

My Healthy Self

Booklet



Name: _____

Information for Caretakers and Teachers

What is the *My Healthy Self Booklet*?

The *My Healthy Self Booklet* is a resource with fun and engaging activities that reinforce important emotional literacy concepts to help children in Grades 4 to 6 think about their physical and mental well-being. Emotional literacy is the ability to recognize and manage emotions. It is important for children to learn emotional literacy skills so that they can be mentally healthy throughout their lives. This booklet can also be a valuable resource for children who are already familiar with emotional literacy concepts. Developing and building strong emotional literacy skills can lead to strong social skills.

The characters from the TJ's World book series are used throughout this booklet. The TJ's World characters are a group of children in Nunavut that go through relatable situations and learn about healthy ways to manage their emotions. Children can make connections with the TJ's World characters and, as a result, identify similar emotions within themselves. Children do not need to be familiar with the TJ's World book series to use this booklet.

This booklet is divided into four sections: Feelings, Healthy Habits, Activities, and Journal. In the Feelings, Healthy Habits, and Activities sections, children can complete drawing, writing, and movement activities that incorporate emotional literacy concepts. The journal section provides drawing and writing prompts and space for children to draw and write about anything they like!

A list of helpful contacts and resources that support the mental and physical well-being of children in Nunavut is included at the back of the booklet.

How should children use the *My Healthy Self Booklet*?

The activities in this booklet are designed for young Nunavummiut in Grades 4 to 6 to use at home, at school, or in other settings. The journal can be helpful at any time, including during times of change or disruption.

There is no right or wrong way for children to engage with the activities in this booklet. The booklet can be completed from beginning to end, or children can select the activities they want to do, depending on their interests. The **Feelings** section (pages 3 to 10) can be a useful introduction to the themes found in many of the booklet's other activities.

Nunavut Bilingual Education Society

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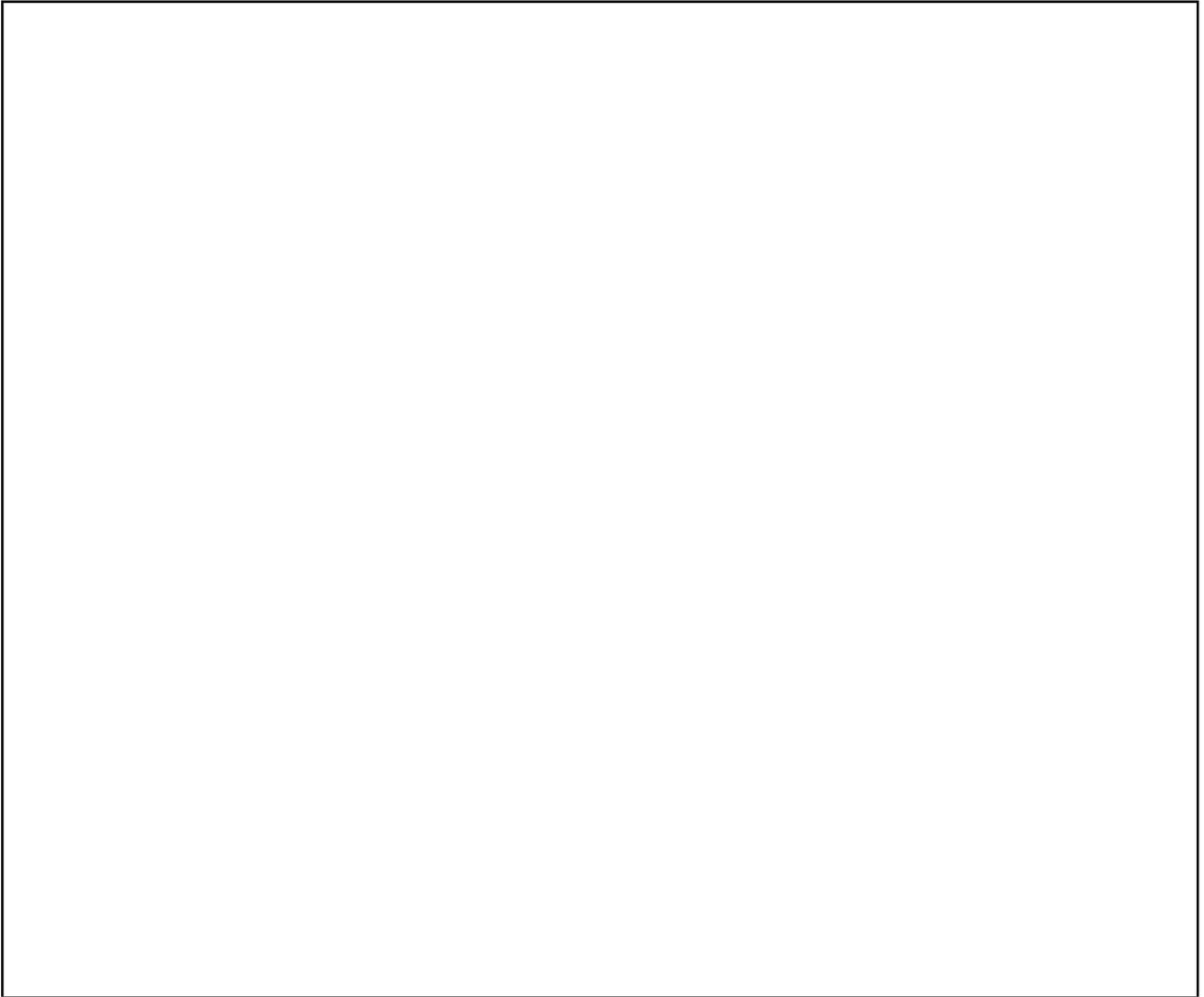
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About Me

Draw a picture of yourself in the box below.



My name is _____.

I live in _____.

I like to _____

_____.

Meet TJ and His Friends!





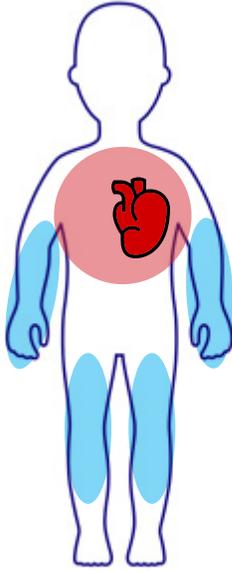
Feelings

For caregivers: This section addresses some common emotions children may encounter and some strategies to help them manage their emotions. Here are some helpful questions to guide conversations with children about emotions:

- Does your body feel cold or hot when you feel that way?
- What does your heart feel like when you feel that way?
- Show me what you would look like if you felt this way.
- Tell me about a time when you felt this way.

Scared

example



TJ felt scared when he walked too close to the river and almost fell in the water. TJ drew a picture of what he felt in his body when he was scared.

Heartbeat Exercise

Try this the next time you feel scared.
Practise it now!

