



Soulful Learning

Parenting Toolkit Free Resource

Ages 5-8 Years
Topic: Social 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 empowering and reassuring. Boundaries keep children and others safe. Keep the tone warm and curious This is about helping your child notice why they choose kindness and how it impacts others.

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



Social Health (Ages 5–8)

Self-Protection & Boundaries



What you'll need

Primary items

- A4 paper or large poster board.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.
- Magazines or printed images (optional).
- Stickers or coloured paper (optional).

No-cost household alternatives:

- Back of a cereal box instead of poster board.
- Draw pictures instead of using magazine cut-outs.
- Scrap paper for smaller drawings to glue on.
- Tape instead of glue.

Optional \$5–\$10 extras

- Poster-size sheet of card.
- Themed sticker packs (e.g., stars, shields, hearts).
- Washi tape for decorative borders.



Activity A — Reflect (Evaluate)

Name: “When I Say ‘Yes’ / ‘No’”

Goal (your child is learning to):

Evaluate their current boundary habits and belief systems, identifying which ones lead to guilt, confusion, or confidence, and reflect on what needs to shift to honour both themselves and others more fully.

Time: 10–15 minutes

Steps

1. Fold a sheet of paper into two columns and label one side “Yes” and the other “No.”
2. Ask your child to think of two recent moments:
 - a. One where saying “yes” or “no” felt good
 - b. One where it didn’t feel right or safe
3. In each column, draw or write about these moments.
4. Talk about why each one felt the way it did. Discuss what made the “good” moment safe and respectful, and what could be done differently in the other moment.

Helpful prompts (pick two)

- “What happened after you said yes/no?”
- “Did it make you feel happy, safe, or worried?”
- “Was it your choice or did someone pressure you?”
- “How could you handle a similar situation next time?”

Coaching tips for parents

- Listen without judgement.
- Reinforce that it’s okay to say “no” when something feels unsafe, unkind, or uncomfortable.
- Use real-life examples from home, school, and friendships.



Activity B — Make/Do (Create)

Name: “Feelings Fort Poster”

Goal (your child is creating to):

Create a personalised “safe fort” poster that shows physical, mental, emotional, and social boundaries, including strategies to protect themselves from bullying or unwanted behaviour while staying respectful.

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

Steps

1. On a large sheet, draw a fort, castle, or safe space that represents where your child feels protected.
2. Inside the fort, list or draw things that make them feel respected and safe (e.g., kind words, personal space, asking before touching belongings).
3. Around the outside, add drawings or notes of behaviours that are not allowed in the fort (e.g., yelling, hitting, teasing, taking things without asking).
4. Add a “Fort Rules” list at the bottom with positive boundary phrases such as: “I need space right now.” “Please stop.” “That’s not okay with me.”
5. Decorate with colours, symbols, or pictures of role models who stand up for themselves and others.

Creative twists (choose any)

- Add a “Shield of Strength” showing three trusted adults they can go to for help.
- Draw a “Boundary Gate” with words they can use to let safe people in.
- Use different colours to represent physical, mental, emotional, and social boundaries.

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

- Each day, pick one fort rule to practise at school or home in a safe, low-pressure moment.
- Quick check-in question: “Did you use a fort rule today?”

Coaching tips for parents

- Role-play safe “no” phrases and body language with your child.
- Remind them that setting boundaries is about respecting themselves and others.
- Teach them to walk away and find a trusted adult if they feel unsafe.



Reflection space (journal)

Child's Page (draw or dot points)

One "yes" that felt good:

One "no" that kept me safe:

One fort rule I used today:



Reflection space (journal)

Parent's Page (dot points)

How my child showed confidence today:

What helped them practise boundaries:

One boundary skill to focus on this week:



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

- I will practise one fort rule each day.*
- I will notice when I need to say "yes" or "no."*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Boundaries protect physical, mental, emotional, and social wellbeing.*
- *Saying "no" can be kind when it keeps you safe or respectful.*
- *Practising safe responses builds confidence against bullying or unsafe behaviour.*

Safety & guidance

- *Supervise all practical steps.*
- *Use child-safe scissors and non-toxic materials.*
- *Encourage your child to speak to you or another trusted adult if they feel unsafe.*
- *Remind them they have the right to protect their body, feelings, and time.*

Thank You

"Thank you for building your Feelings Fort today. Every time you use your fort rules, you're showing courage, respect, and self-care—keeping both yourself and your relationships safe and strong."

