SOULFUL LEARNING

Conscious Health

Helping your child discover who they are and learn to trust their own inner voice.

This module helps children notice where their beliefs about themselves come from, and gives them tools to choose their own values, stay calm under uncertainty, and turn goals into real action.

WHAT YOUR CHILD WILL EXPLORE

Inner Compass

Children explore where their self-beliefs come from and start building an identity based on their own values, not other people's labels.

Example Activities:

Ages 5–8:
"Who Am I?" Cloud - Sit quietly, think about what makes them, them. Write or draw in a paper cloud: "I am funny… I am kind…" Teacher guides with calm music and curiosity questions.

"Label Detective" - Draw or journal a label they've heard (e.g., "messy," "funny"), then ask: "Who said this first?" "Do I agree?"

Ages 9–12:
"Courage in the Moment" Cards - Make personal courage cards (e.g., "I speak kindly to myself," "I try again with love") to keep in a pencil case or journal for real-life use.

"Power Cards Deck" - Design 6–8 "Power Cards" with traits (e.g., "Brave," "Honest," "Kind"), how they show up in the child's life, and one action to strengthen each.

Soulful Living

Kindness, gratitude and forgiveness become daily practices, helping children understand the mark they want to leave on others.

Example Activities:

Ages 5–8:
"Forgiveness Hands" - Trace hands on paper, write/draw a small mistake on one palm and a forgiving phrase on the other, then "clap" them together to let it go.

"Feelings Path" - Place emotion cards along a path; walk through and name how each action (kind vs. unkind) would make the "receiver" feel.

Ages 9–12:
"Forgiveness Scenarios" - Discuss age-appropriate scenarios where someone made a mistake and explore how empathy and understanding can repair trust.

"Friendship Chain Reaction" - Act out a short chain of events showing how one kind or unkind act can ripple through a group or community.

Trusting the Flow

Children build simple tools to stay calm and steady when life feels uncertain, and practise letting go of what they can't control.

Example Activities:

Ages 5–8:

"Calm Quest" Board Game - A simple board game where players face "uncertainty cards" (e.g., "Your turn is delayed") and must use a calming technique to move forward.

"Who Does What?" - In small groups, act out different responses to the same uncertain scenario, then compare what felt good or bad in each version.

Ages 9–12:
"Uncertainty Play" Scene - Groups act out a short scene where a plan changes. Two endings are shown: one with calm helpers, one without. Class discusses how each felt to watch.

"Past Shapes Present" Map - As a group, map possible past experiences (e.g., supportive family, strict rules) that could lead to calm, anxious, or controlling behaviours.

Turning Goals Into Action

Children learn to set a goal that matters to them and build a real plan, using affirmations and habit tracking to move from wishing to doing.

Example Activities:

Ages 5–8:

"Goal Steps" Game - Play a floor game where each square is an action step toward a small goal. Children "walk" their plan while naming the step aloud.

"Action vs Wish" Roleplay - In small groups, act out someone only wishing for something vs. someone planning and taking steps. Compare how each feels to watch.

Ages 9–12:
"Action Path Board" - Create a board game where each square is a real-life step toward a chosen goal, with "role model" spaces that give tips.

"Goal Style Gallery" - Create posters showing different "goal styles" (dreamer, planner, doer, procrastinator). As a group, discuss how each style helps or hinders progress.

WHAT THEY'LL WALK AWAY WITH

- Builds genuine self-awareness and a strong, personal sense of identity.
- Develops daily habits of kindness, gratitude and resilience.
- Learns to stay calm and adaptable when things don't go to plan.
- Practises turning wishes into concrete goals and action plans.

SOULFUL LEARNING

Emotional Health

Helping your child understand, name, and manage their emotions.

This module builds emotional vocabulary and self-awareness, helping children understand what they feel and why, build genuine confidence, and recognise the early signs of stress before it builds up.