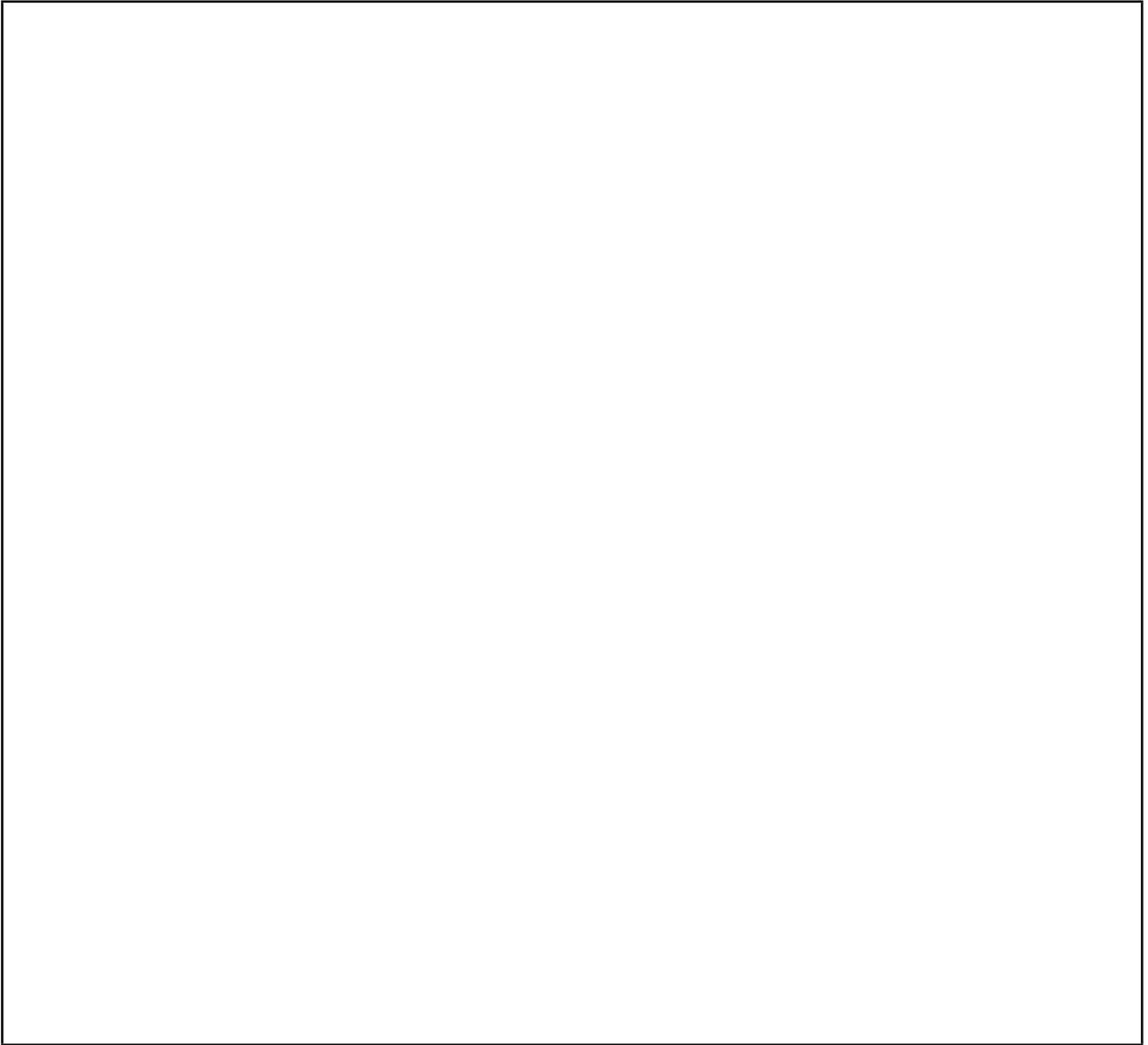
1. Stand up.
2. Do 10 jumping jacks.
3. Close your eyes.
4. Put your hand over your heart.
5. Listen to and feel your heart beating.
6. Listen to and feel your breath going in and out.

About TJ's drawing

I got scared when I almost fell in the river. My heart was
beating really fast and my chest felt very hot. At the same
time, it felt like my arms and legs were frozen.

Bored

Think about a time when you felt bored. Draw what you feel in your body when you are bored.



Write about your picture.

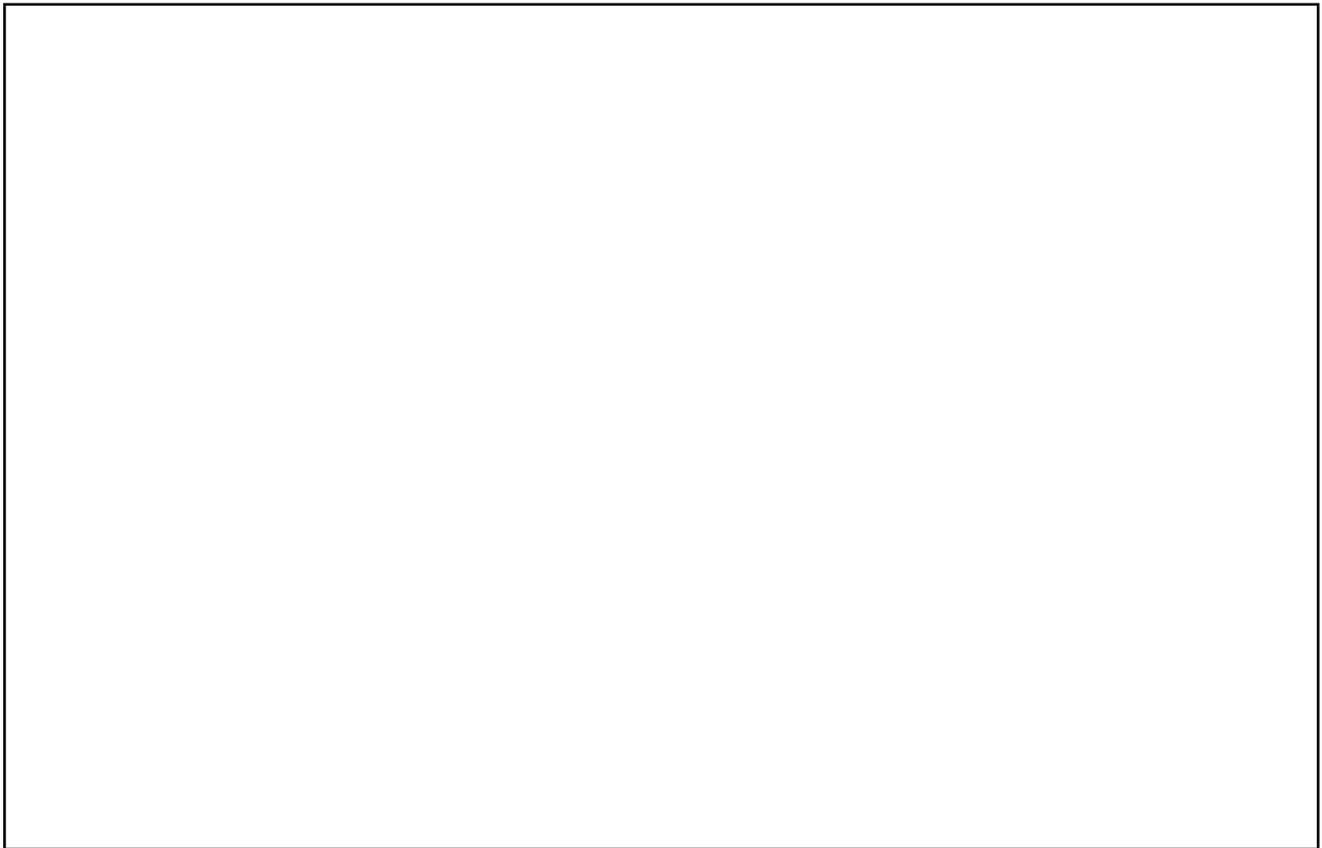
Angry

3, 2, 1 Breathing

Try this the next time you feel angry. Practise it now!

1. Inhale for 3 seconds.
2. Hold for 2 seconds.
3. Exhale for 1 second.
4. Repeat five times.

Think about a time when you felt angry. Draw what you feel in your body when you are angry.



Write about your picture.

Sad

Think about a time when you felt sad. Draw a picture of what you feel in your body when you are sad.



Write about your picture.

Frustrated

Think about a time when you felt frustrated. Draw a picture of what you feel in your body when you are frustrated.



Write about your picture.

Nervous

Tighten and Let Go

Try this the next time you feel nervous. Practise it now!

1. Close your eyes.
2. Tighten your foot muscles for 5 seconds. Gently let go.
3. Tighten your leg muscles for 5 seconds. Gently let go.
4. Tighten your tummy muscles for 5 seconds. Gently let go.
5. Tighten your arm muscles for 5 seconds. Gently let go.
6. Tighten your face muscles for 5 seconds. Gently let go.
7. Repeat one more time.

Think about a time when you felt nervous. Draw what you feel in your body when you are nervous.



Write about your picture.

Lonely

Think about a time when you felt lonely. Draw how your body feels when you are lonely.



Write about your picture.



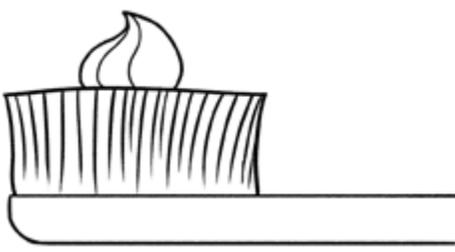
Healthy Habits

For caregivers: This section encourages children to think about positive hygiene habits.

Brushing Your Teeth

Your teeth help you eat and talk and are an important part of your whole body's health. It is important to keep your teeth healthy and clean. You can take care of your teeth by brushing them twice a day. Let's look at the pictures below to learn how to brush our teeth:

Step 1



Put a pea-sized amount of toothpaste on the toothbrush.

Step 2



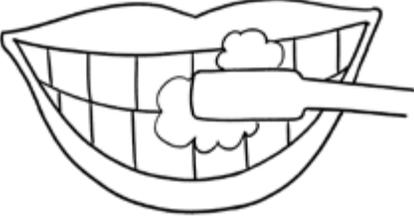
Brush the top of your teeth and your tongue.

Step 3



Brush the inside of your teeth.

