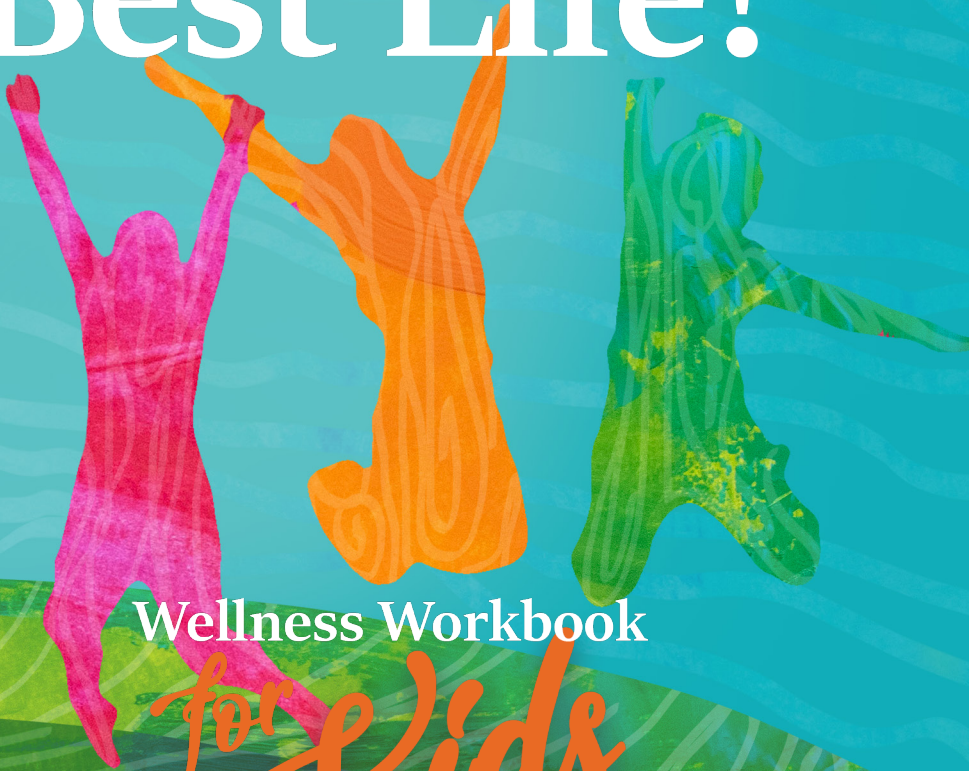


Quantin Binnah
Community Centre



Live your Best Life!



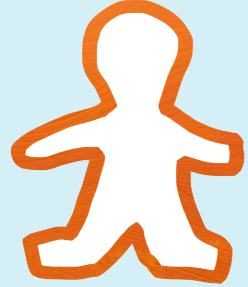
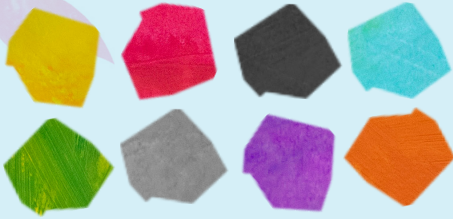
Wellness Workbook

*for
Kids*

Mind Space

How are you feeling?

What colour is your feeling?



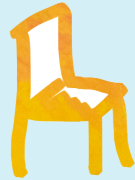
Where in your body is your feeling?

How big is your feeling?



As big as a mountain

Medium like a chair



As small as a button

If you could touch your feeling, how would it feel?