WHAT YOUR CHILD WILL EXPLORE

Emotional Wellbeing

Children learn to name emotions accurately, understand what triggers them, and choose healthier responses in the moment.

Ages 5–8:

"Spin the Emotion Wheel" - Children spin a basic 6-emotion wheel (joy, sadness, fear, anger, surprise, disgust), hear/create a scenario, and act out or say how they'd express it in a healthy way.

"Traffic Light Feelings Game" - Using coloured mats (Red: Stop, Yellow: Think, Green: Express), kids move through emotional processing and reflect on healthy ways to respond.

Ages 9–12:

"Strength Shield Art Project" - Together, design a shield with 3 strengths to protect and 3 habits to improve. Parent adds a symbol or strength they've observed in the child.

"Feelings Flowchart Builder" - Students map real-life emotions using flowcharts: Situation → Emotion → Thought → Action. Then rework it with healthier expression options. Uses second-layer emotions.

Self-Identity & Self-Esteem

Children explore where their self-image comes from and practise building confidence rooted in their real strengths, not comparison.

Ages 5–8:

"Superpower Swap Cards" - Children choose one "power card" (trait to grow) and one "shadow card" (trait to release) and act out situations using each, then swap.

"My Best Self Crown" - Children decorate a crown with traits or behaviours, they want to keep as part of their best self. Add feathers or stickers for each trait.

Ages 9–12:

"My Two Selves Portrait" - Draw or build a double self-portrait: one half as their current identity, the other half as who they're growing into — discuss in groups.

"Keep, Change, Let Go Jar" - Children write beliefs or traits on slips of paper and sort into jars or boxes: "Keep," "Change," "Let Go." Discuss one each day with a parent.

Authenticity & Humility

Children practise being genuinely themselves in social situations and learn the difference between real confidence and performing for others.

Ages 5–8:

"Trait Treasure Hunt" - Hide "trait tokens" (e.g., brave, kind, humble) around the room. Each child chooses one to act out in a short pretend scenario with a buddy.

"True Me" Superhero Cape - Child decorates a paper or fabric cape with symbols of their real traits (stars for kindness, lightning bolts for bravery, etc.).

Ages 9–12:

"Influence Mapping Puzzle" - Use a printed template to map key people (friends, family, media, teachers) and what they've taught them. Evaluate which influences help/hurt.

"Authenticity Scenario Swap" - Small groups roleplay different versions of the same scenario — one where the person acts authentic, one where they conform. Reflect together.

Journaling & Recognising Burnout

Children learn to notice early signs of stress or burnout in themselves and build a simple journaling and recharge habit.

Ages 5–8:

"Calm Me Jar & Journal" - Students shake a glitter jar, breathe as it settles, then draw/write in a "calm log" with parent or teacher help.

"Brain and Body Bubbles" - Learners blow bubbles and imagine one for each thought or feeling in their "full brain." Watch the bubble float away = mental release.

Ages 9–12:

"My Energy Pie" - Child draws a pie chart of their day using pictures (play, school, screen, rest). With parent, colour each slice "happy," "tired," or "calm."

"Reset Dice Design" - Build a dice with actions on each side (breathe, stretch, draw, journal, talk, nap). Roll it when they feel off-balance.

WHAT THEY'LL WALK AWAY WITH

- Builds a rich emotional vocabulary to name and understand feelings.
- Develops genuine self-esteem rooted in real strengths.
- Learns to be authentically themselves around friends and peers.
- Recognises early signs of stress and builds healthy self-care habits.

SOULFUL LEARNING

Mental Health

Building the resilience to overcome failure, recover, and keep going.

This module reframes failure as part of growth rather than something to fear and gives children practical tools to cope with tough feelings, build real courage, and recover from setbacks.

WHAT YOUR CHILD WILL EXPLORE

Facing Failure & Stress

Children learn that failure is a normal part of learning, through stories about role models who failed before they succeeded.

