

# 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 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 Tundra Friends book series are used throughout this booklet to introduce emotions to children. The Tundra Friends are animal characters that each personify a different emotion, including sad, lonely, nervous, angry, frustrated, scared, and bored. Children can make connections with the Tundra Friends characters and, as a result, identify similar emotions within themselves. Children do not need to be familiar with the Tundra Friends 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 this booklet.

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

The activities in this booklet are designed for young Nunavummiut in Kindergarten to Grade 3 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 a child 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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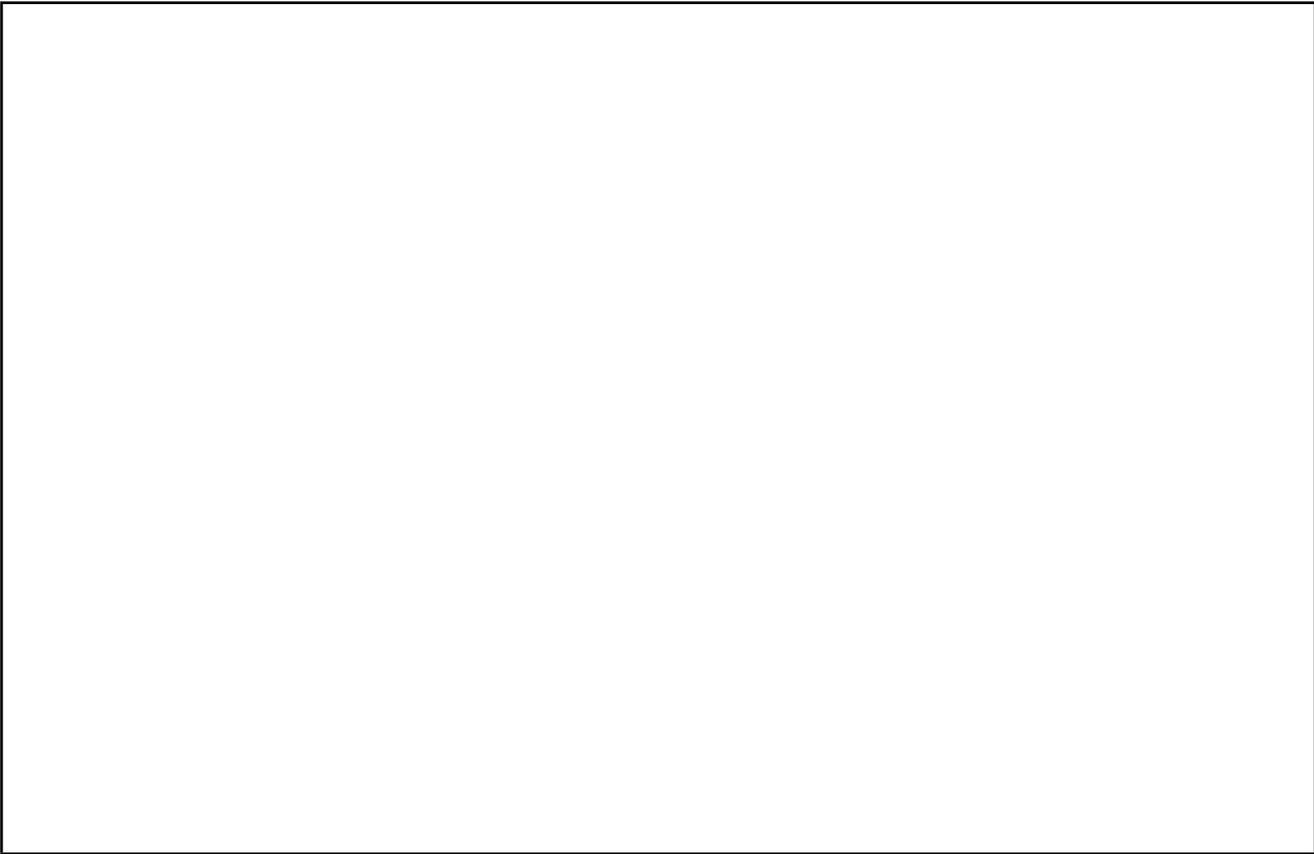
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# About Me

Draw a picture of yourself in the box below.



My name is

\_\_\_\_\_

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\_\_\_\_\_

I live in

\_\_\_\_\_

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\_\_\_\_\_

I like to

\_\_\_\_\_

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\_\_\_\_\_

# Meet the Tundra Friends

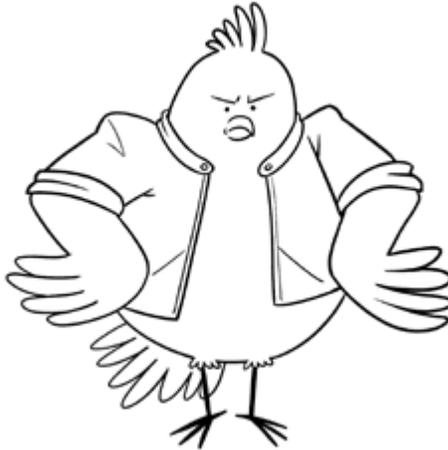
colouring page

Tiu-tiu



frustrated

Tiu-tiu



angry

Aqi



sad

Aqi



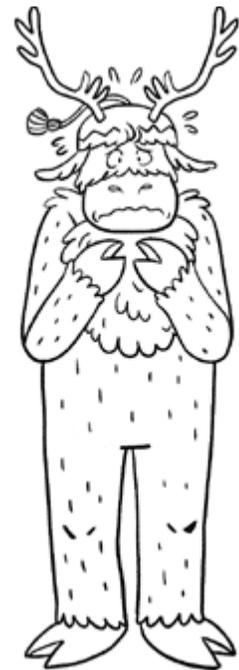
lonely

Ukpik



bored

Tuka



scared



# 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:

- Can you guess what the character in the drawing is feeling? Why do you think that?
- What are some emotions that you have felt before?
- What do you feel in your body 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



Tuka says, "I am scared because I might get hit by the soccer ball."

## 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 breaths going in and out.

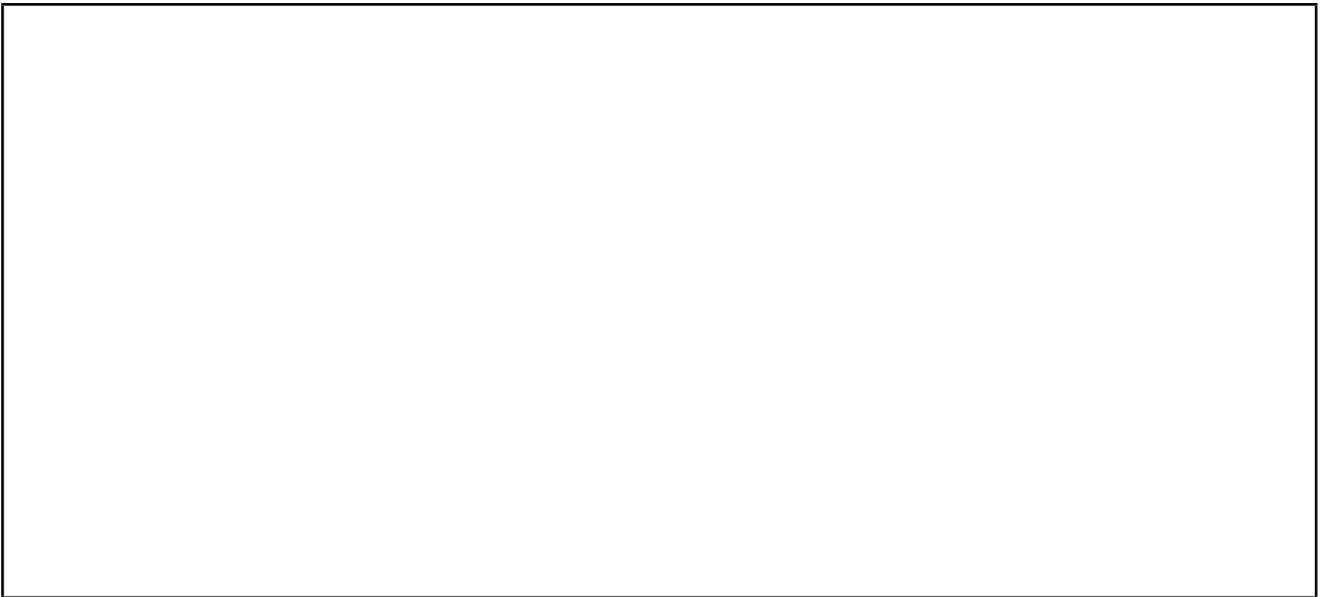
I was scared that the ball  
would hurt me!

