatives:

- Old cardboard for a sturdier game board.
- Recycled magazine cut-outs for decoration.

Optional \$5-\$10 extras

- Small tokens or coins as game pieces.
- Dice from a board game set.
- Stickers for tracking progress.



Activity A — Reflect (Evaluate)

Name: “Self-Care Audit”

Goal (your child is learning to):

Evaluate which self-care habits make them feel confident, safe, and ready for daily life. Decide which habits to keep, adjust, or replace.

Time: 10–15 minutes

Steps

1. Parent and child list all current self-care habits, both daily and weekly (e.g., brushing teeth, washing hands, packing school bag, tidying bedroom, checking lunchbox, choosing clothes).
2. Rate each habit on a scale of 1–5 for:
 - a. Confidence (Do I feel proud/ready?)
 - b. Safety (Does this help me stay healthy?)
 - c. Comfort (Do I feel good after doing it?)
3. Discuss:
 - a. Which habits scored 4–5? → Keep as they are.
 - b. Which scored 2–3? → Modify to improve.
 - c. Which scored 1? → Remove or replace.
4. Create a short “New Habits” list together with ideas for improvement.

Coaching tips for parents

- Focus on positive reinforcement. Praise existing good habits.
- If a low-rated habit is non-negotiable (e.g., brushing teeth), work together on making it more enjoyable.



Activity B — Make/Do (Create)

Name: “Habit Adventure Game”

Goal (your child is creating to):

Build a personalised, fun self-care routine that encourages independence and consistency.

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

Steps

1. Draw a simple game board path (like “Snakes & Ladders”) with about 15–20 squares.
2. In each square, write a self-care task from their “New Habits” list.
Examples:
 - a. Brush teeth
 - b. Pack bag
 - c. Make bed
 - d. Drink water after waking
 - e. Pick clothes for next day
 - f. Read for 10 minutes before bed
3. Add bonus squares for confidence boosters (e.g., “Compliment yourself in the mirror – move forward 2 spaces”).
4. Add setback squares for missed habits (e.g., “Forgot to wash hands – move back 1 space”).
5. Use small tokens as game pieces and a dice to move forward.
6. Play daily — each completed habit in real life allows them to move forward in the game.
7. Optional: Create a weekly points goal for a small non-material reward (extra story time, choosing Friday night dinner).

Coaching tips for parents

- Keep rewards linked to experiences, not purchases.
- Join the game yourself to model enthusiasm for routines.



Reflection space (journal)

Child's Page (draw or dot points)

A habit I'm proud I've kept this week: _____

One habit I'm improving: _____

My favourite game square: _____



Reflection space (journal)

Parent's Page (dot points)

Habits my child is mastering: _____

One routine we could make more fun: _____



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

- I brushed my teeth twice every day.*
- I packed my school bag without reminders.*
- I made my bed every morning.*
- I practised one new self-care habit.*
- I praised myself for my progress.*

Key takeaways

- *Self-care builds confidence, independence, and readiness for daily life.*
- *Making routines fun increases consistency.*
- *Regular check-ins help habits grow stronger over time.*

Safety & guidance

- *Avoid attaching shame to habits that need changing — use humour and curiosity instead.*
- *Let your child help set the pace for habit changes.*

Thank You

"Self-care isn't just about looking after your body — it's about giving yourself the best chance to feel confident, happy, and ready for whatever comes next."

Physical Health (Ages 9-12)

Tech & Material World Balance



What you'll need

Primary items

- Paper or notebook.
- Coloured markers or pencils.
- Ruler for neat sections.

No-cost household alternatives:

- Old cardboard for the wheel base.
- Magazines/newspapers for cutting images of hobbies or values.

Optional \$5-\$10 extras

- Coloured card for a more durable wheel.
- Small push pin and split pin to make a spinner version.
- Stickers for marking achievements.