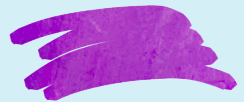
Spikey



Wobbly



Smooth



Flat



Swirly



Up and Down



Calm



Hard



Mind Space

Word Search

Q K M X C M Q I Z H Y N Z S N O O G U H
C A R B S D D H O F F X Q U M U K M U M
I U H S R Y B N W M Z R A F T I C P O T
V T S H F N B V K Y M G I C W H L Z B S
S G N R E L A X P I C P U E M U I E P X
Y R P R E V N B J I N O D E N Z K K O G
M A B N E A O S T B T D N X Q D Z C S J
I T R E I S Y U E D V F N F I G S Z I L
N I E M S L I E X L V M A E I U E H T N
D T A O H M G L J N F G X J S D S O I P
F U T T A C K M I B Y C C O S S E P V P
U D H I R C I R Z E E X A Y T K F N E Q
L E I O E P O V L A N K L R D H L K C O
A Z N N F V W S X P O C M U E Z N Z W E
X A G S Z U J P E A C E E K D W V Y U S
P F N I B V C D Z N P T I H A P P Y V R
Y U W U K V H R S E L F E S T E E M Y Q
G G P G K N D R E A M S L V N J M B W T
H F K K G I R E Q V P O T H O U G H T S
L I S T E N M J M K R D D J R A N U Y C

Happy

Calm

Emotions

Relax

Smile

Kindness

Joy

Confidence

Peace

Gratitude

Resilience

Listen

Positive

Thoughts

Self-care

Friendship

Mindful

Dreams

Breathing

Self-esteem

Share

Routine & Planning

SMART Goal Setting

S

Specific

M

Measurable

A

Actionable

R

Relevant

T

Time-bound



What EXACTLY do I want to accomplish?

How will I know I met my goal?

Is it possible to reach my goal with effort by my timeline?

Is this goal worth working hard towards? Does it help me with my other goals?

What is my timeline to reach my goal?



Routine & Planning

My Morning Routine



Get dressed

Have breakfast



Brush teeth

Brush hair



Put on shoes



Pack bag



Routine & Planning

My Nightly Routine

Tidy Up



Shower

Put on Pjs



Brush teeth

Bed time story



Pack bag

Connection & Friends

Appreciation Card

Decorate and fill in your thank you card

Thank you!





Cut on the dashed line

Fold on the dotted line



Dear _____,

Thank you so much for...

It made me so...

I really appreciate your...

It was...

Thanks again for being so...

You're the best!

From:





Respect and Tolerance
Respect Pledge



I.....

Pledge to...

I promise to be kind and treat others with care,
To listen when they speak and be aware.

I'll use my words to express how I feel,
And understand that everyone's feelings are
real.

In games and play, I'll be fair and share,
Because showing respect is how we all care.

I'll celebrate differences, big and small,
And lift others up when they stumble or fall.

Respecting each other, every single day,
Makes our world better, in every way.



Sign here.....

Respect and Tolerance

Respectful Actions

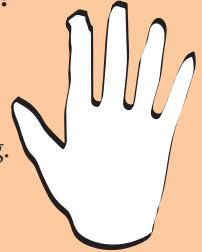
How do you show respect?

Show your parent, guardian or teacher your respectful behaviour and receive a sticker in each hand!



1. Listening Respectfully

I listen when others are talking.
I don't interrupt when someone else is speaking.



2. Using Polite Words

I say "please" and "thank you" when needed.
I use kind words and avoid hurtful language.
I apologize if I accidentally say or do something wrong.



3. Respecting Personal Space

I give others enough space and don't invade their personal space.
I wait my turn patiently without pushing or shoving.



4. Celebrating Differences

I appreciate and respect people who are different from me.
I include everyone in activities, regardless of their background.



5. Taking Care of Shared Spaces

I clean up after myself and help clean up shared spaces.
I respect classroom materials and property.
I follow rules to keep everyone safe and comfortable.



6. Problem Solving Respectfully

I talk calmly about problems instead of yelling or being mean.
I try to understand others' points of view during disagreements.
I work together with others to find solutions.



Access and Abilities

Signing ABC's

Do you know the Sign Language alphabet?
Cross off each letter when you know it by Heart!



For an extra challenge try signing your name!

Access and Abilities

Barrier Buster Challenge

Can you find all the accessible locations at Qb?
Take a picture and put it in the box!

Wheel Chair Ramp

Braille

Accessible Toilet

Qb Cafe

How do these places help people have better access to Qb?

What do you think we can do at Qb to make our space more accessible?

The background of the page is a light pink color with several red, teardrop-shaped leaves falling from the top. The leaves are scattered across the page, some larger and more prominent than others, creating a gentle, dreamlike atmosphere.