# Bored



Ukpik says, "I am bored because I have nobody to play with."

Draw a picture of a time when you felt bored.



Write a sentence about your picture.

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# Angry



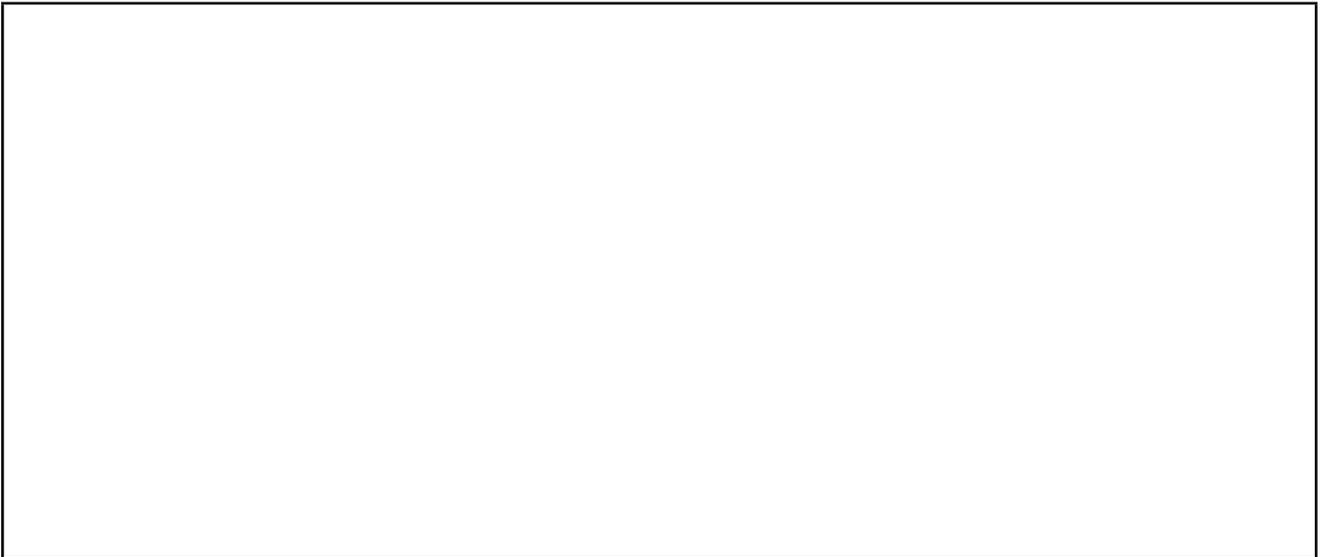
Tiu-tiu says, "I am angry because I have to wait my turn to play the game."

## 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.

Draw a picture of a time you felt angry.



Write a sentence about your picture.

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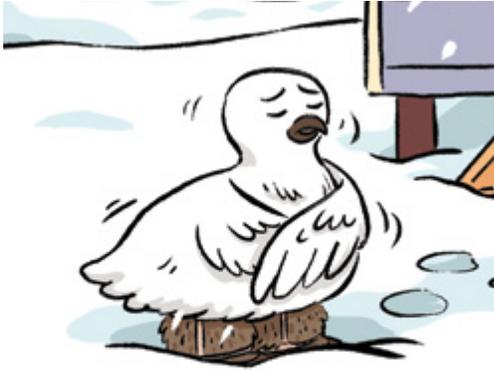
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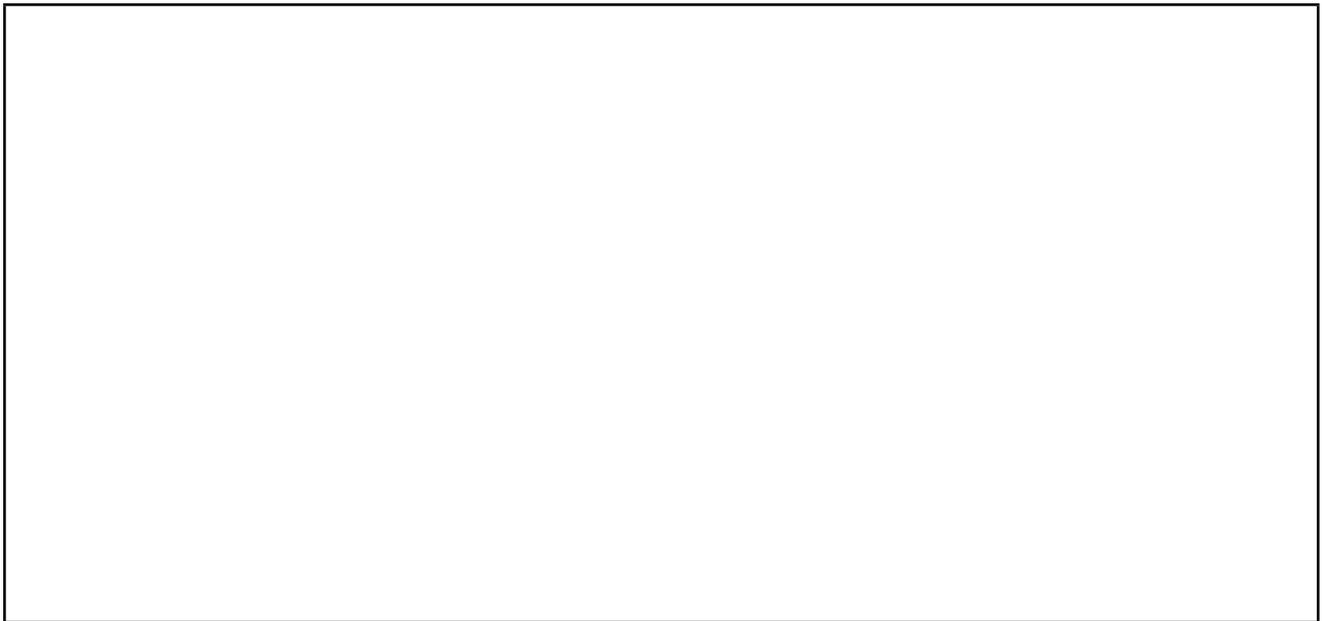
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# Sad



Aqi says, "I am sad because I can't go berry picking."

Draw a picture of a time when you felt sad.



Write a sentence about your picture.

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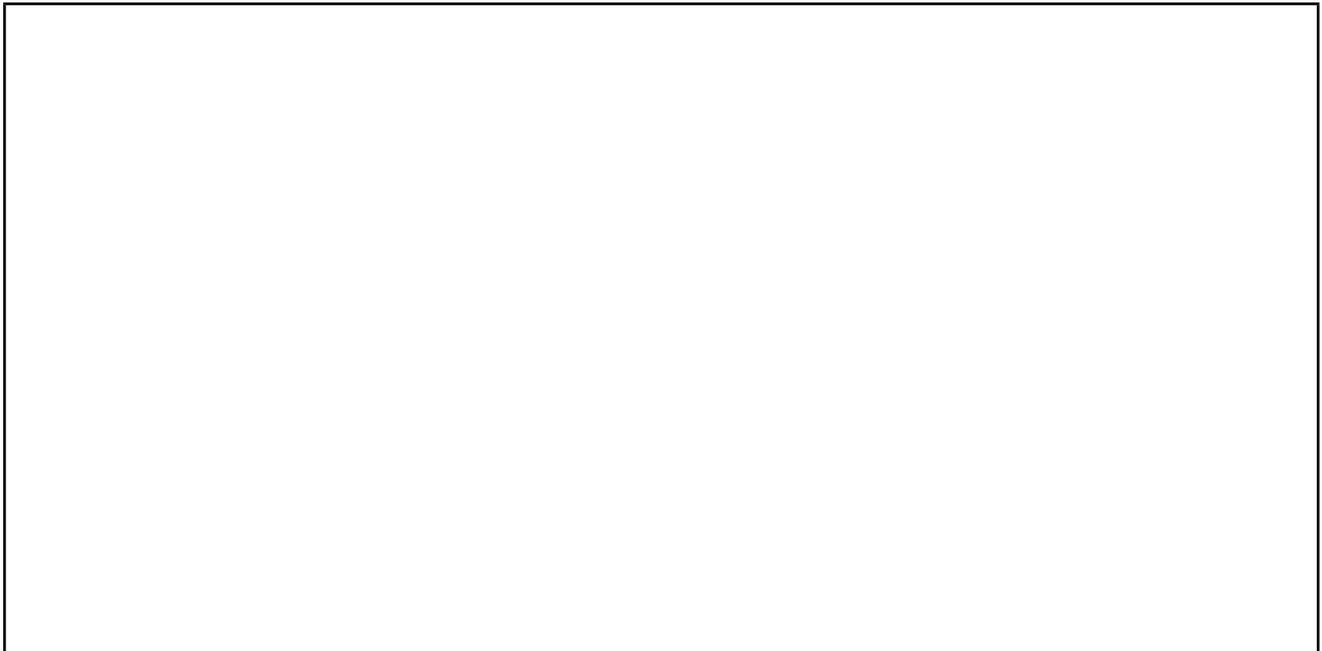
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# Frustrated



Tiu-tiu says, "I am frustrated because I am having trouble reading a word."