Step 4



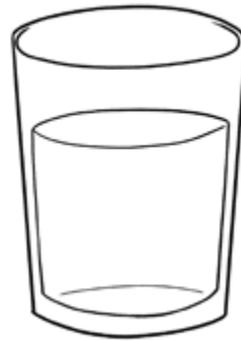
Brush the outside of your teeth.

Step 5



Brush for 2 minutes.

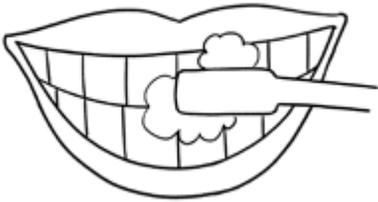
Step 6



Rinse.

Brushing Mix-Up

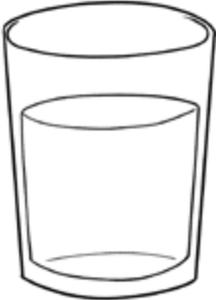
Oh no! The brushing steps are out of order. Number the brushing steps in the correct order from Step 1 to Step 6.



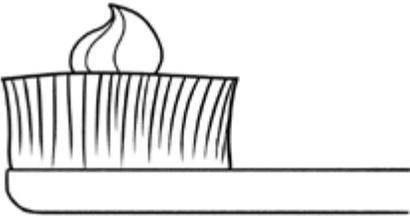
Brush the outside of your teeth.



Brush the top of your teeth and your tongue.



Rinse.



Put a pea-sized amount of toothpaste on the toothbrush.



Brush the inside of your teeth.



Brush for 2 minutes.

Take the Toothbrush Challenge!

It is important to brush your teeth for two minutes in the morning and two minutes at night. Getting into the habit of brushing our teeth correctly helps keep our teeth and gums healthy. Challenge yourself to brush your teeth two times a day for the next week!

Put a checkmark in the box when you brush your teeth in the morning and at night. Don't forget to use all the tips you have learned. Good luck and happy brushing!

	Morning	Night
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Watch Your Screen Time!

Screen time can be fun. We can watch interesting videos or shows, talk to our friends and family, and play games. But too much screen time isn't good for our bodies or our minds. It's important to move and be active during the day, too!

TJ was having a hard time keeping track of his screen time until he made a schedule to help him fit in everything that he wanted to do in his day. Use the blank schedule on the next page to help you make a plan so you can fit in some screen time and lots of exercise!



TJ's Day

8:30	Wake up and stretch
8:35-9:00	Eat breakfast and brush my teeth
9:00-9:30	Watch a cartoon
9:30-11:00	Go berry picking with my friend Sapa
11:00-11:45	Walk to the store with Anaana and help with grocery shopping
11:45-12:30	Have lunch with Anaana. My favourite—char with rice and veggies!
12:30-2:30	Play out with my friends
2:30-3:30	Ride my bike
3:30-4:30	Ask Anaanatsiaq to tell me stories. If she's napping, I can work on my comic strip instead.
4:30-5:30	Practise string games
5:30-6:30	Have dinner with my family. Ataata said he will make tuktu stew. Niam!
6:30-8:00	Play soccer with my friends
8:00-9:00	Play video games with my brother
9:00-9:30	Brush my teeth and then read a book in bed
9:30	Go to sleep so I can be rested for tomorrow!

My Day

8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

In your schedule, try to fit:

- More than 3 hours of activity outside
- More than 1 hour of family time
- Less than 2 hours of screen time
- More than 1 hour practising something new
- More than 30 minutes reading

Safe Spaces

Sometimes Sapa feels overwhelmed by her feelings. When she feels overwhelmed, she doesn't always remember what she can do to feel better. When Sapa needs help with her feelings, she can look at this list to remember what helps her feel better.

Sapa's Safe Spaces		
People	Places	Activities
Anaana	Home	Looking for fossils on the land
Ataatatsiaq	Library	Drawing

Make a list of the people, places, and activities in your own life that can help you to feel better when you are having trouble with your feelings. Keep the list somewhere close by so you can look at it the next time you feel overwhelmed.

My Safe Spaces		
People	Places	Activities

Talking to our family and friends can be the best way to feel better when we are having trouble with our feelings. Pick one of the people you chose and write about why that person helps you feel better.

Having trouble filling out this page? Check out page 47 for a list of resources you can use if you need to talk to someone.



Activities

For caregivers: This section features a variety of activities to keep children busy and engaged. These activities range from quiet work that asks children to reflect on their emotions to physical activities that encourage exercise and interaction. Activities can be completed in order, or children can select the activities they want to complete.

I Am Me!

Martha wrote down some things she likes about herself. Use the boxes on this page to write down some of the things that make you great!

1. Things I do well... *I am good at sewing and I work hard at math.*
2. Ways I help others... *I help my parents look after my baby brother.*
3. Things that are special about me... *I am kind when my friends are sad.*
4. Skills I could teach someone else... *Sewing and running.*
5. Something I love about myself... *I have great friends like TJ and Sapa!*



Things I Do Well

Ways I Help Others

Things That Make Me Special

Funny Things about Me

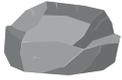
Something I Love about Myself

Look at all the great things you listed about yourself. Now choose the one that you are most proud of. What makes you feel proud of this?

Train Your Brain!



A **growth mindset** is a way of thinking that helps us turn hard times into chances to learn. Our brains are like sponges when we have a growth mindset.



A **fixed mindset** means we think we should be good at things right away. Our brains are like rocks when we have a fixed mindset.

Do this activity first to learn about the difference between a growth mindset and a fixed mindset, and then practise what you learned in the next activity!

Draw a line between the fixed mindset and growth mindset thoughts to see how changing negative thoughts can turn them into chances to learn!

Fixed Mindset	Growth Mindset
I don't get it. I give up.	If I fail at first, I will keep practising.
If I fail at first, I will never be able to do it.	That looks hard, so it could take time and effort.
Mistakes are scary, so I won't try.	Trying hard every time is the best way to learn something new.
That looks hard, so I don't want to try.	I don't get it yet , so I will have to keep practising.
I am not good at this.	I'm not good at this yet , but I'm only just starting, and I will get better with time and effort.
You only need to try hard if you are not smart.	Mistakes are part of learning and show I am trying.

Can you remember a time that you had a growth mindset when you were learning something new? How did it help you?

Giving Advice

Now that you know the difference between a fixed mindset and a growth mindset, you can help your friends change their negative thoughts. Both of the people in the following examples are showing a fixed mindset. Use the space to write down the advice you would give them to help change their thoughts to a growth mindset.

Robert has just returned from his first hunting trip with his ataata, but he did not catch anything. He tells you:

"I'm not good at hunting. I tried to shoot a ptarmigan, but I missed. I'm bad at shooting, so I didn't want to try it again. Besides, it looks really hard to be a good hunter like my ataata. I'm just not good at it, so I will not go hunting again."

Martha has just returned from making her first pair of mitts with her anaanatsiaq, but she doesn't like how they look. She tells you:

"These are ugly. I just don't get how to sew them together right. I'll never be able to do it like my anaanatsiaq. I tried really hard because I know I'm bad at sewing, but it's useless! I don't get it. I give up."

Take the Reading Challenge!

Challenge yourself to read for 20 minutes every day in a new and exciting way. Cross off each box as you go!

Day 1 Read under a blanket	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 Read upside-down	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 Read out loud to a friend or family member	<input type="checkbox"/>	<input type="checkbox"/>
Day 4 Read outside	<input type="checkbox"/>	<input type="checkbox"/>
Day 5 Read while standing on one foot	<input type="checkbox"/>	<input type="checkbox"/>
Day 6 Read in a funny voice	<input type="checkbox"/>	<input type="checkbox"/>
Day 7 Read the story, but make a new ending	<input type="checkbox"/>	<input type="checkbox"/>

Next, challenge your friends and family! Challenge someone you know to join you and read for 20 minutes every day. When you have read for 20 minutes, put a checkmark in the box for that day. Don't forget to keep track of your friend's score, too. First one to read for 20 minutes on all seven days wins!

Learning Something New

Learning something new can be fun, but sometimes it's hard to know where to start. Think of someone who could help you learn something new. For example, you could ask a family member or an Elder to help you learn how to sew or how to fish.

What I Want to Learn	To sew an amauti				
Who Can Be My Teacher	Alice, the Elder who helps our class				

Think of some questions to ask yourself before and after you practise something new. Add any other questions you have about that skill to the chart.

Before	After
<ul style="list-style-type: none"> - What do I want to learn? - What do I already know about this? - Am I nervous about learning something new? What part am I nervous about? - Who could help me learn this? 	<ul style="list-style-type: none"> - Was I a good student? How? - What new skills did I practise? - What can I do to practise more? - What can I learn next?