Example Activities:

Ages 5–8:
"Hero Fails Too!" - Show pictures of popular characters (e.g., Spiderman, Moana) failing. Ask: "What do you think they felt?" "What did they do next?"

"Try Again" Tower - Stack a block tower. When it falls, everyone claps and rebuilds it together. Reflect: "Was it bad that it fell?" "How did that feel?"

Ages 9–12:
Belief Detective Challenge - Investigate statements like "You have to be the best" or "Failure is embarrassing." Who said it? Media? Family? Do we still believe it?

"Who Taught Me That?" Web - Reflect on a failure belief ("I'm not good at this") and build a web showing where it may have come from — parent, teacher, media, self.

Acceptance & Coping

Children build a simple, repeatable toolkit for processing tough emotions instead of avoiding or bottling them up.

Example Activities:

Ages 5–8:
"Ouchie" Cards - Children sort cards into "Big Ouch" and "Little Ouch" (emotionally). Ex: "Friend didn't play," "Got teased," etc. Discuss how it felt.

"Name – Accept – Breathe" Game - Use a simple card game where kids flip cards with feelings, then go through steps: "Name it," "Accept it," "Breathe," "Ask for help or rest."

Ages 9–12:
"Who's In My Corner?" Chart - Create a trust circle: Inner ring = always safe; middle = sometimes; outer = unsure. Discuss boundaries and comfort.

"Schema Detective" - "Why do some people shut down?" Explore through character stories or student examples. Identify past events or beliefs that may shape response.

Perseverance & Courage

Children discover that courage is built through practice, not something you're born with, and rehearse the self-talk that helps them keep trying.

Example Activities:

Ages 5–8:
"Can't or Not Yet?" Sorting - In pairs, kids sort cards with beliefs like "I can't read" or "I'm not brave" into "Can't" vs. "Not Yet." Discuss: What makes it hard to try again?

"I Can Do It" Chant Circle - Create a chant ritual: "Even if I'm scared… I can try!" Add rhythm/claps. Use after hard tasks or transitions.

Ages 9–12:
"What Would You Do?" Circles - Present dilemmas (e.g., failed test, team loss). Ask: "Give up? Try again? Ask for help?" Students walk to zones for each and explain why.

"Courage Ladder" - List one small brave act per rung on a ladder. Begin from "I stayed calm when nervous" to "I stood up for someone." Reflect: "What helped?"

Building Healthy Mental Habits

Children assemble a personal recharge kit of tools, breathing, journaling, brave self-talk, that they can return to whenever life feels hard.

Example Activities:

Ages 5–8:
Feeling First-Aid Kit - Sort tools into "Helps me feel better" and "Doesn't help." Includes silly/distractor cards for discussion.

"Flip the Feeling" Cube - Use a cube with faces like "I can't," "It's too hard," "I'm scared." Kids roll it and brainstorm a "power phrase" to flip it (e.g., "I'll try my best!").

Ages 9–12:
"Calm Code" Co-Creation - Class works in pairs to design a classroom calm-down code (tools + thoughts). Post it for all to see and personalize it.

"Reaction Detective" - Kids draw two endings to a scenario (e.g., "spilled paint"): one with a meltdown, one with calm tool use. What helped in the better one?

WHAT THEY'LL WALK AWAY WITH

- Reframes failure and setbacks as part of growth, not something to fear.
- Learns practical tools to name, accept and move through tough feelings.
- Builds real, practised courage and perseverance for hard moments.
- Walks away with a personal recharge toolkit for stressful days.

SOULFUL LEARNING

Physical Health

Building lifelong habits for a healthy body and a balanced life.

This module builds independence and lifelong habits around sleep, food, hygiene, screen time and daily routine, giving children the tools to look after themselves with confidence.

WHAT YOUR CHILD WILL EXPLORE

Body Fundamentals

Children learn the basics of sleep, hydration, food and posture, and how each of these habits affects how they feel every day.