Draw a picture of a time when you felt frustrated.



Write a sentence about your picture.

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# Nervous



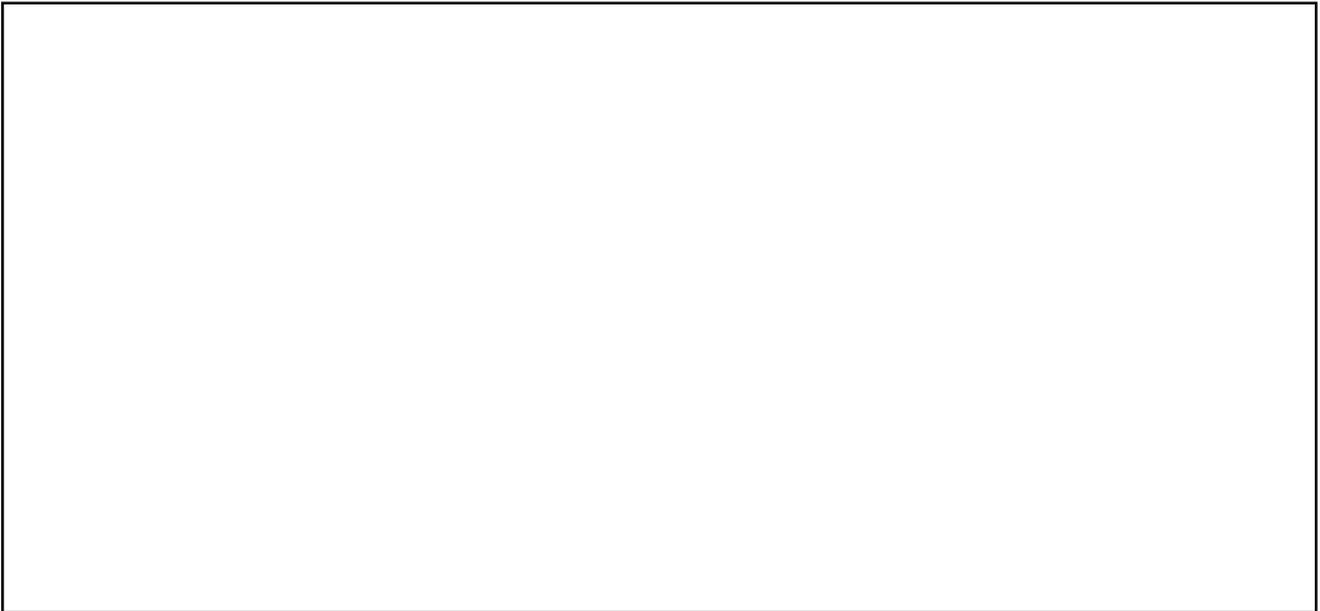
Tuka says, "I am nervous because I don't know if I will make new friends."

## 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.

Draw a picture of a time when you felt nervous.



Write a sentence about your picture.

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# Lonely



Aqi says, "I am lonely because I moved to a new town."

Draw a picture of a time when you felt lonely.



Write a sentence about your picture.

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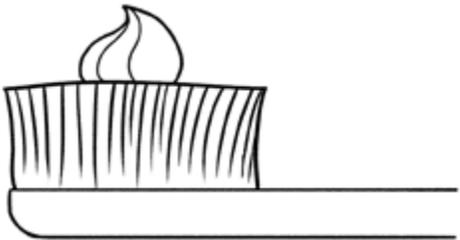
# Healthy Habits

**For caregivers:** The activities in this section encourage 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**



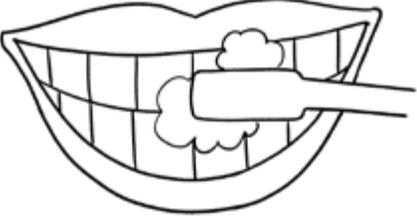
Brush the top of your teeth and your tongue.

**Step 3**



Brush the inside of your teeth.

**Step 4**



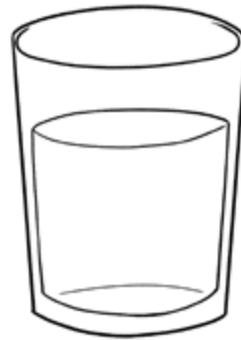
Brush the outside of your teeth.

### Step 5

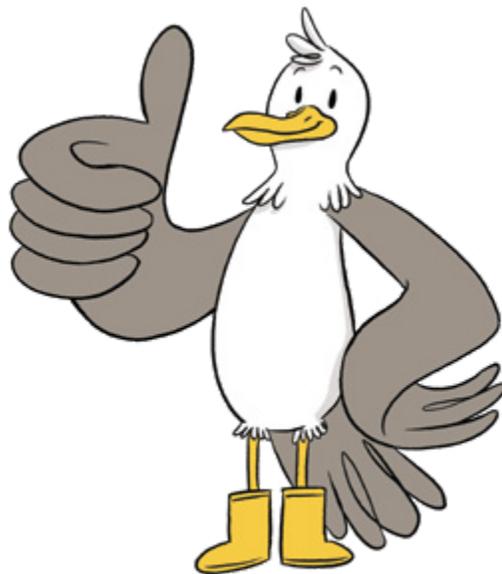


Brush for 2 minutes.

### Step 6

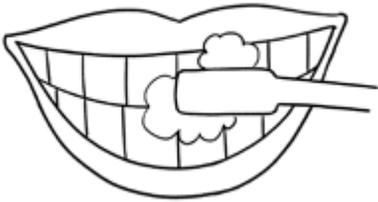


Rinse.



# Brushing Mix-Up

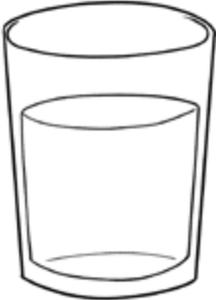
Oh no! The brushing steps are out of order. Number the brushing steps in the correct order from Step 1 to Step 6.



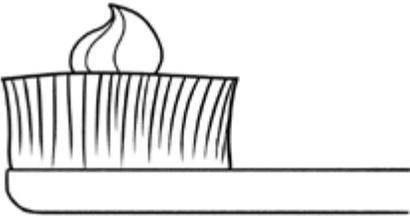
Brush the outside of your teeth.



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 every morning and every night to keep your teeth healthy and strong. Put a checkmark in the box when you brush your teeth in the morning and at night. Remember to follow all of the steps to keep your teeth clean and healthy!

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>morning</b>	<b>morning</b>	<b>morning</b>
<b>night</b>	<b>night</b>	<b>night</b>

# Wash Your Hands

colouring page

Washing our hands often is the best way to keep us from getting sick. It is important to wash our hands before we eat, after we use the bathroom, after we cough or sneeze, and before we visit Elders. Colour the pictures below to learn how to wash your hands.

**Step 1**



Wet your hands with warm water.

**Step 2**



Put soap on your hands.

**Step 3**



Wash the front of your hands.

**Step 4**



Wash the back of your hands.

### Step 5



Rinse your hands.

### Step 6



Dry your hands.



# Wash Your Hands Mix-Up

colouring page

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



Wash the front of your hands.



Dry your hands.



Rinse your hands.



Wet your hands with warm water.



Wash the back of your hands.



Put soap on your hands.

# Sneeze into Your Sleeve

Our hands get dirty when we sneeze or cough on them. We should cough into our sleeve or a tissue instead. Circle the drawing that shows the correct way to cover our mouth and nose when we cough or sneeze!