Sleep & Rest Dream Journal

Where was your dream:

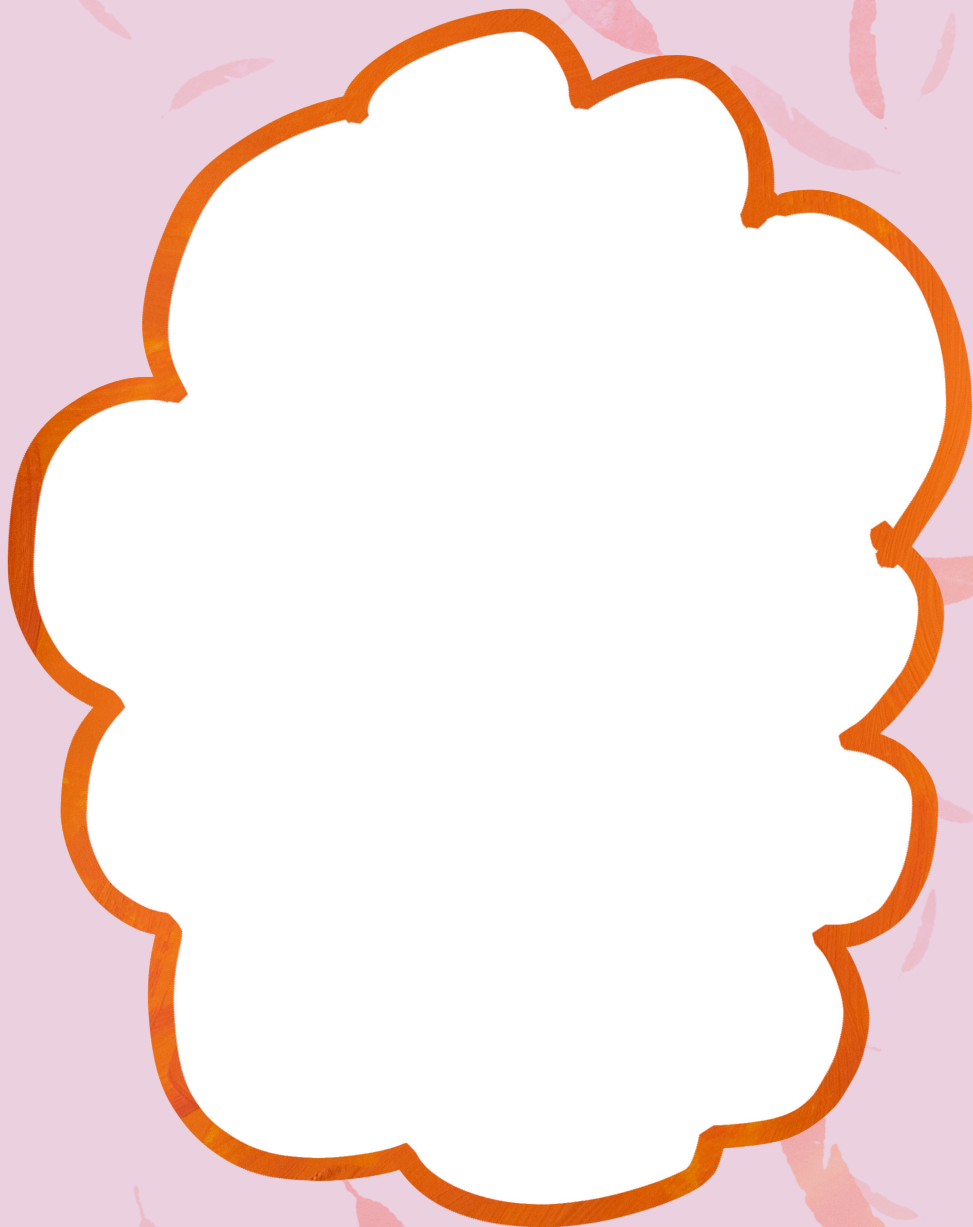
Who was in your dream:

What happened:

How did you feel:

One word to describe your dream:

Can you draw your dream:



Friendship & Connection

Friendship Hand



Fill in each finger with the quality of a good friend



Respect, Tolerance & Inclusion
We all fit together!