Draw Your Own Comic Story

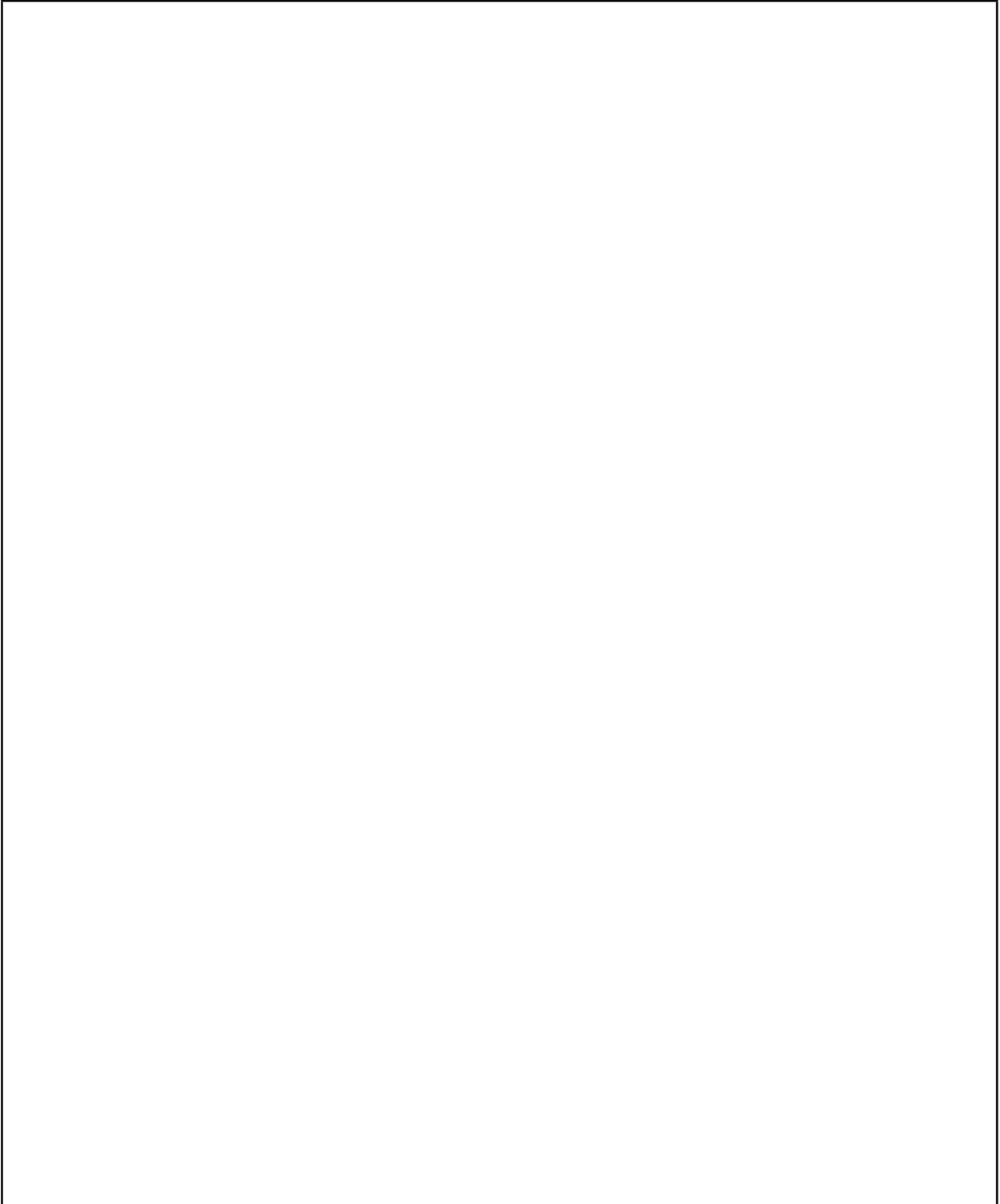
Use the boxes below to create your own comic. Don't forget to include pictures and words in your comic. You can use the first page of boxes as a rough copy, or you can use both pages to make one huge comic!

If you are having trouble thinking of an idea to write about, here are a few ideas to get you started:

- You see that your friend is feeling sad. What can you and your friends do to help them feel better?
- Oh no! You and your friend are lost on the land! How will you get back home?
- You and your family win a vacation to anywhere in the world! Where will you go?

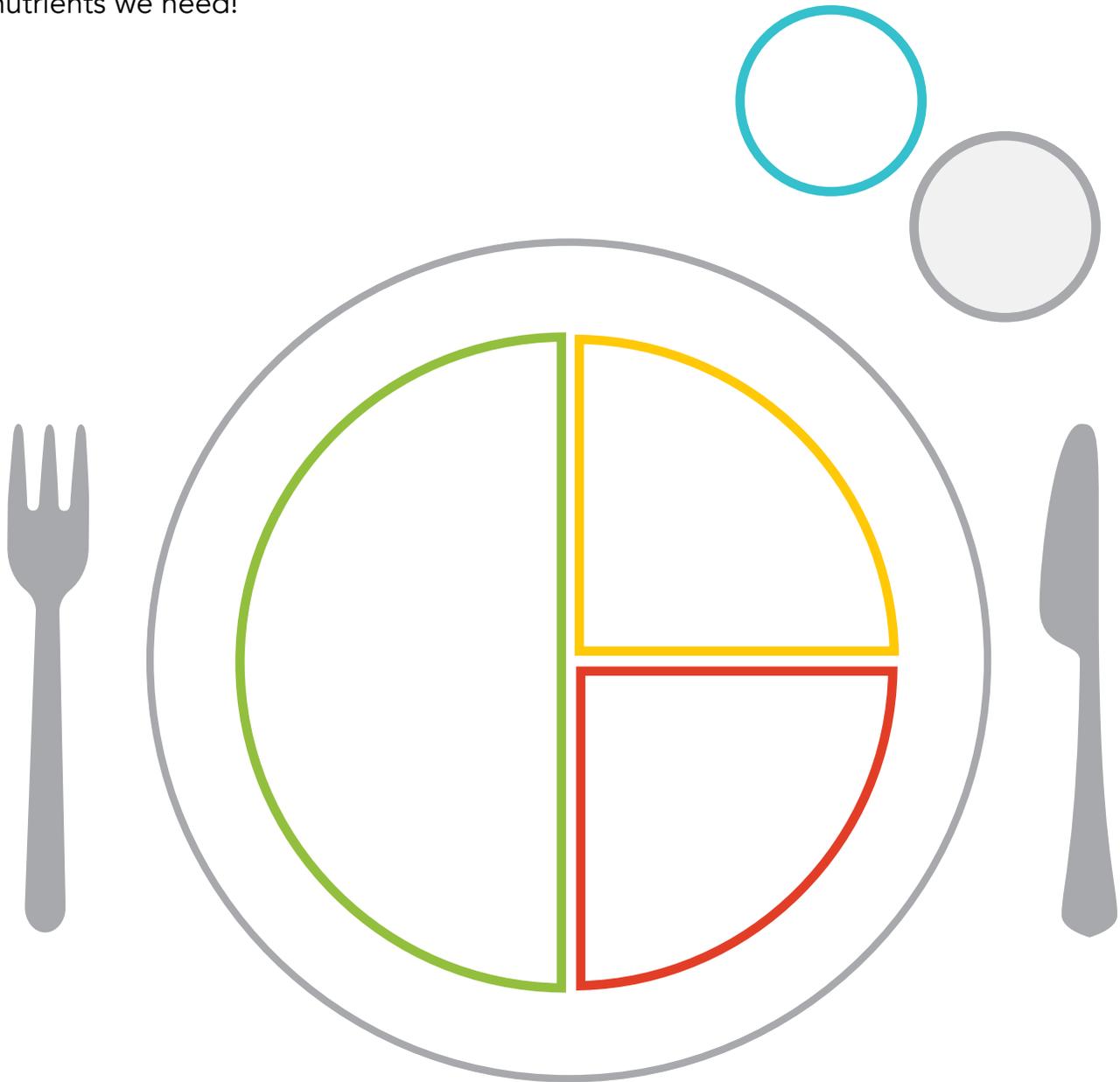
My Family's Favourite Time of Year

Draw a picture of something that you like doing or would like to try doing with your family during your favourite time of year.



Make a Healthy Meal

Choose foods from the list to draw a healthy meal that you would really like to eat. Make sure your meal is **balanced**. A balanced meal includes food from every food group. It is important to eat balanced meals so that our bodies can get all the nutrients we need!