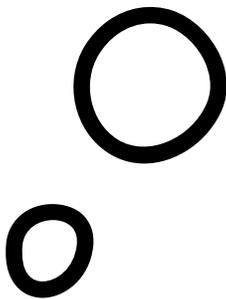
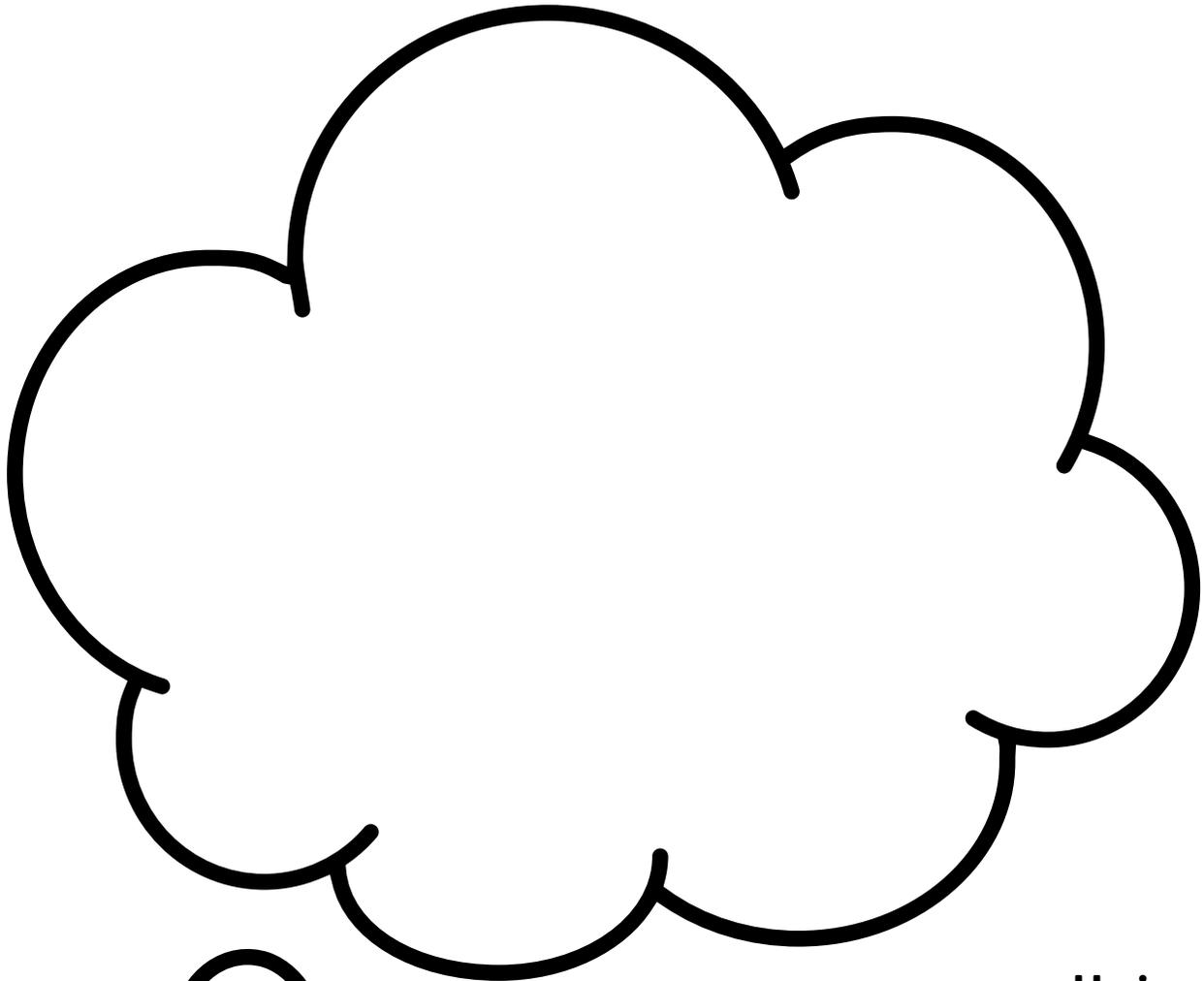


# Activities

**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 do.

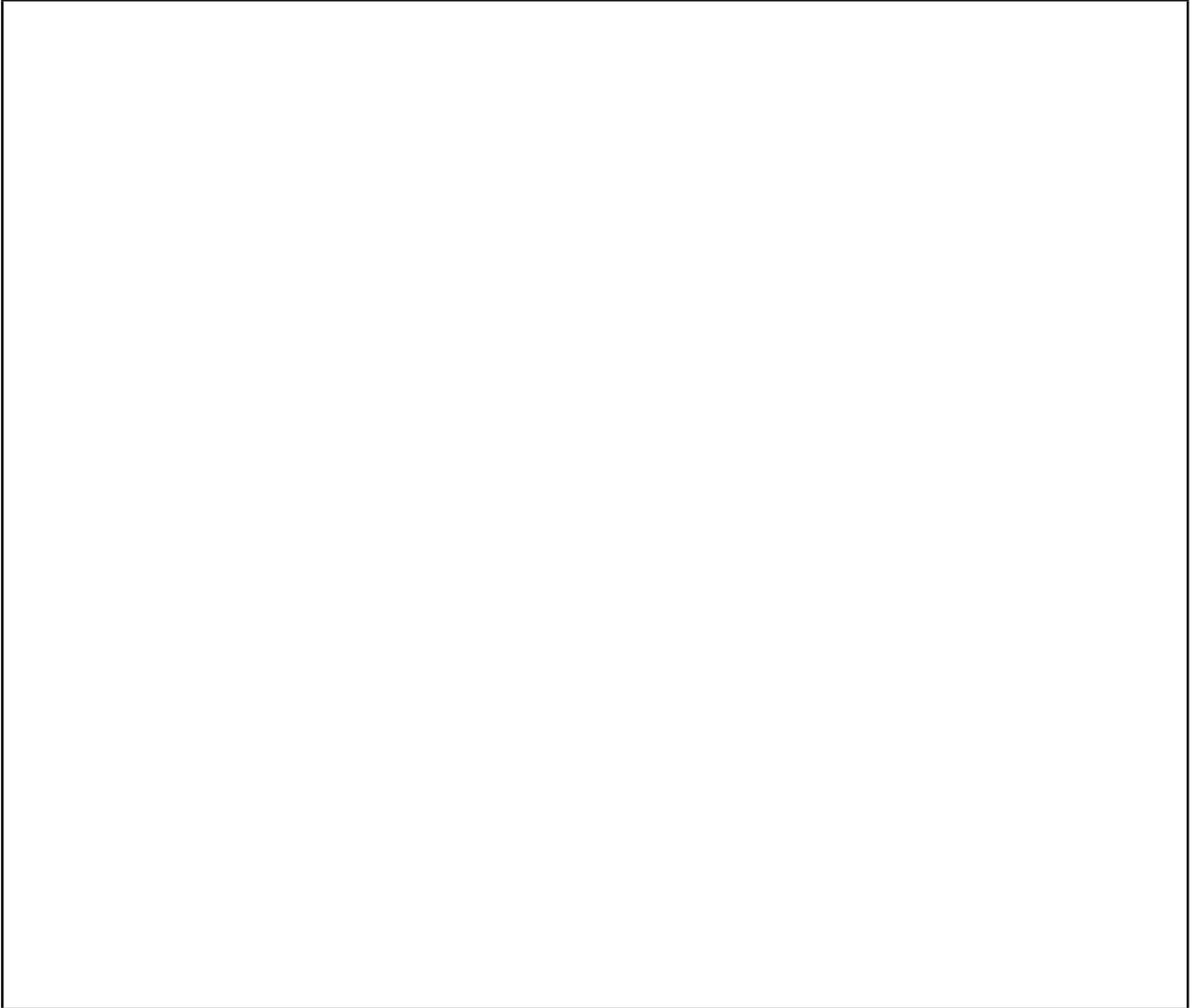
# Feeling Thankful

Umi is thinking about all of the different things he feels happy about. Umi is **thankful** for these things. Being thankful means that we are happy about the good things in our lives. Use the space below to draw the different things you are thankful for in your life.



# Saying Thank You

Draw a picture of someone or something you are thankful for. If you drew a person, see if you can give your picture to that person so they know how special they are to you!



Write about your picture.

Four sets of horizontal writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for writing a description of the drawing.

# I Can't Do That...Yet!

Learning something new can be hard. If something is hard to learn, it is important to keep practising. Use these pages to think about something that you can't do... yet!

Draw a picture of something you can do very well.



How did you become good at this?