All About Me

My name:

Birthday:

Age:

My Favourites:

Food:

Colour:

Animal:

Subject:

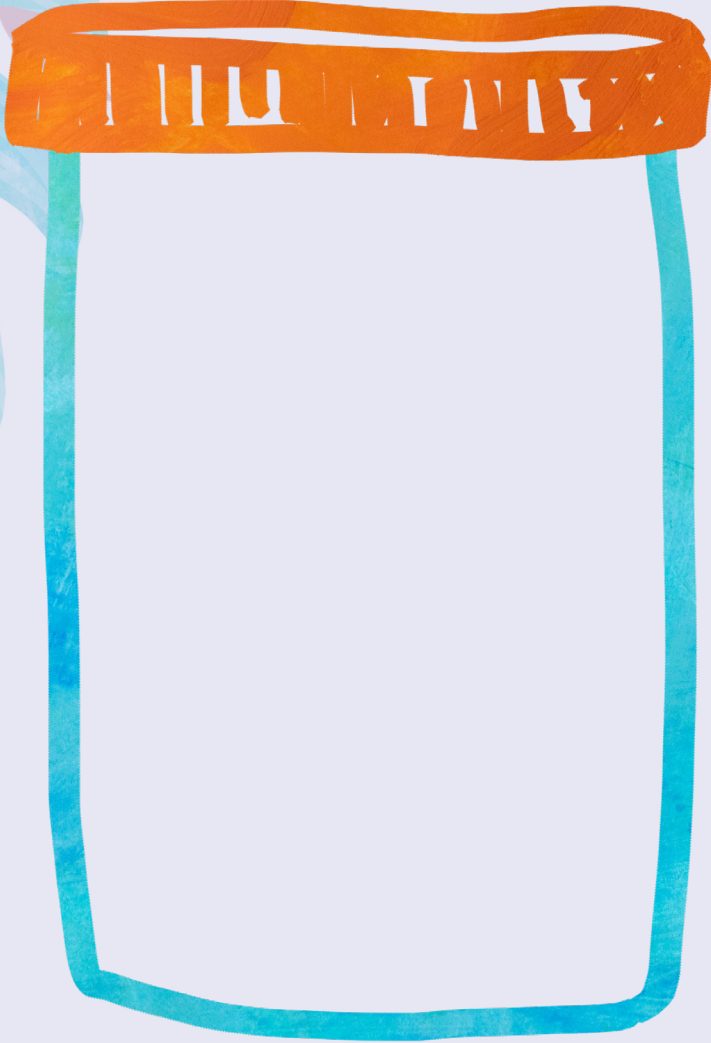
When I grow up I want to be:

My Portrait:



**Fill in your puzzle piece, cut out and place it together with
your group!**

Mindfulness and Spirituality
Gratitude Jar



Write all the things you're grateful for in your jar!

Mindfulness and Spirituality

Deep Breathing



Place your finger on the purple dot and trace red around to the next dot. When you trace the colour take a long deep breath in. On the way back take a long breath out. Repeat on each of the colours.

Nutrition & Growth
Healthy Eating Plate





Activity & Movement

Match the Activities

Draw a connecting line between the activity and the matching item.



Basketball



Music

Defending Goal



Batton



Shoot



Dance

Puck



Running

Activity & Movement Balance Bingo!

Put an X in the square for each balance attempted.

Can you mark 4 X's in a row?

How long can you hold each balance?

3 Point Balance 	Single Leg Balance 	Elbow Plank 	Back Scale 
Toe Hold 	Reverse Plank 	Tree Pose 	2 Point Balance 
5 Point Balance 	Single Leg Table Top 	4 Point Balance 	Back Bend 
Front Scale 	Reverse Table Top 	Reverse 3 Point Balance 	Boat Pose 

Outdoor and Nature Nature Scavenger Hunt

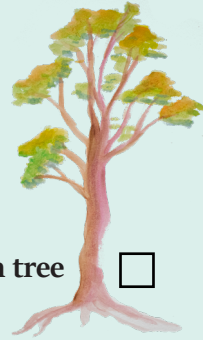
Can you find these things in your garden or at Qb?
Tick the box when you spot each thing.