Social Health (Ages 5–8)

Understanding Others' Emotions

What you'll need

Primary items

- 2–3 sheets of A4 paper or card.
- Pencils, crayons, or markers.
- Glue stick.
- Safety scissors.

No-cost household alternatives:

- Use scrap paper or the back of printed sheets.
- Cut hand outlines from cardboard boxes instead of buying poster card.
- Draw ripple circles freehand instead of using a compass or stencils.

Optional \$5–\$10 extras

- Sticker pack (stars, smileys, or hearts).
- Coloured card or poster board for the ripple drawing.
- Metallic or glitter pens for decoration.





Activity A — Reflect (Evaluate)

Name: “Heart vs. Sticker Kindness”

Goal (your child is learning to):

Evaluate the difference between being kind for approval and being kind from values, reflect on the beliefs and emotional habits that guide their reactions to others, and decide what kind of emotional presence they want to embody.

Time: 10–15 minutes

Steps

1. On one page, draw two large shapes side by side: a heart and a sticker (star or badge shape).
2. Together, recall 3–4 times your child was kind recently. For each, decide whether it belonged in the heart (because it felt right) or the sticker (because they wanted praise).
3. Write or draw each example inside the matching shape.
4. Reflect on which type of kindness they’d like to show more often and why.

Helpful prompts (pick two)

- “Which one made you feel happiest inside?”
- “What was the other person’s reaction?”
- “Do you think they could tell why you were being kind?”
- “How can you do more of the kindness that comes from your heart?”

Coaching tips for parents

- Keep the tone light; avoid labelling “sticker” kindness as bad—it’s just a different motivation.
- Highlight that heart-based kindness builds trust and strong relationships.

Activity B — Make/Do (Create)

Name: “Feelings Ripple Poster”

Goal (your child is creating to):



Create a visual kindness blueprint showing how one kind action can have a ripple effect on many people, helping them understand empathy and the power of caring choices.

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

Steps

1. Place your child’s hand flat on a sheet of paper and trace around it.
2. Around the hand, draw 4–5 ripple circles (like rings spreading out in water).
3. In the palm, write or draw one kind action they’ve done or want to do (e.g., sharing toys, helping a friend).
4. In each ripple ring, add what could happen next because of that action—first to the person they helped, then to people that person interacts with, and so on.
5. Decorate the poster with colours, symbols, or small pictures that connect to kindness and empathy.

Creative twists (choose any)

- Use different colours for each ripple to show spreading impact.
- Add speech bubbles with kind words they might say.
- Include a small drawing of their “future self” in one ripple as a kindness role model.

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

- Each day, try one small kindness and talk about who it might ripple out to.
- Quick check-in question: “Who might feel good because of what you did today?”

Coaching tips for parents

- Share family stories where kindness spread further than expected.
- Encourage them to notice small, everyday opportunities for empathy.



Reflection space (journal)

Child's Page (draw or dot points)

My favourite heart-kindness was:

One ripple I want to make this week:

How I think it will help:



Reflection space (journal)

Parent's Page (dot points)

How my child noticed the "why" behind kindness:

An empathy skill they used today:

One way I can model heart-kindness this week:



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

- I will choose one heart-kindness each day.*
- I will think about how my kindness can ripple.*
- My cue (what will remind me): _____*
- My tiny action (30–60 seconds): _____*
- I will tell or show: _____*

Key takeaways

- *Kindness from values feels different and often lasts longer than kindness for approval.*
- *Small actions can create big ripples of positive feeling in the world.*
- *Understanding the "why" behind kindness builds empathy and stronger relationships.*

Safety & guidance

- *Supervise all practical steps. Use child-safe scissors and non-toxic materials.*
- *Encourage your child to be kind without putting themselves in unsafe or uncomfortable situations.*
- *Remind them that kindness includes respecting their own boundaries.*

Thank You

"Thank you for exploring kindness and empathy today. Every time you choose kindness from your heart, you send ripples of care and connection into the world —making it a better place for everyone you meet."

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



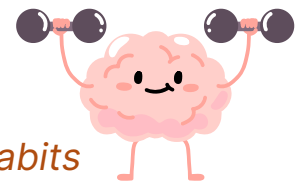
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



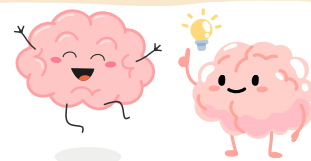
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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!