Remember that water should always be your main drink of choice!

Country Food and Meat and Alternatives	Milk and Alternatives	Grain Products	Vegetables and Fruit
Seal	Cheese	Rice	Broccoli
Chicken	Cottage cheese	Pasta	Tomatoes
Steak	Yogurt	Oatmeal	Potatoes
Caribou	Sour cream	Bread	Carrots and peas
Char	Milk	Crackers	Bananas
Pork			Apples and oranges
Maktaaq			Spinach
Beans			100% real fruit juice

Is your meal balanced? How do you know?

Share the meal plan with your parents or grandparents and see if you can help them make this meal!

Get Moving!

Use this board game to help you and your family get moving. The first one to finish all the challenges wins!

You will need:

- Two dice
- A pencil
- Comfortable clothing that you can move in
- Enough space around you to jump and lie down
- A partner or two. See if you can get your family members to join in!

How to play:

1. Roll one or two dice at the start of your turn.
2. If you chose to roll two dice, add up the two numbers to find your challenge number. For example, if you roll a 3 and a 5, you have to complete Challenge 8.
3. Once you know your challenge number, you have 1 minute to complete the challenge, or you lose your turn.
4. When you complete the challenge, put an X in the box, or your initials if you're playing with other people.
5. If you roll a number you rolled on a previous turn, complete the challenge again. For example, if you already completed Challenge 5, but you roll a 5 again, you have to complete Challenge 5 one more time.
6. The first person to finish all the challenges wins!

Get Moving!

<p>Challenge 1 Lucky you! You get to pick any challenge you want!</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 2 Do five squats.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 3 Do three sit-ups.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 4 Touch your toes five times.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 5 Do two push-ups.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 6 Lie on your back and spin your legs like you are on a bike for 10 seconds.</p> <p style="text-align: center;"><input type="checkbox"/></p>
<p>Challenge 7 Balance on one leg for 20 seconds.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 8 Run on the spot for 10 seconds.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 9 Jump up and down on one foot five times.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 10 Jump up and down five times.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 11 Lucky you! You get to pick any challenge you want!</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>Challenge 12 Do 10 jumping jacks.</p> <p style="text-align: center;"><input type="checkbox"/></p>

Too hard? That's okay! Make the numbers lower. Instead of 10 jumping jacks, do 5 instead. Moving a little is better than not moving at all!

Too easy? No problem! Make the numbers higher. Instead of doing two push-ups, do five instead. Don't be afraid to challenge yourself!



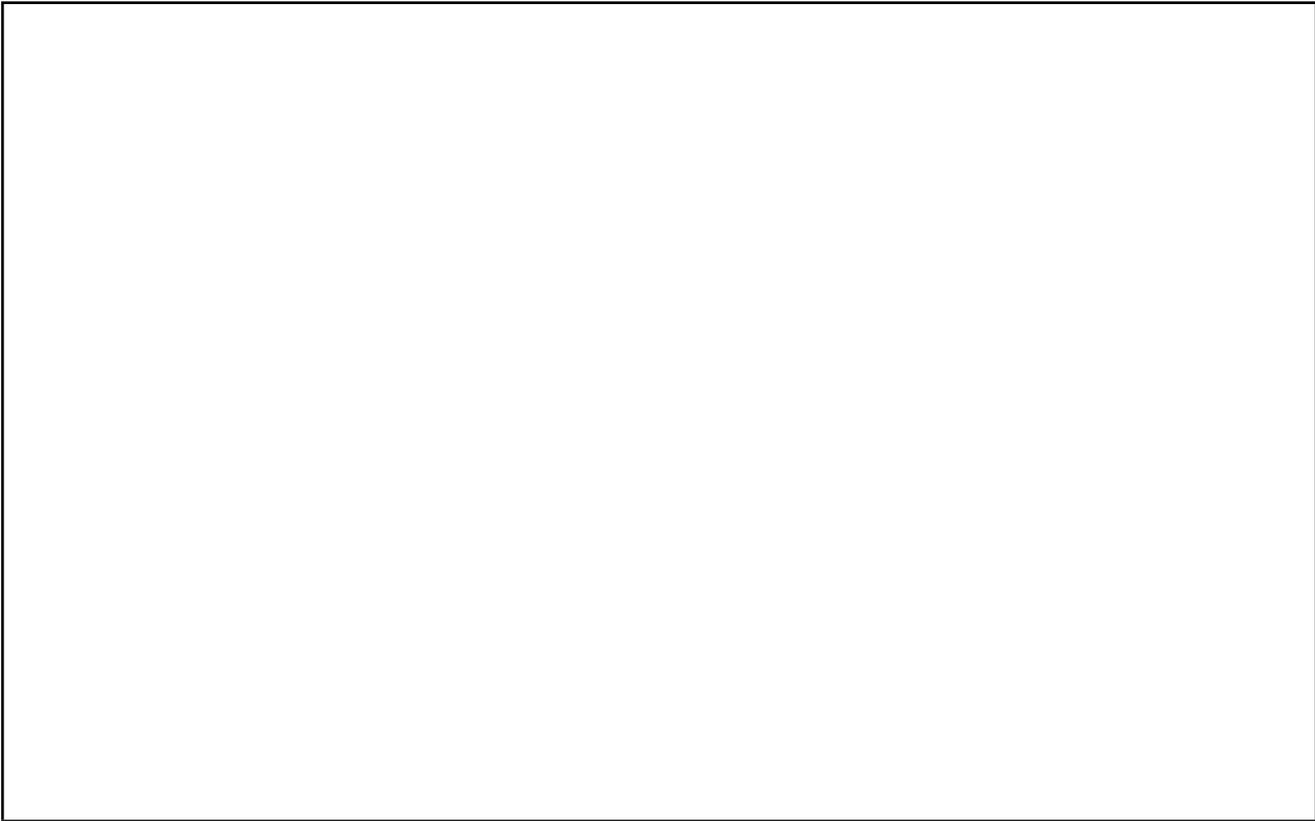
Journal

For caregivers: This section offers space for children to write or draw and provides encouraging prompts that reinforce important emotional learning concepts. Here are some questions to help guide your discussions:

- What was the best part of your day? What was the worst part of your day?
- How did you feel today? How do you feel right now?
- What did you feel in your body when that happened?
- I felt nervous/scared/angry/lonely when... (note: it can help children feel more comfortable if you share your own experiences)

My Day

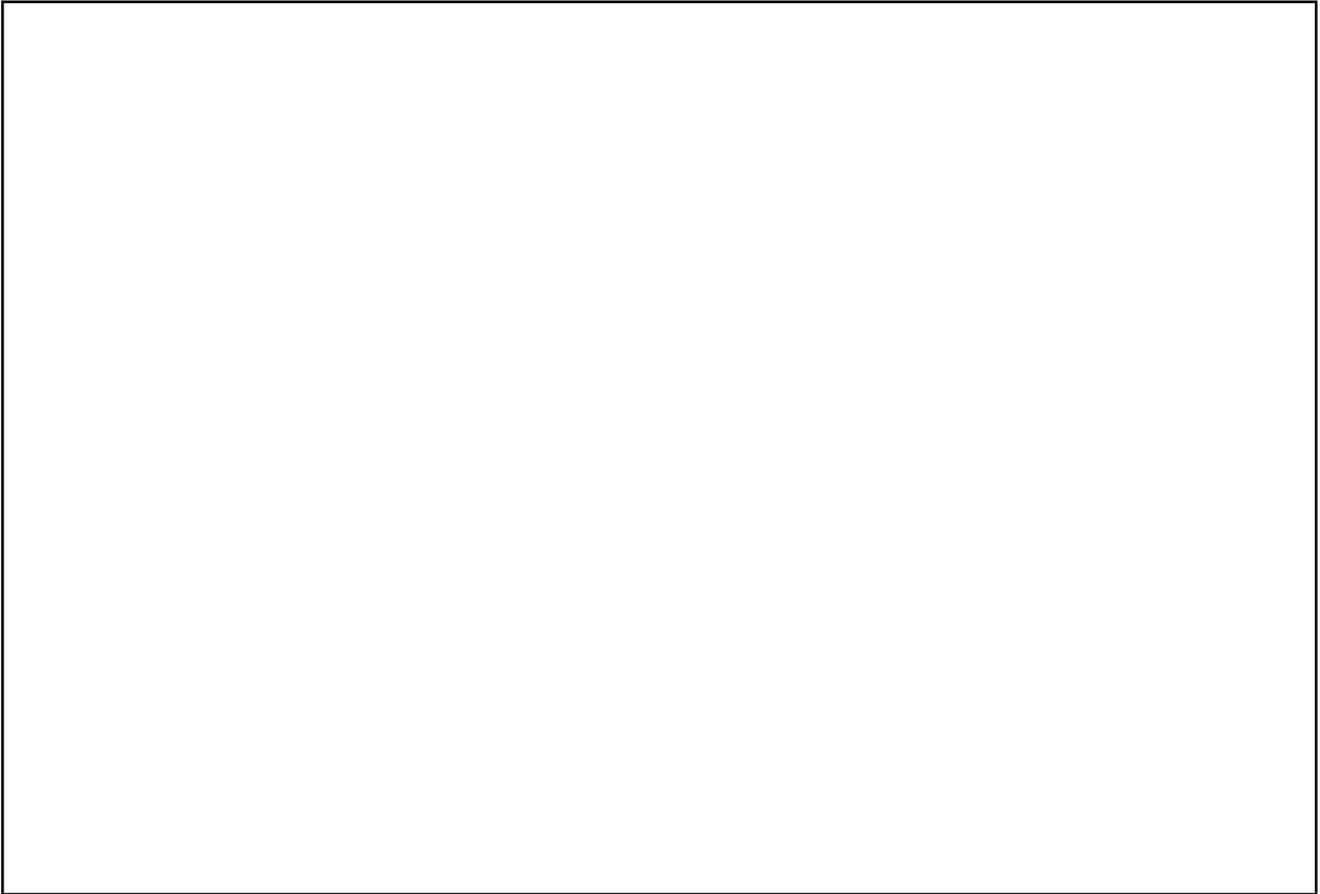
What did you do today?