Remember to not to touch and be respectful of living beings.



Butterfly

Rainbow Lorikeet



Gum tree



Snails



Rainbow



Rainy Clouds



Oak Tree



Leaves



New-Holland
Honeyeater

Outdoor and Nature

Nature Scavenger Hunt



1. What is the largest living structure on Earth, located in the waters off the coast of Australia?

- a) Great Barrier Reef
- b) Amazon Rainforest
- c) Yellowstone National Park

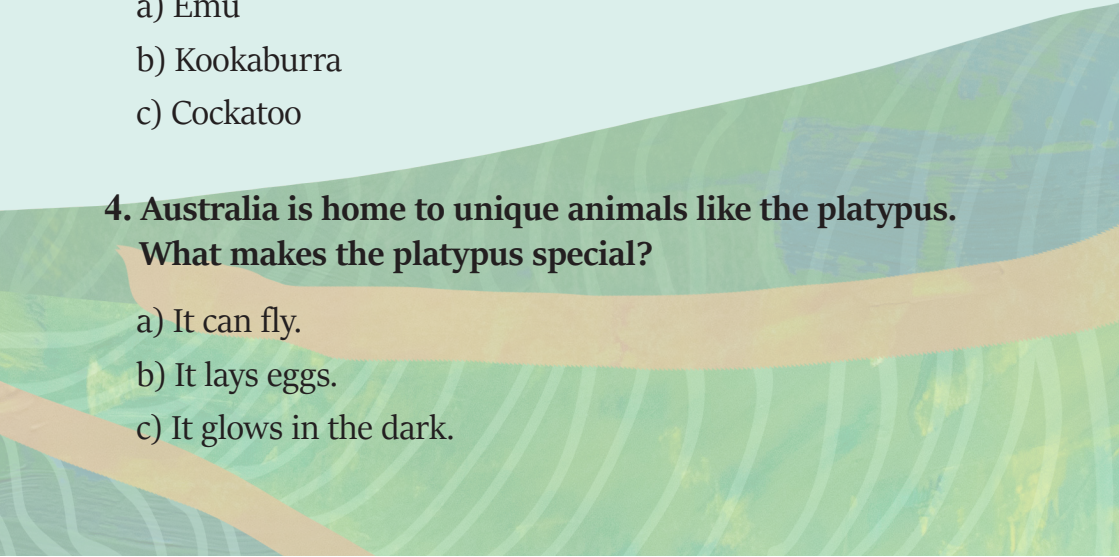
2. Which cute and furry animal from Australia is known for carrying its baby in a pouch?

- a) Koala
- b) Kangaroo
- c) Wombat

3. What is the iconic bird with a laughing call that is native to Australia?

- a) Emu
- b) Kookaburra
- c) Cockatoo

4. Australia is home to unique animals like the platypus. What makes the platypus special?

- a) It can fly.
 - b) It lays eggs.
 - c) It glows in the dark.
- 

Winter Wellness

Warm Wellness Cup

Please only make this drink with
ADULT SUPERVISION.

Ingredients:

6 cups water

1 chunk fresh ginger, peeled (approximately 5-6" in length)

3 cinnamon sticks (or 1-2 tsp ground cinnamon)

1 tsp ground turmeric

½ tsp cayenne pepper (optional)

6 fresh lemons (and the juice of ½ fresh lemon when ready to serve)

1. Peel the fresh ginger root and dice into thin slices.
2. Combine the fresh ginger slices and water in a large pot or saucepan over high heat on the stove.
3. Bring to a boil. Then turn to low heat and let simmer for approximately 10 minutes.
4. After 10 minutes, add the cinnamon sticks (or ground cinnamon), turmeric and cayenne and simmer on low heat for another 10 minutes, stirring occasionally.