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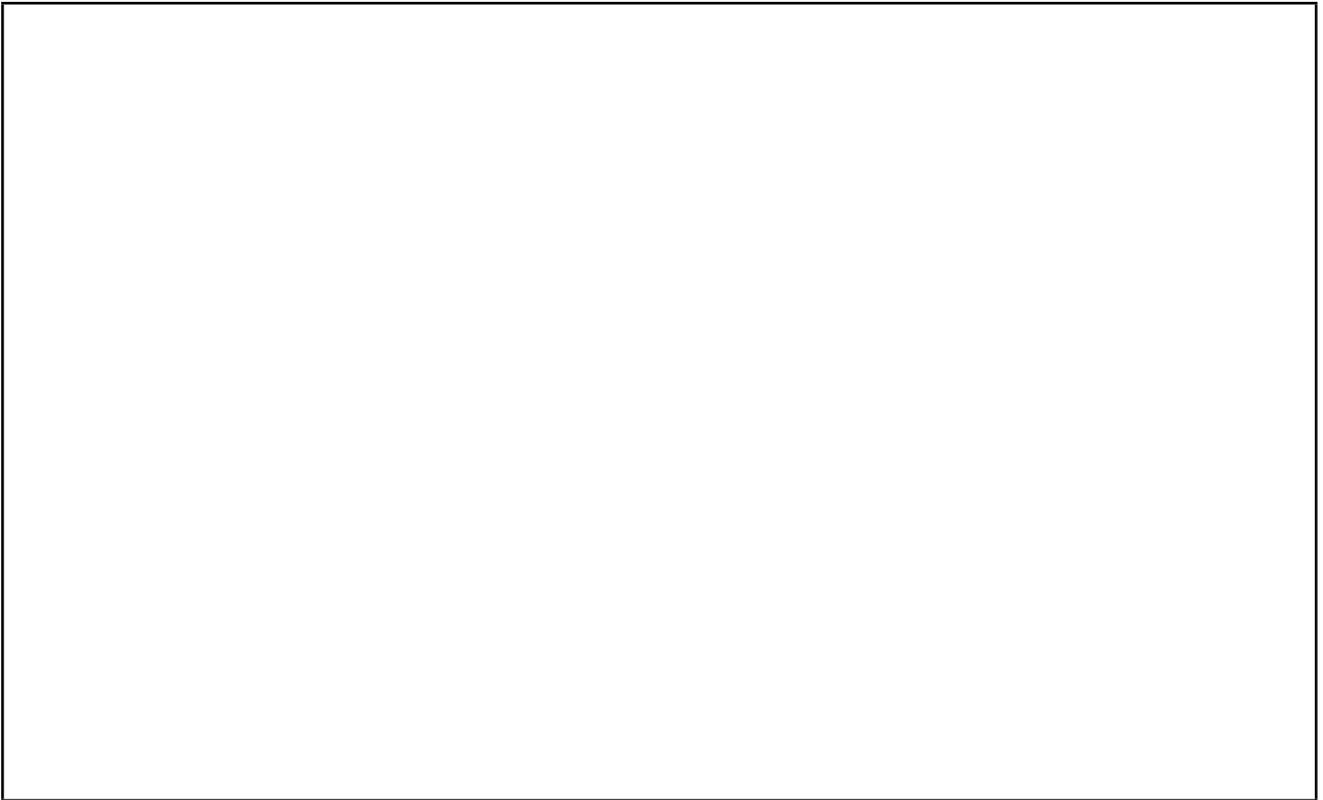
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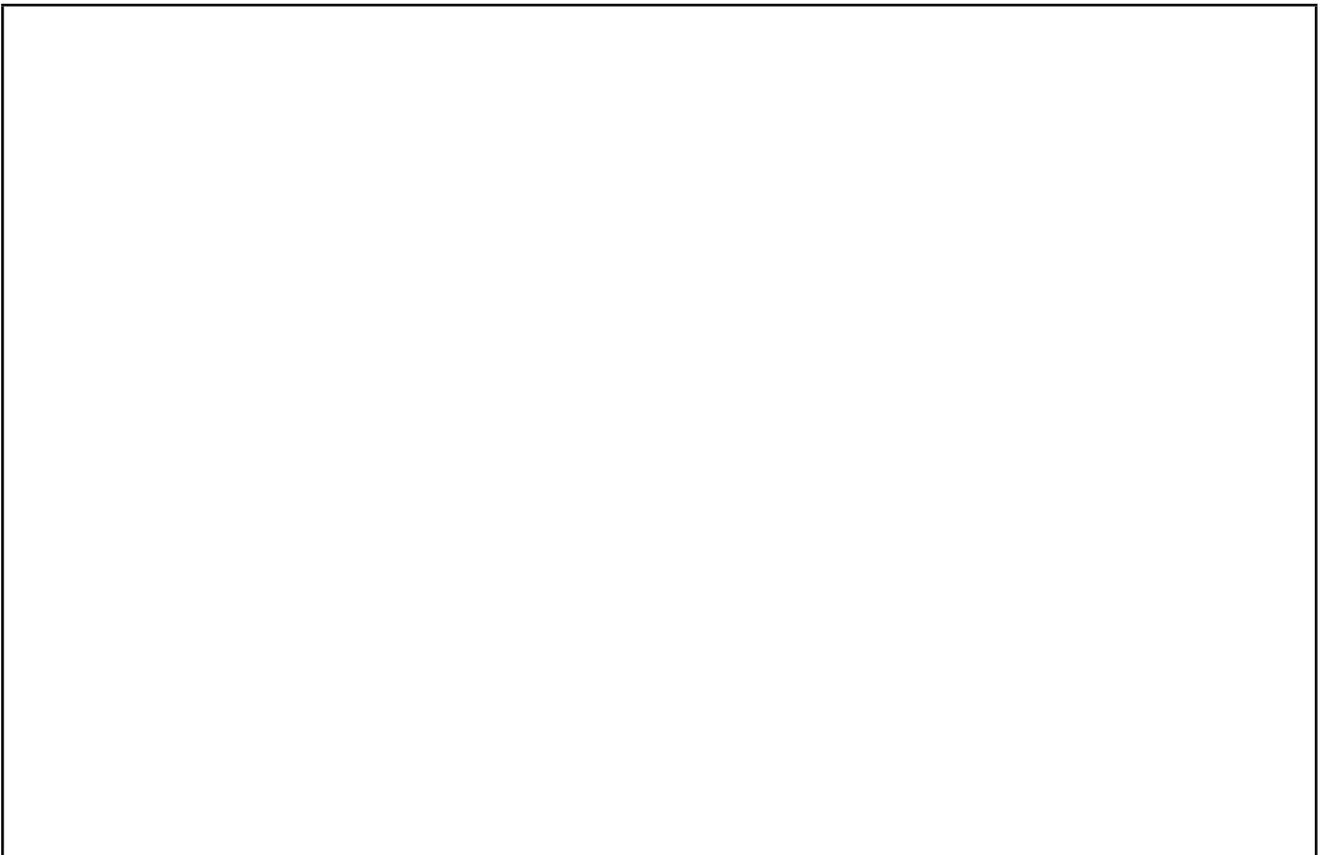
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Draw a picture of something you want to learn to do.



Draw a picture to show how you can learn to do this.



# Take the Reading Challenge!



Reading is a great way to have fun when you are feeling bored. Take the reading challenge and give yourself a checkmark every time you read a book or part of a book, or when someone reads to you. See how many checkmarks you can get in one week!

## I read this much!

Monday	Tuesday	Wednesday	Thursday
Friday	Saturday	Sunday	



# Draw Your Own Comic Story

Another activity that you can do to keep from feeling bored is to create your own comic. Use the boxes on these pages to create your very own comic. You can make the comic about anything you want, but if you have trouble thinking of a story, here are a few ideas to get you started:

- Your friend feels sad. What would you do to cheer your friend up?
- A classmate is feeling nervous about the Christmas concert. What will you and your other classmates do to help?
- You and your family are going to plan a big surprise for one of your family members. What will the big surprise be? Who will get the surprise? What will they do when they see the big surprise?



# Get Moving!

Sissi is feeling frustrated. Sissi's ataata told her that he exercises when he feels frustrated. He said that when he moves his body, he feels calmer. Sissi is going to play this game to help her feel less frustrated.

## You will need:

- One dice
- A pencil
- Comfortable clothing that you can move in
- Enough space around you to jump and lie down

## How to play:

1. Roll the dice at the start of your turn.
2. Do the action for the number you rolled.
3. Once you complete the action, put an X in the box.
4. If you roll a number you have already rolled, do the action again. For example, if you already rolled the number 5 and you roll another 5 on your next turn, you have to do the push-ups one more time!
5. Try to finish all of the actions!