Write about your day.

When I Am Happy

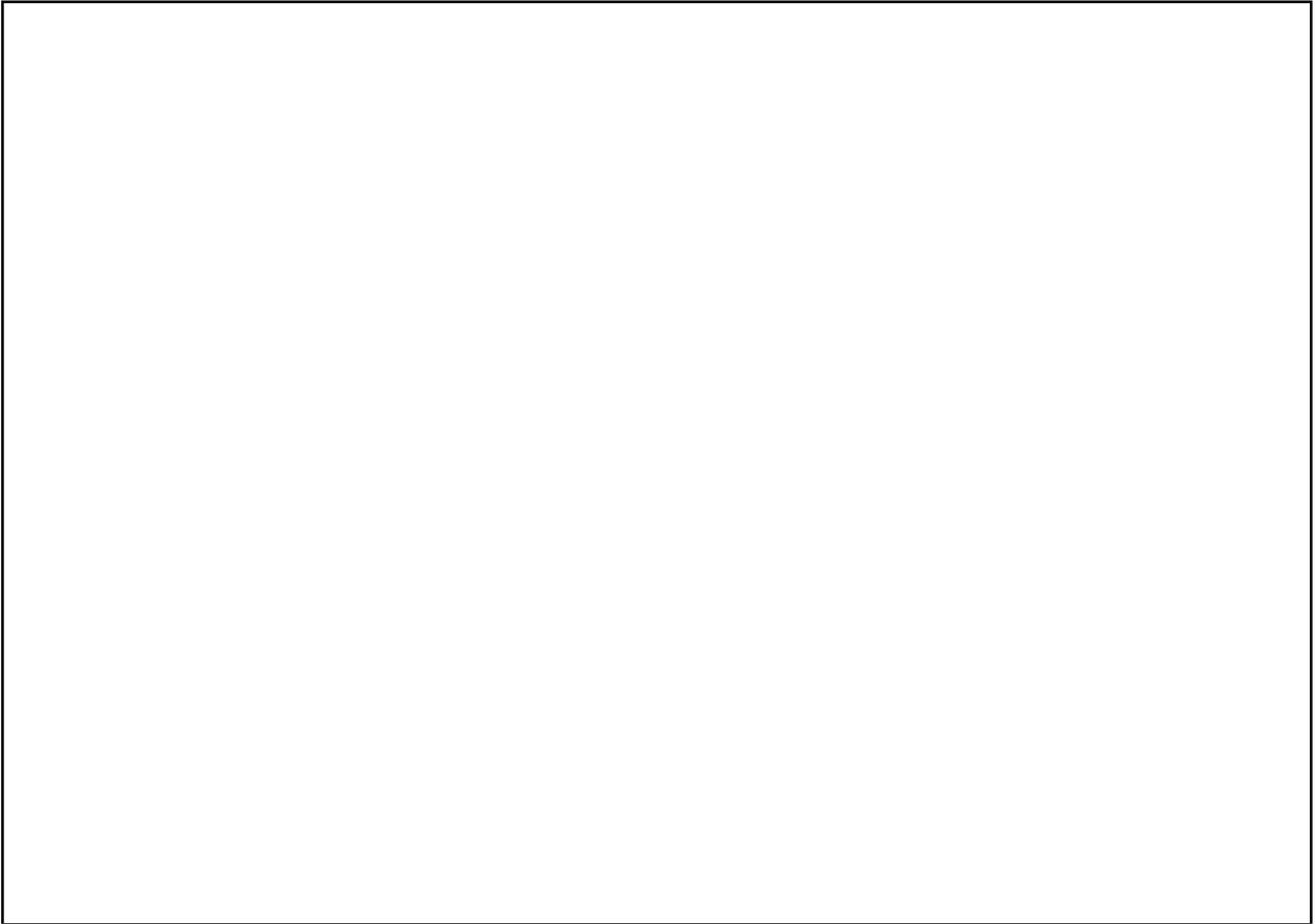
Draw a picture of something that makes you smile.



Write about your drawing.

My Hero

Draw a picture of someone you respect and admire.



Write about that person.

If you can, tell that person what you wrote. It might make them feel happy!

When I Am Angry

Draw a picture of a time when you felt angry.



Write about your drawing.

Think about:

- What do I feel in my body when I feel angry or frustrated?
- What do I say when I feel angry or frustrated?
- Where do I go?
- Who do I talk to?
- Is this what I want to do when I feel angry or frustrated?
- What could I do instead?

What I Like

Draw something you like to do.



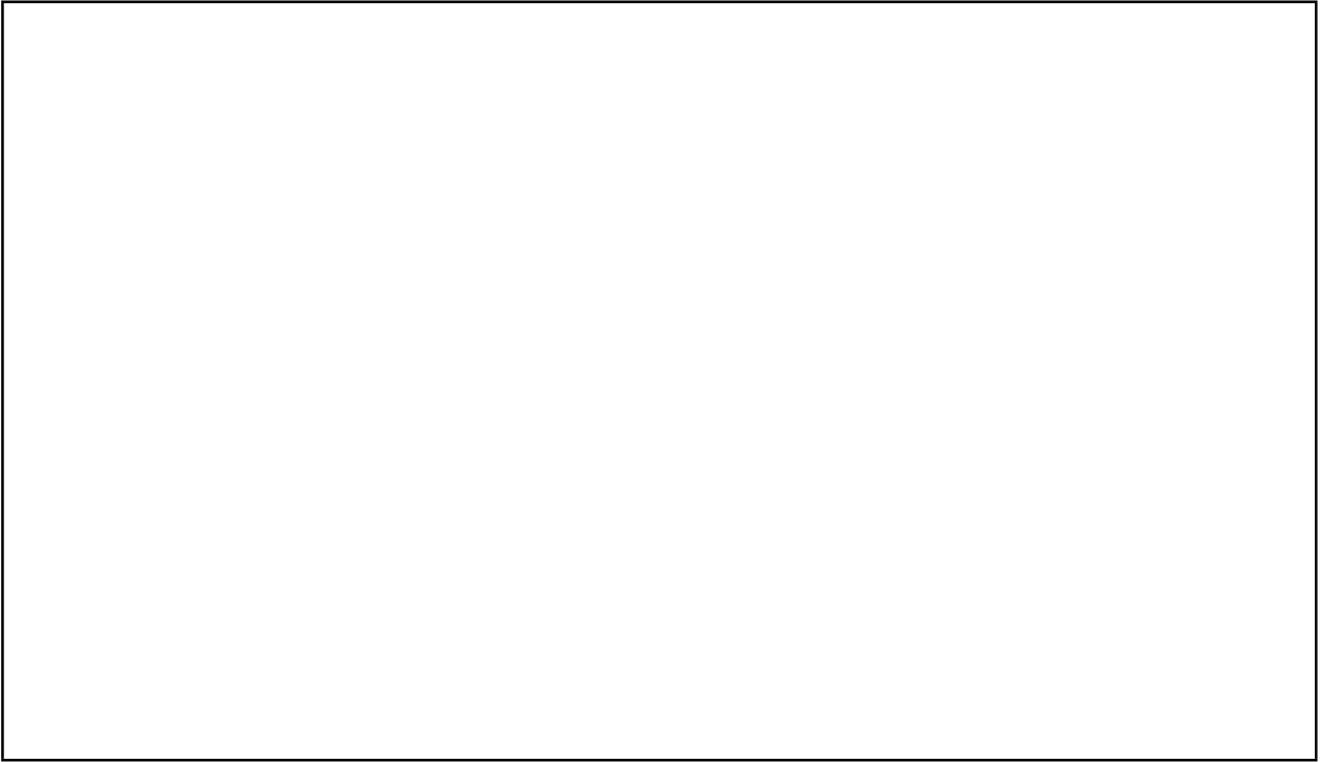
Write about your drawing.