Winter Wellness

Mindful Snowflakes

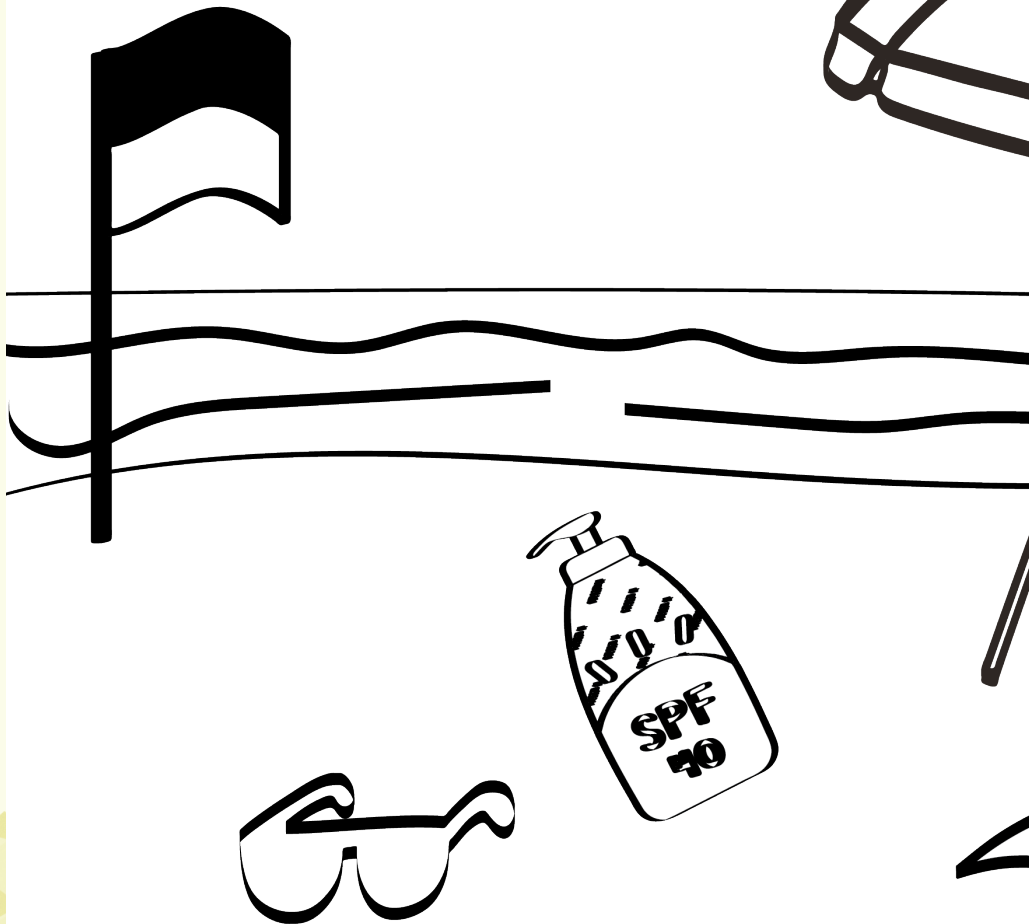
It's important to take care of yourself and be mindful of your mental and physical health during the colder months.

