



Soulful Learning

Parenting Toolkit Free Resource

Ages 9-12 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 encouraging and respectful—avoid shaming for past situations. Best done in a comfortable setting where sharing personal stories feels safe.

Encourage your child to share without judgement.

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

GOOD TIMES



Social Health (Ages 9-12)

Self-Protection & Boundaries



What you'll need

Primary items

- Paper/notebook.
- Pens/markers.
- 2 paper signs: "Always Say Yes" and "Kind No".
- Journal or small notebook for Power Phrases.

No-cost household alternatives:

- Cardboard from food boxes for signs.
- Stapled scrap paper for journal.

Optional \$5-\$10 extras

- Coloured sticky notes for quick phrase reminders.
- Decorative tape/stickers to personalise journal.



Activity A — Reflect (Evaluate)

Name: “Voices in My Head Debate”

Goal (your child is learning to):

Evaluate current boundary habits and beliefs, identify which cause guilt/confusion vs. confidence, and reflect on what needs to shift to honour both self and others.

Time: 10–15 minutes

Steps

1. Set up two “voice” zones: one sign says Always Say Yes, the other says Kind No.
2. Parent takes the role of a debate moderator.
3. Child stands in one zone at a time, speaking from that voice:
 - a. Always Say Yes: “If I say no, people won’t like me.”
 - b. Kind No: “I can protect my time and still be kind.”
4. After debating a few examples (e.g., lending items, giving time, personal space), child steps out and reflects:
 - a. Which voice feels heavier/lighter?
 - b. Which voice feels safer/more respectful?
5. Together, note any situations where “Kind No” is especially important (e.g., bullying, peer pressure, over-helping).

Coaching tips for parents

- Highlight that both kindness and self-respect can exist together.
- Use relatable examples from school, friends, and family life.



Activity B — Make/Do (Create)

Name: “Journal of Power Phrases”

Goal (your child is creating to):

Build a personalised toolkit of short, clear boundary phrases that protect their time, space, and feelings with empathy, strength, and clarity.

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

Steps

1. Give your child a notebook (or staple paper together). Title it My Boundary Hero Journal.
2. Brainstorm 10 “Power Phrases” (short, polite, confident). Examples:
 - a. “No thanks, I’m not comfortable with that.”
 - b. “I can help later, but not right now.”
 - c. “That’s not OK with me.”
 - d. “I need some space right now.”
 - e. “I’m keeping this private.”
3. Write one phrase per page. Underneath, child notes:
 - a. How it feels in their body (calm? shaky? strong?)
 - b. When they might use it.
4. Parent adds 2–3 phrases they’ve used in life, explaining how they worked.
5. Encourage practising the phrases out loud together, making eye contact and using steady voice.

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

- Keep the journal handy for 1 week and add new phrases as situations arise.

Coaching tips for parents

- Reinforce that “No” can be delivered with warmth and clarity.
- Praise your child when they recognise and act on a boundary in real life.



Reflection space (journal)

Child's Page (draw or dot points)

A time I felt proud of saying "no":

A time I wish I had set a boundary:

One Power Phrase I will try this week:



Reflection space (journal)

Parent's Page (dot points)

Times I noticed my child protecting their space:

Boundaries we can practise together:



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

- I will use at least 1 Power Phrase this week.*
- I will notice when my body tells me something feels "off."*
- I will practise my "Kind No" voice once a day.*
- My reminder: _____*

Key takeaways

- *Boundaries are not walls—they are doors you choose when and how to open.*
- *Saying "no" kindly protects you while respecting others.*
- *Practising phrases makes them easier to use in real situations.*

Safety & guidance

- *Avoid pushing your child to share boundary violations they're not ready to discuss.*
- *If boundary issues involve bullying or unsafe situations, involve a trusted adult or authority.*

Thank You

"Every time you say 'no' to what isn't right for you, you're saying 'yes' to what matters most. That's what makes you a true Boundary Hero."

Social Health (Ages 9-12)

Understanding Others' Emotions



What you'll need

Primary items

- Paper or notebook.
- Pens/markers.
- Printed or handwritten quiz sheet.
- Cardboard or thick paper for trading card.