Think about:

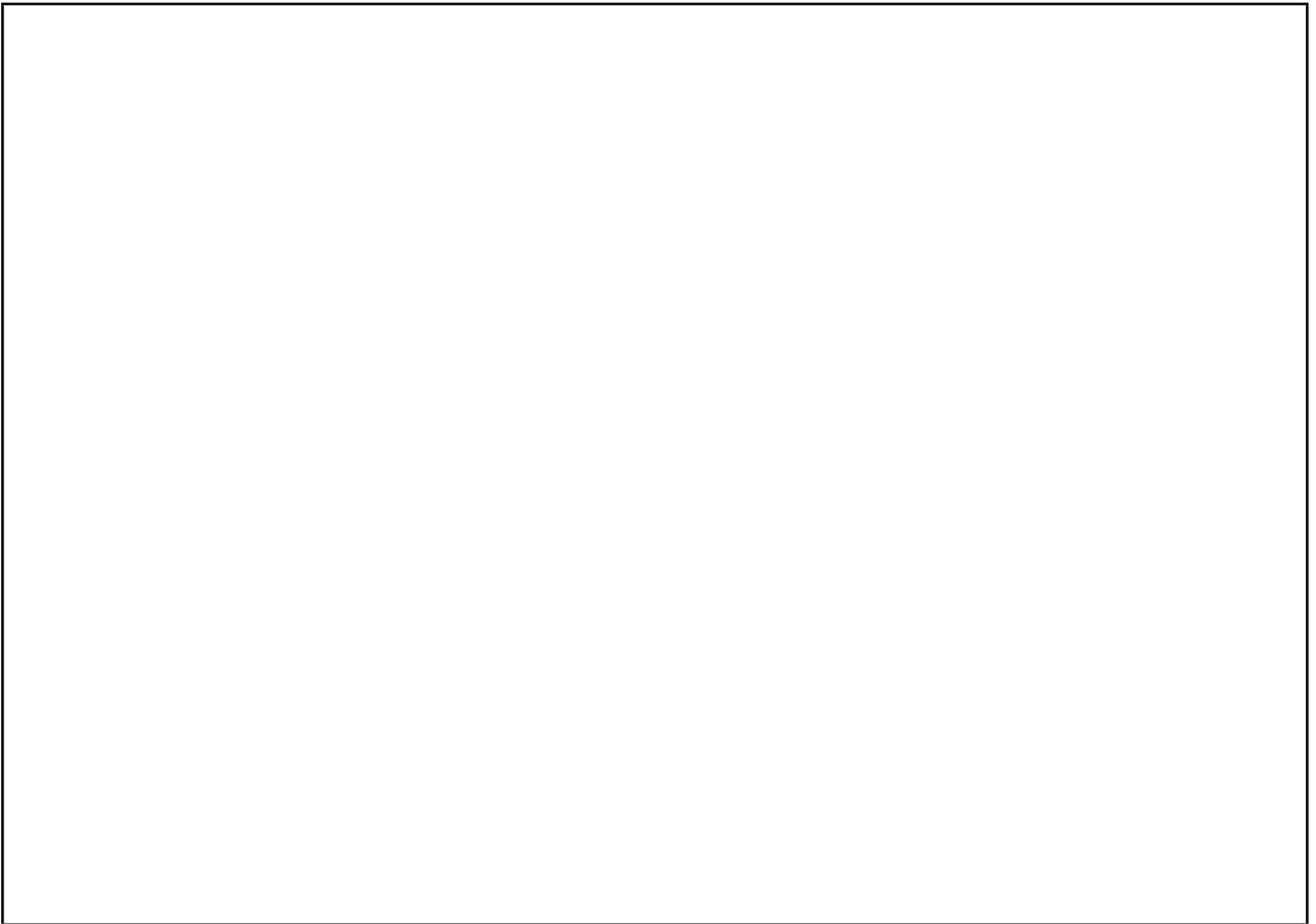
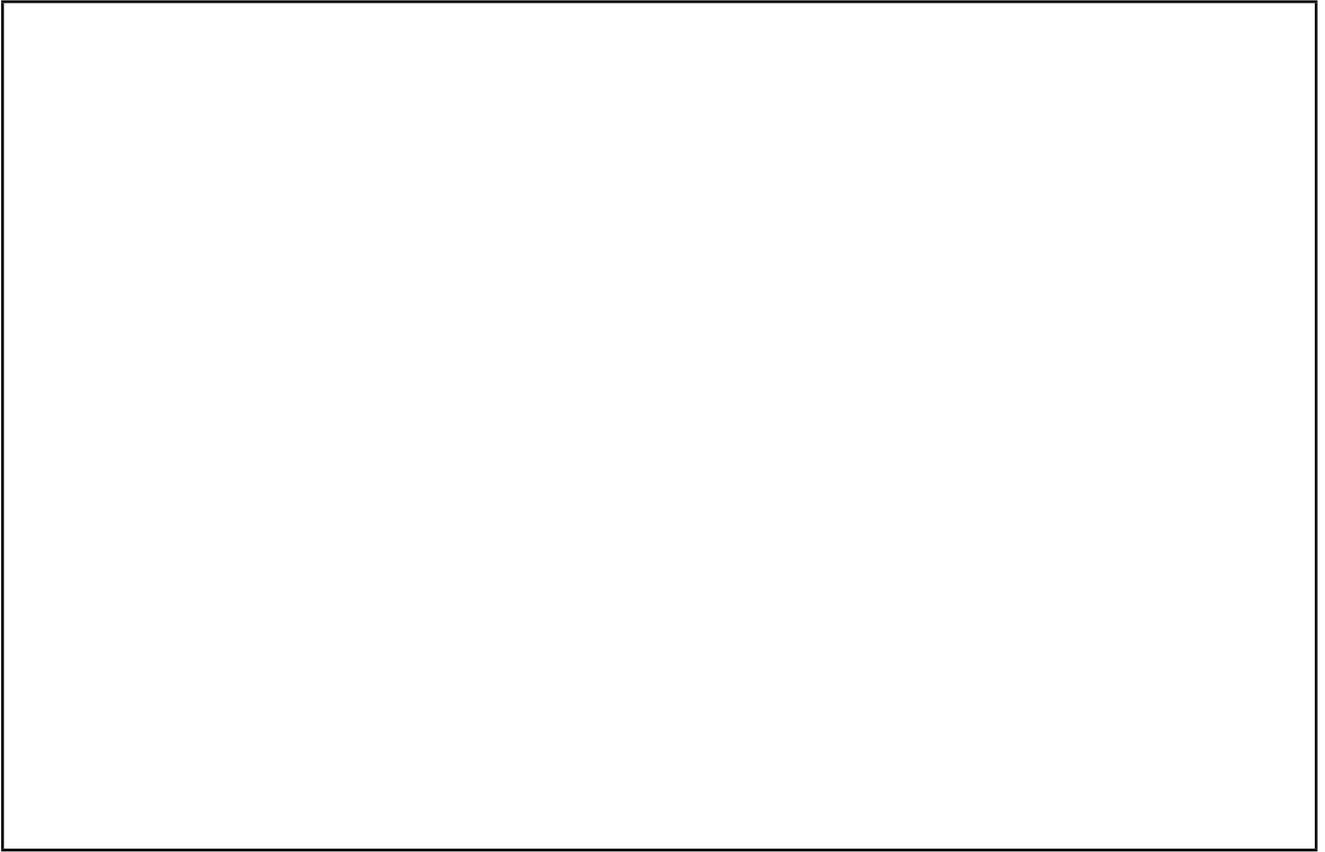
- Why do I like to do this?
- How does it feel when I do this?
- How would I teach this to someone else?
- Who could I teach?
- How did I become good at this?