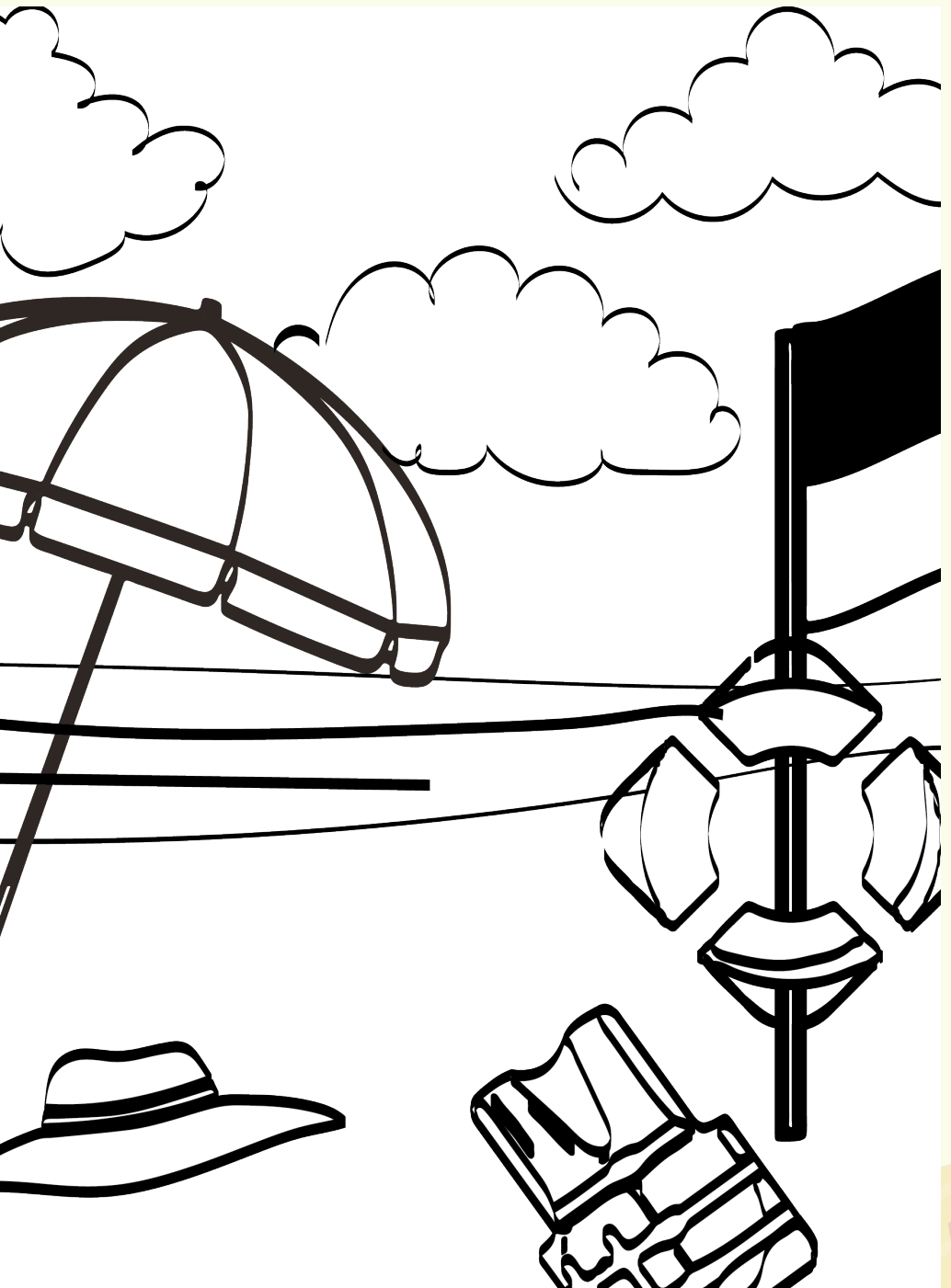
Can you write a positive affirmation in each snowflake?



Summer Safety Safety Spot & Colour

Circle and colour the summer safety items you spot.





Summer Safety

Summer Safety Quiz

- 1. What should you wear to protect your skin from the sun when playing outside?**
 - a. Winter coat
 - b. Sunscreen and a hat
 - c. Rain boots
- 2. How often should you put on more sunscreen when playing in the sun?**
 - a. Every hour
 - b. Every day
 - c. Never
- 3. What does SPF on sunscreen mean?**
 - a. Super Playful Fun
 - b. Sun Protection Factor
 - c. Splash and Play Forever
- 4. Which of these is a sign that you need to take a break and cool down when playing outside?**
 - a. Laughing a lot
 - b. Feeling tired, dizzy, or really hot
 - c. Eating a lot of ice cream

5. True or False: You can get a sunburn even on cloudy days.

- a. True
- b. False

6. What should you always remember to do before going swimming?

- a. Bring your favorite toy
- b. Tell jokes to your friends
- c. Ask an adult if it's okay and if they will watch you

7. If you see someone in the water who looks like they need help, what should you do?

- a. Jump in and try to rescue them
- b. Yell for help and find an adult
- c. Ignore them and keep playing

8. What is the safest way to enter the water when you are at the pool or beach?

- a. Run and jump in
- b. Walk slowly and use the stairs or designated entry point
- c. Dive from a high place

9. Why is it important to learn how to float on your back in the water?

- a. To show off to your friends
- b. To rest and catch your breath
- c. Because it's a funny trick



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