# Get Moving!

If you rolled a 1

Do 10 jumping jacks.



If you rolled a 2

Jump up and down on one foot five times.



If you rolled a 3

Run on the spot for 10 seconds.



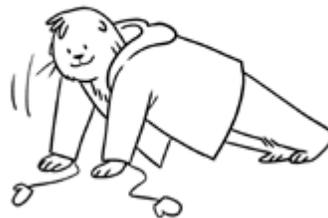
If you rolled a 4

Touch your toes five times.



If you rolled a 5

Do two push-ups.



If you rolled a 6

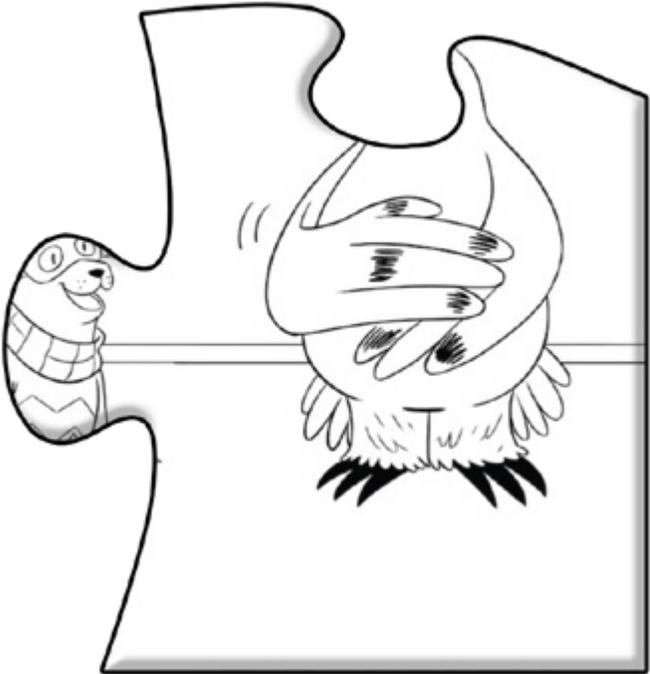
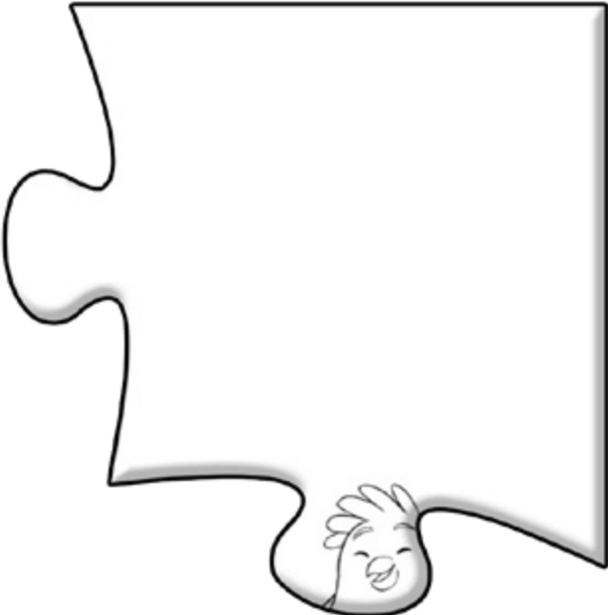
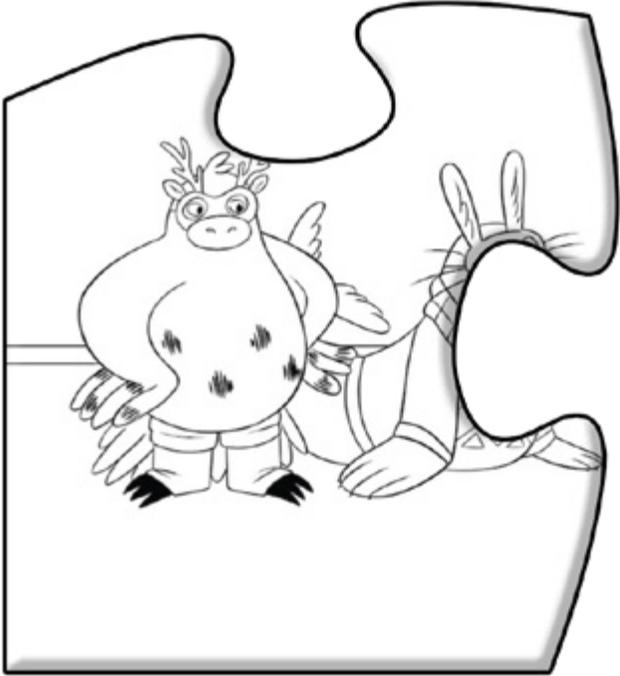
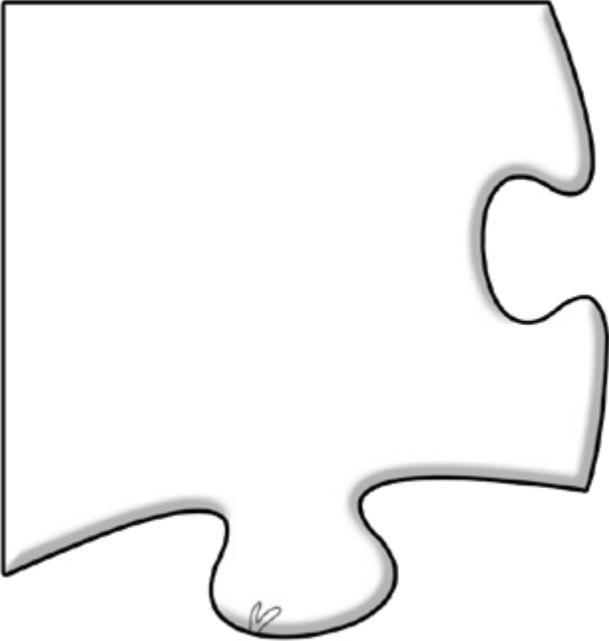
Lie on your back and spin your legs like you are on a bike for 10 seconds.





# Ukpik's Puzzle

Ukpik is feeling bored again. Cut out the puzzle pieces and glue them in the box on the next page to complete the puzzle. After you have completed the puzzle, colour the pieces to find out what helps Ukpik feel less bored.







What are some things you like to do when you feel bored?

Four sets of horizontal lines for writing. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

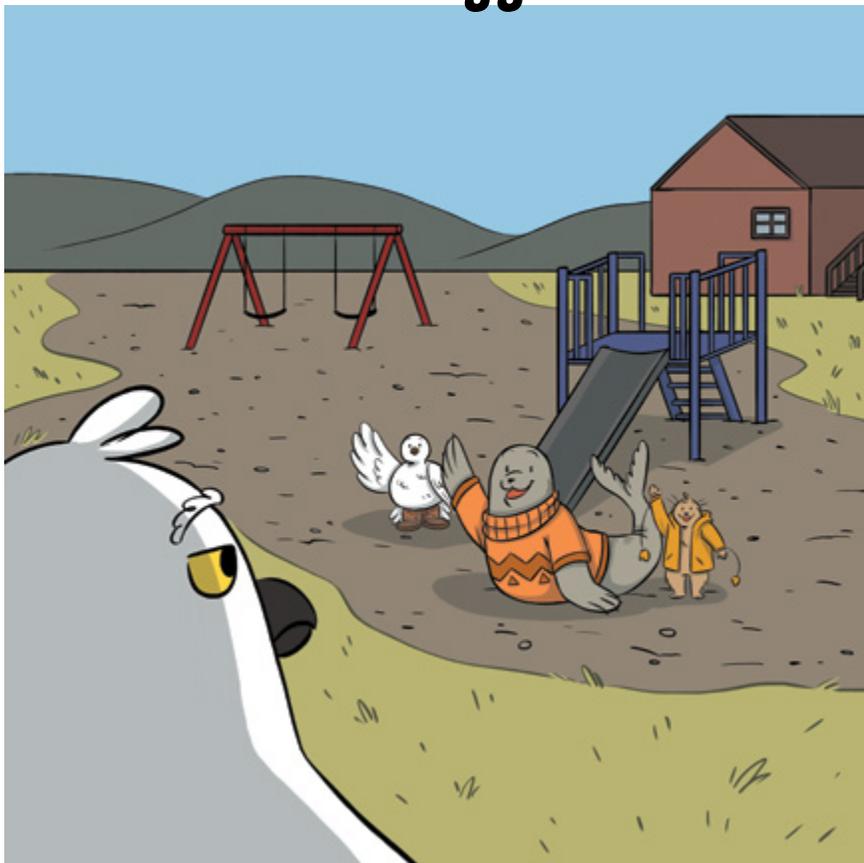


# Journal

**For caregivers:** This section offers space for children to write or draw and provides encouraging prompts that reinforce important emotional learning concepts. Word banks are included on some pages to provide vocabulary that can help guide children's writing responses. Here are some questions to help guide your discussions:

- What is the character feeling? How can you tell?
- What does the character feel in their body when they feel that way?
- What are some things that they can do to help themselves feel better?
- How did you feel today?
- I felt nervous/scared/angry/lonely when... (note: it can help children feel more comfortable if you share your own experiences)

# Bored on the Playground



## Word Bank

Friends  
Playground  
Happy  
Bored

What do you think is happening in the picture?