Ages 5–8:

"Healthy Habits Dice" - Roll a large foam dice with pictures of healthy actions (drink water, stretch, breathe deeply) and do the one it lands on each day for a week. Track feelings with stickers.

"Energy Plate Craft" - Use a paper plate to draw or paste pictures of favourite healthy foods, colouring each section based on energy type (protein, carbs, fat).

Ages 9–12:

"Health Habit Belief Timeline" - In small groups, chart when they first learned certain food, rest, or posture habits and from whom. Mark which ones they still follow.

"Wellness Wheel" - Design a wheel with sections for sleep, food, hydration, movement, and relaxation. Fill in each section with their chosen habits and goals.

Self-Care & Life Skills

Children build independence through hygiene, grooming and daily routines that grow their confidence and sense of readiness.

Ages 5–8:

"Self-Care Dice" - Roll a large foam dice with pictures of self-care actions (wash hands, comb hair, stand tall, put toys away). Do the action and share how it feels.

"Spot the Difference: Self-Care" - Look at two pictures of people with different self-care habits (tidy vs. messy hair, clean clothes vs. dirty). Discuss how each might feel and be treated.

Ages 9–12:

"Self-Care Audit" - Together, list daily self-care habits and rate them on how much they help with confidence, safety, and comfort. Rewrite or remove low-rated ones.

"Habit Adventure Game" - Design a game board where each square is a self-care task. Moving forward earns points; missing tasks sends them back.

Tech & Material World Balance

Children learn to build a healthy relationship with screens, gadgets and money, rather than one driven by stress or comparison.

Ages 5–8:

"My Tech Time Chart" - Make a chart with colourful symbols for "play," "learn," and "rest" time. Track healthy tech use each day with stickers.

"Keep, Change, Try" - Parent lists common habits (e.g., watching cartoons before bed, spending pocket money immediately). Child sorts into "Keep," "Change," or "Try."

Ages 9–12:

"My New Balance Code" - Co-create a "Balance Code" of 3–5 personal rules for tech, money, and valuing people/experiences. Display it somewhere visible at home.

"Balanced Living Wheel" - Design a wheel divided into sections for tech limits, offline hobbies, gadget safety, saving, and mindful spending. Fill in actions for each section.

Building a Thriving Daily Routine

Children pull it all together into one daily planning habit covering sleep, food, movement, screen time and rest.

Ages 5–8:

"My Healthy Day Game" - Create a game board where each space is a small habit (drink water, stretch, wash hands, turn off screens). Move forward as they complete each action in their imagination.

"Act It Out" - Roleplay a "strong day" (good sleep, healthy food, movement) and a "tired day" (late night, no breakfast). Compare how each feel to act out.

Ages 9–12:

"Habit Impact Journal" – Together with parent, list current daily habits, mark which help them thrive, and rewrite or remove unhelpful ones.

"Confidence & Balance Collage" - Make a collage of affirmations, images, and symbols that represent a balanced and confident day. Place it where it's seen every morning.

WHAT THEY'LL WALK AWAY WITH

- Builds lifelong habits around sleep, nutrition, hydration and movement.
- Develops independence in hygiene and daily self-care routines.
- Builds a healthy, balanced relationship with screens and money.
- Walks away with a personal daily planning habit they can keep using.

SOULFUL LEARNING

Social Health

Teaching your child to navigate friendships, conflict and boundaries with confidence.

This module gives children practical scripts and tools for handling disagreements calmly, setting healthy boundaries, and understanding how others feel, skills that shape every friendship they'll have.

WHAT YOUR CHILD WILL EXPLORE

Conflict Resolution

Children learn to handle disagreements calmly, using respectful language instead of shutting down or shouting.

Example Activities:

Ages 5–8:
"Bubble Pop" Beliefs - Children write or draw a "belief" they've heard (e.g., "Only bad kids get angry") in water bubbles and physically pop or erase them to challenge it.

"What Happens Next?" - Roleplay a conflict (like taking turns). Pause midway and ask: "If we shout, what happens next? If we listen, what changes?"