No-cost household alternatives:

- Reuse cereal box card for the vision card.
- Scrap paper stapled for quiz answers.

Optional \$5-\$10 extras

- Laminating sheet or clear tape to preserve the trading card.
- Decorative stickers for personalisation.



Activity A — Reflect (Evaluate)

Name: “Approval vs. Values Quiz”

Goal (your child is learning to):

Evaluate the difference between being kind for approval and being kind from values.

Reflect on the beliefs, triggers, and emotional habits that guide reactions to others.

Judge what kind of emotional presence they want to embody.

Time: 10–15 minutes

Steps

1. Parent prepares 6–8 simple scenario questions. Examples:
 - a. “I helped a friend because I wanted them to like me.”
 - b. “I included someone in a game because I believe everyone should be included.”
 - c. “I complimented someone so they’d say something nice back.”
 - d. “I helped a teacher because it felt like the right thing to do.”
2. For each, child circles Approval, Values, or Both.
3. After completing, review patterns together:
 - a. Are there many “Approval” choices?
 - b. What does “Values” feel like compared to “Approval”?
 - c. When is “Both” a good balance?
4. Parent shares a personal example of acting from values even if it wasn’t popular, reinforcing self-respect over approval.

Coaching tips for parents

- Emphasise that approval isn’t “bad,” but values-driven actions create deeper self-respect and trust.
- Use real-life examples from family, school, or community.



Activity B — Make/Do (Create)

Name: “Future Kind Leader Vision Card”

Goal (your child is creating to):

Build a personalised kindness blueprint, including secure response scripts, empathy beliefs, a ripple plan, and a vision for their future self as a kind leader.

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

Steps

1. Cut cardboard or thick paper into trading card size (about 6cm x 9cm).
2. On the front, add:
 - a. Name (real or “kindness hero” nickname)
 - b. Empathy motto (e.g., “I see, I feel, I act”)
 - c. Kindness superpower (e.g., “Including everyone,” “Listening deeply”)
3. On the back, add:
 - a. Top 3 values (e.g., fairness, compassion, honesty)
 - b. Ripple plan (1–2 actions that spread kindness each week)
 - c. Secure response script (e.g., “I choose kindness because it’s who I am, not for applause.”)
4. Decorate with colours, drawings, or symbols that represent kindness and empathy.
5. Place the card somewhere visible (e.g., desk, bedroom wall) as a daily reminder.

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

- At the end of each day for a week, note one moment they acted from values on a sticky note and stick it near the card.

Coaching tips for parents

- Praise your child when you see them acting from values, not just when they “please others.”
- Encourage them to notice subtle acts of kindness in others too.



Reflection space (journal)

Child's Page (draw or dot points)

A time I acted from values:

A time I acted for approval:

My favourite thing about my Kindness Card:



Reflection space (journal)

Parent's Page (dot points)

Moments I saw my child acting from their values:

One value we can strengthen together:



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

- I will act from my values at least once a day.*
- I will notice when I'm seeking approval.*
- I will practise my empathy motto.*
- My reminder: _____*

Key takeaways

- *Acting from values builds trust and self-respect.*
- *Approval can feel good, but values create lasting confidence.*
- *A clear empathy motto and ripple plan can guide daily actions.*

Safety & guidance

- *If your child struggles to think of values, start with simple concepts like fairness, kindness, and honesty.*
- *Encourage honest answers in the quiz without judgement.*

Thank You

"Your kindness matters most when it comes from your heart, not from the need for a 'thank you.' That's how you make ripples that last."

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



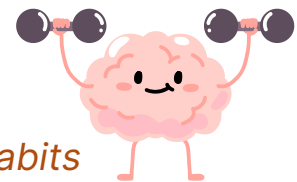
- Inner Compass
- Soulful Living
- Trusting the Flow
- Intentional Living & Conscious Creation



Mental Health - Resilience & Mental Strength



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



Emotional Health - Self-Awareness & Emotional Mastery



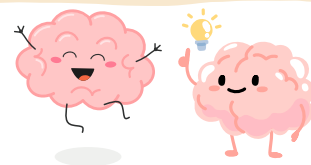
- Emotional Wellbeing
- Self-Esteem
- Authenticity & Humility
- Developing Reflective & Grounding Habits



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!