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# Scared on the Land



## Word Bank

- Skidoo
- Qamutiik
- Alone
- Scared

What do you think is happening in the picture?

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# Happy with Family



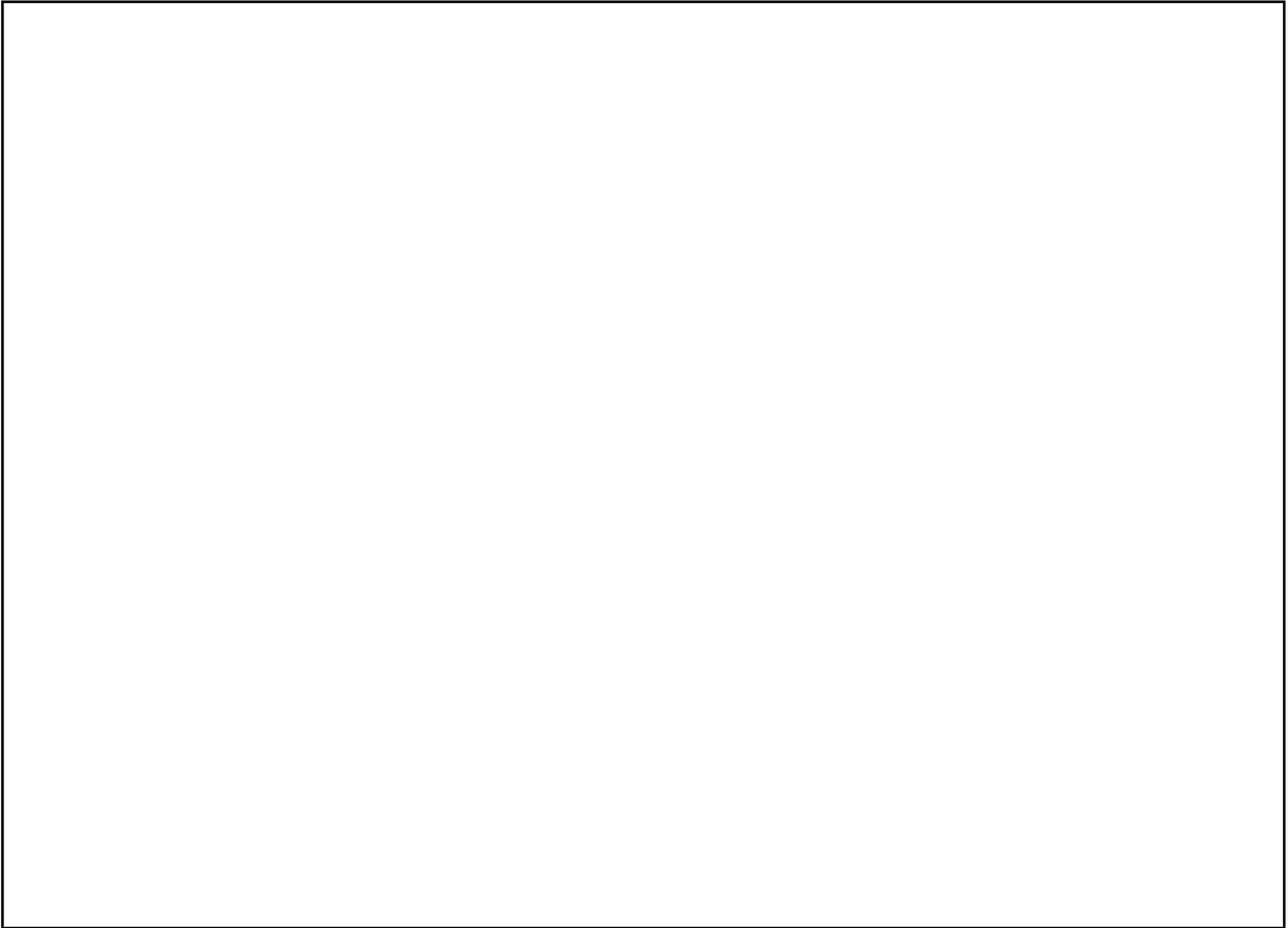
Sissi feels happy when she is out on the land with her family.

Draw something that makes you feel happy.

Write about what makes you feel happy.

# My Day

Draw something that you did today.



Write about something you did today.

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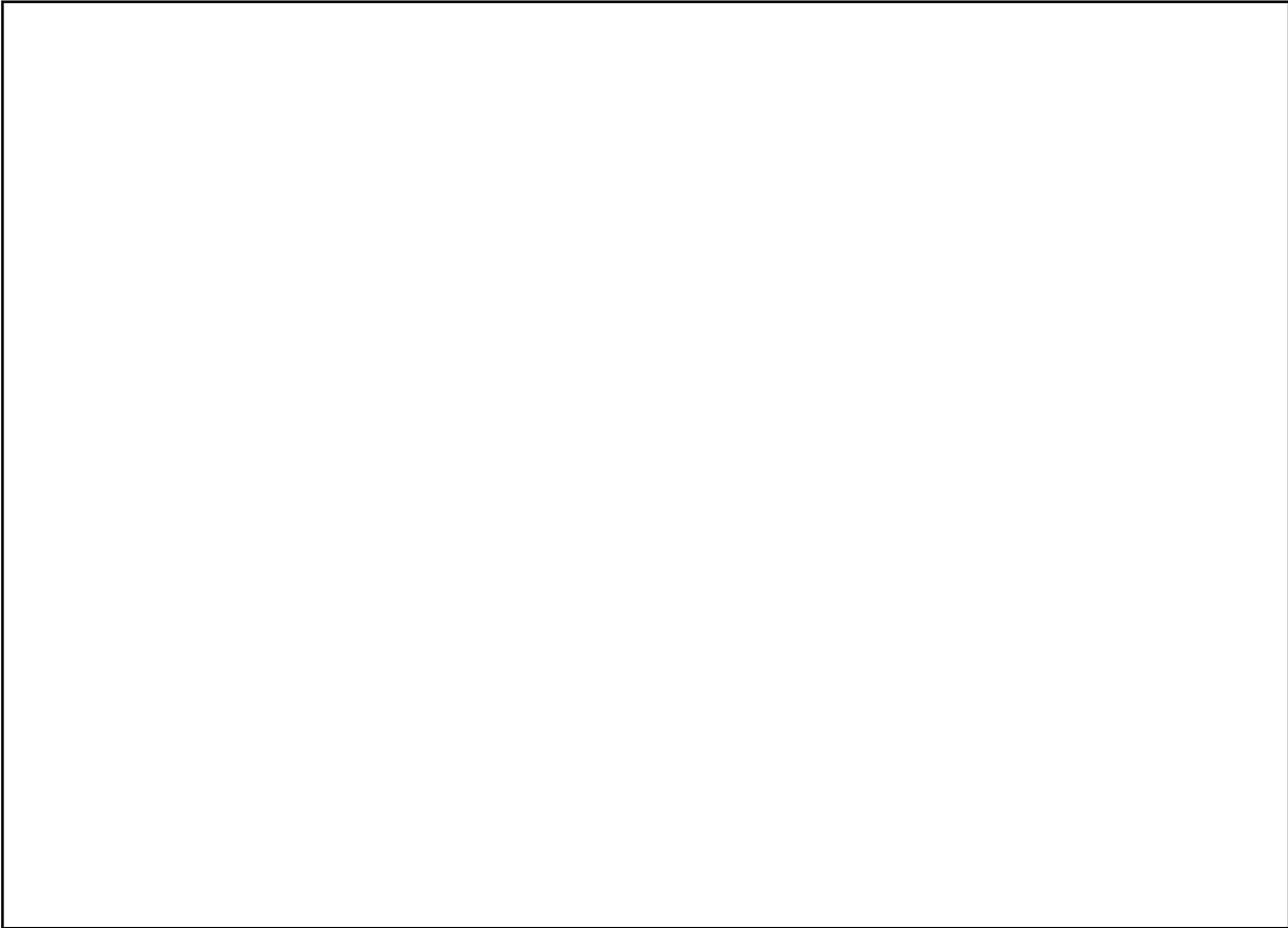
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# Tomorrow I Will...