Activity A — Reflect (Evaluate)

Name: “My New Balance Code”


Goal (your child is learning to):

Evaluate which habits around tech, money, and possessions help them feel calm and in control.

Create clear, personal rules for healthy balance.

Time: 10–15 minutes

Steps

1. Parent and child brainstorm three lists:
 - a. Tech habits (e.g., playing games after homework, checking messages during meals).
 - b. Money habits (e.g., spending pocket money immediately, saving for bigger goals).
 - c. Material habits (e.g., valuing a gift from a friend vs. wanting the latest toy).
2. Next to each habit, mark it as: Keeps me balanced or Makes me stressed/comparing .
3. Discuss patterns — is there too much time on screens? Are purchases making them happy or just busy?
4. Together, create 3–5 personal rules called “My New Balance Code”.
Examples:
 - a. I use tech after I’ve done my homework and chores.
 - b. I save 50% of my pocket money for something meaningful.
 - c. I spend more time with people than things.
5. Write the code neatly and display it somewhere visible (bedroom wall, fridge).

Coaching tips for parents

- Frame these as “rules I choose for myself” rather than imposed restrictions.
- Share your own balance code to model healthy habits.



Activity B — Make/Do (Create)

Name: “Balanced Living Wheel”

Goal (your child is creating to):

Build a visual blueprint for making balanced choices about tech, gadgets, money, and what they value.

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

Steps

1. On a sheet of paper or cardboard, draw a large circle divided into 5 sections:
 - a. Tech Limits
 - b. Offline Hobbies
 - c. Gadget Safety (e.g., posture, breaks, volume)
 - d. Saving
 - e. Mindful Spending
2. In each section, write or draw 2–3 personal actions. Examples:
 - a. Tech Limits → “Max 1 hr gaming per day”
 - b. Offline Hobbies → “Read before bed, go cycling on weekends”
 - c. Gadget Safety → “Earphones at low volume, stretch every 30 mins”
 - d. Saving → “Put \$2 in savings jar each week”
 - e. Mindful Spending → “Only buy things I’ll use for at least 6 months”
3. Decorate each section with colours, stickers, or small drawings to make it visually appealing.
4. Keep the wheel in a visible place.
5. Optional: Turn it into a spinner — spin once a day to pick one area to focus on.

Coaching tips for parents

- Let your child lead in deciding the actions so they feel ownership.
- Celebrate small wins when they follow their blueprint for a week.



Reflection space (journal)

Child's Page (draw or dot points)

A tech habit I'm proud of this week: _____

A money habit I want to improve: _____

My favourite offline activity: _____



Reflection space (journal)

Parent's Page (dot points)

Positive balance choices I've noticed: _____

One area we could improve as a family: _____



Real-life “try this week” checklist (fridge-friendly)

- I used tech only during my chosen times.*
- I practised one safe gadget habit every day.*
- I spent more time on offline hobbies than screens.*
- I saved some of my money.*
- I valued an experience or person over a thing.*

Key takeaways

- *Balance comes from choosing habits that support your wellbeing.*
- *Valuing people and experiences makes life richer than chasing “stuff.”*
- *Tech and money are tools — you’re in charge of how they affect your life.*

Safety & guidance

- *If talking about money creates stress, start with just one small saving/spending goal.*
- *Avoid making “bad” tech habits a source of shame — focus on gradual improvement.*

Thank You

“Balance isn’t about having less fun — it’s about making more room for the things that matter most.”



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



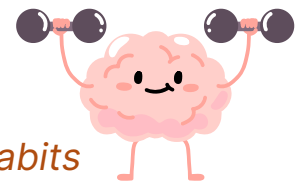
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



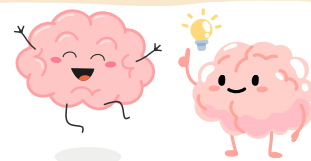
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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



Website: soulful-learning.com.au



Soulful Learning



SCAN ME!