Ages 9–12:
Behaviour Detective - In pairs, children analyse short stories of conflict and identify the why behind each character's reaction — Was it modelled? Learned? Assumed?

Dialogue Designers - Children co-write dialogues showing a conflict being resolved respectfully, then act them out and reflect on tone, words, and listening.

Self-Protection & Boundaries

Children practise saying yes and no with confidence and learn what a healthy personal boundary actually feels like.

Example Activities:

Ages 5–8:
"Safe or Not?" Sorting Game - Children sort illustrated cards showing different situations (e.g., someone shouting, a friend helping, an adult asking secrets) into "Feels Safe" or "Not Sure."

"Stop, Walk, Talk" - Practice three-step boundary setting with visual signs: "Stop" (hand signal), "Walk away," and "Talk to a safe adult." Uses puppets or roleplay.

Ages 9–12:
"Safe vs Scared" Debate - Debate two responses to the same situation: one from fear, one from calm clarity. Example: "Not joining a game" → Was it self-care or social fear?

My Assertiveness Toolkit - Create a "toolkit" with cards or posters of body language tips, tone of voice, and calming phrases like "I need space" or "Please don't do that."

Understanding Others' Emotions

Children build empathy by learning to notice and respond to how others are feeling, rather than jumping straight to judgment.

Example Activities:

Ages 5–8:
Mirror the Mood - In pairs, one child shows an emotional expression, and the other mirrors it, then guesses the feeling and what might cause it.

Empathy Puzzle Match - Children match "feeling cards" to "what would you do?" action cards (e.g., "Someone is crying alone" → "Sit quietly next to them" or "Ask them if they need help").

Ages 9–12:
Domino Reactions - Chain reaction game — how one emotionally unaware comment triggers a series of negative feelings or shifts. Then reverse with empathy instead.

Empathy Tool Card Deck - Create a deck of "empathy tools" — listening ear, calm words, check-in question, etc. Kids pick a card and use it in a role-play challenge.

Building a Social Toolkit

Children practise assertive communication, using "I feel" statements, respecting personal space, and reading social situations well.

Example Activities:

Ages 5–8:
"Safe or Sorry?" Circle Game - Children listen to stories of boundary-respecting vs. boundary-breaking behaviour. They hold up a green or red card based on how the story made them feel.

"My Bubble Space" Game - Use hula hoops or drawn circles to represent personal space. Practice moving closer or backing off based on comfort signals.

Ages 9–12:
Boundary Behaviours Sort - Sort behaviors like "interrupting," "asking nicely," "gossiping," "listening" into respectful vs. disrespectful. Reflect: "Which ones have I seen most?"

"Empathy Dice" Game - Roll a dice with scenario prompts and emotion options. Practice responding to each one with supportive language.

WHAT THEY'LL WALK AWAY WITH

- Handles disagreements calmly and communicates needs respectfully.
- Sets and respects healthy personal boundaries.
- Builds genuine empathy for how others are feeling.
- Practises confident, assertive public speaking, and communication among friendships.

PROGRAM DETAILS

Age Groups	5–8 and 9–12 years (separate age-matched groups)
Group Size	10–12 children (maximum cap to uphold quality)
Session Length	90 minutes per session (breaks included)
Program Length	4 weeks per module (1 session per week) | Ex: If you only pick ONE health topic out of the five. 5 modules → 20 weeks (5 months) | Conscious, Mental, Emotional, Social, Physical Health spread across calendar year.
Investment	$200 for full module of 4 weeks
We Provide	Take-home activity kit + daily habits tracking material + all materials for every session
Activity Styles	Oral & reflection, card-based & sorting, debate & peer teaching, hands-on making, sensory & mindfulness, journaling, and games & puzzles.
Milestone Badges	Every child completes the module with a Milestone Badge and Certificate. Collect all 5 badges for the Master Badge Achievement.







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Ready to enrol or have a question?

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