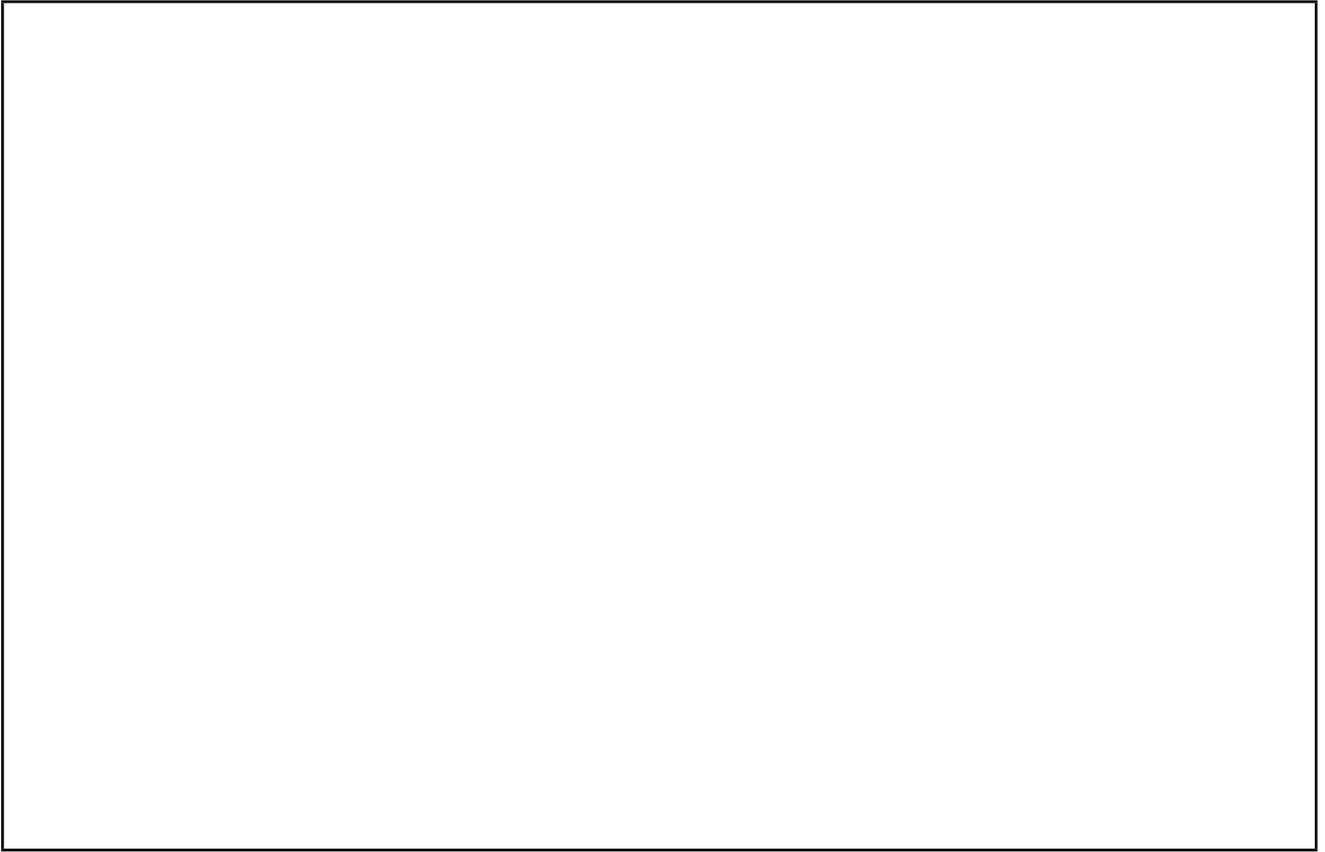
How I Am Feeling

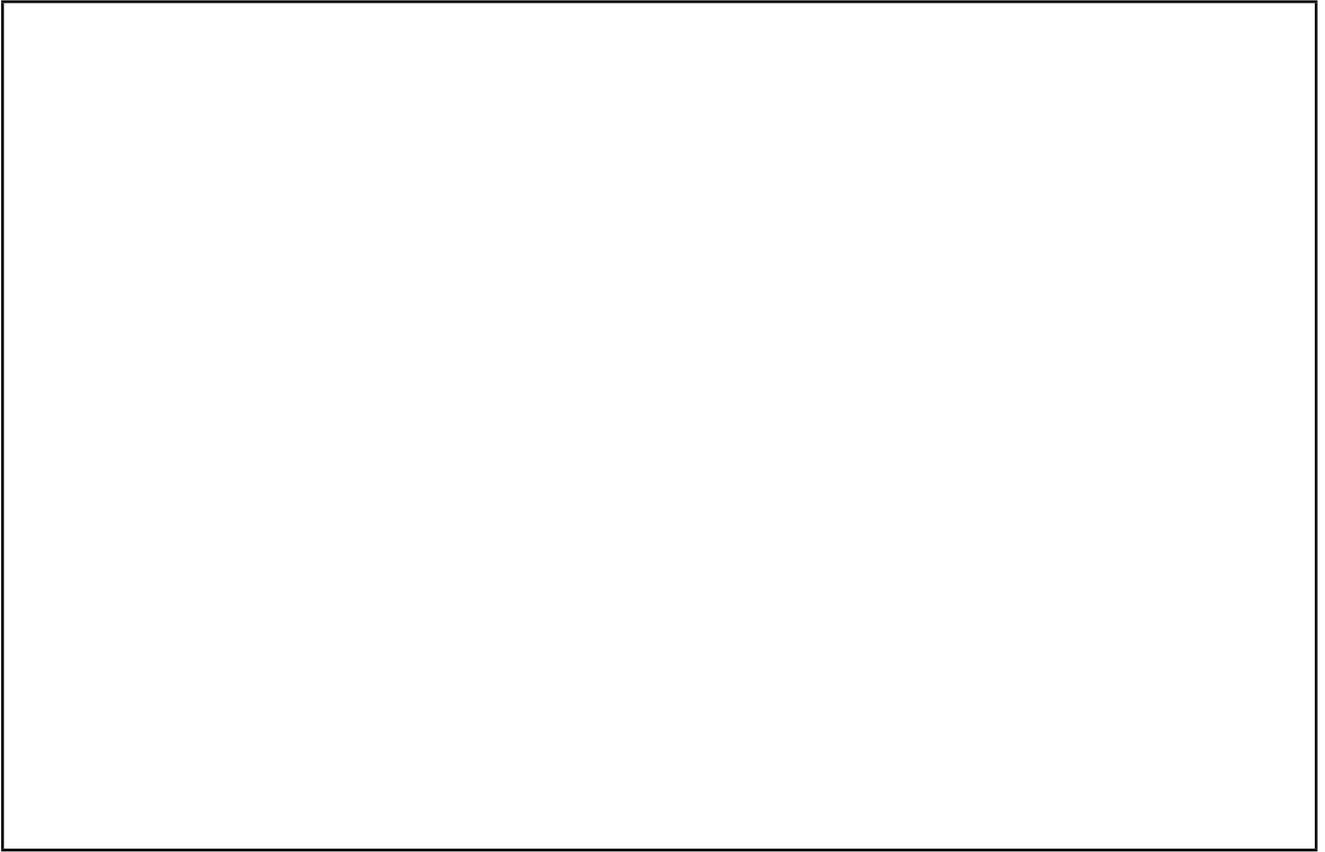
How do you feel right now? Draw how your body feels.



Explain your drawing.







Helpful Contacts

Sometimes we need other people to help us keep our minds and bodies healthy. If you feel like you might need help, you can talk to a family member that you feel safe with, a teacher, or an Elder. You can also use any of the numbers provided here to talk to someone. There is nothing wrong with asking for help.

FAQ

Q: I feel sad, nervous, angry, or scared. Who should I talk to?

A: Try talking to a family member you trust, a teacher, or an Elder. Or you can try calling any of these numbers.



Q: I'm not sure if I need help. Can I talk to someone to see if I do?

A: There's nothing wrong with talking to someone about how you're feeling, even if you're worried it's not a big enough deal. Try talking to someone you trust or calling one of these numbers anyway.

If you have a problem and don't know who to talk to, you can call one of these numbers for help.

Representative for Children and Youth

1-855-449-8118

Embrace Life Council

1-888-804-2782

or embracelife@inuusiq.com

Nunavut Kamatsiaqtut Helpline

1-800-265-3333

Kids Help Phone

1-800-668-6868 (24 hours/day)
or text "TALK" to 686868

Ilisaqsivik Society

1-888-331-4433 (8:30 am–5:00 pm EST,
Monday to Friday)

Native Youth Crisis Hotline

1-877-209-1266

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

NWT Crisis Line

1-800-661-0844 (9:00 pm–1:00 am EST)

Youthspace.ca

Use the online chat, or send a text to
1-778-783-0177