Draw something that you would like to do tomorrow.



Write about your drawing.

Four sets of horizontal writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for writing a description of the drawing.

# Aqi Is Sad

## Word Bank

Upset  
Sad  
Lonely  
Blue



Aqi is feeling sad. Why do you think she is sad?

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Draw what you would do to help Aqi feel better.

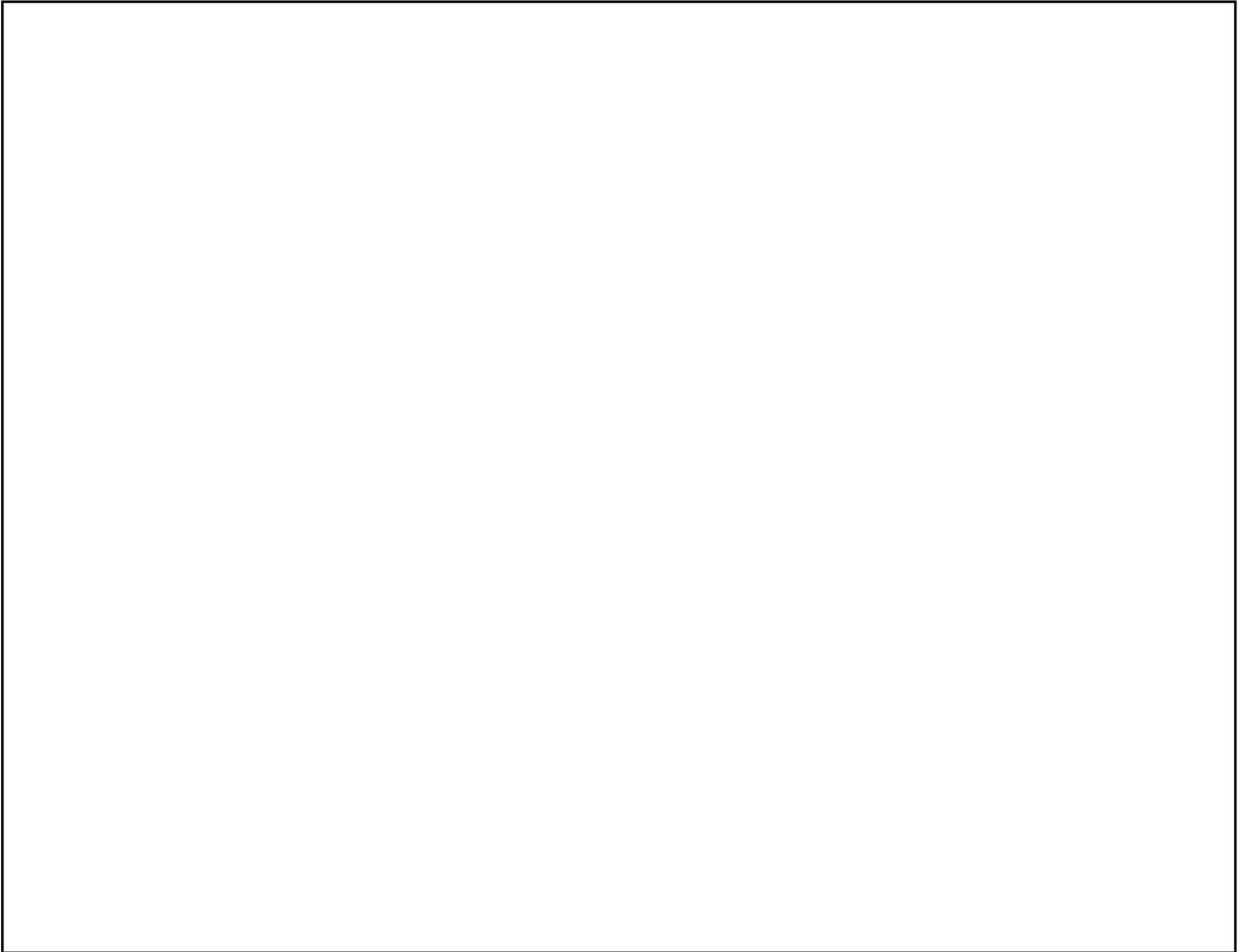


Write about what you would do to help Aqi feel better.

Four sets of horizontal writing lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for handwriting.

# Helping Me Feel Better

Draw a picture of a time when someone helped you feel better.



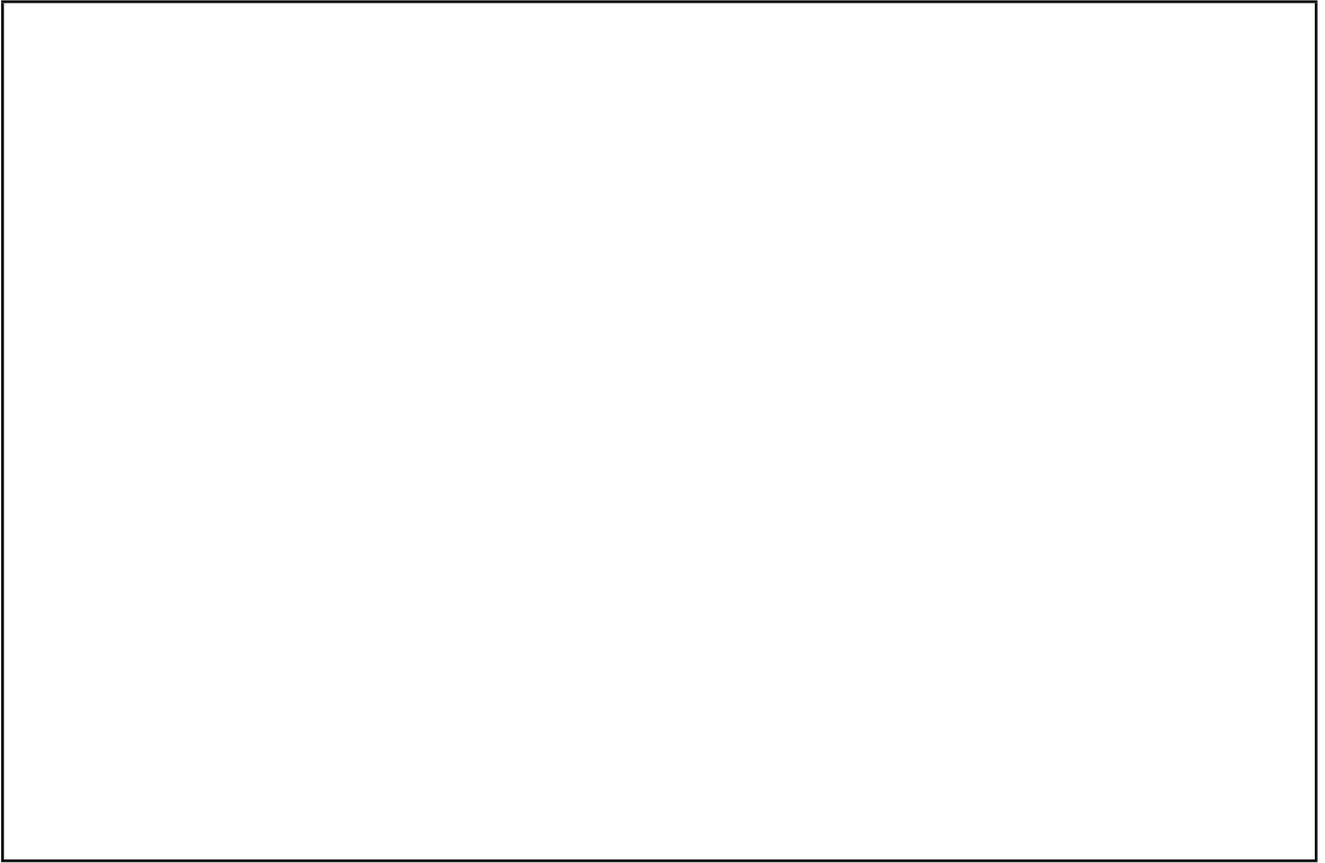
Write about your drawing.

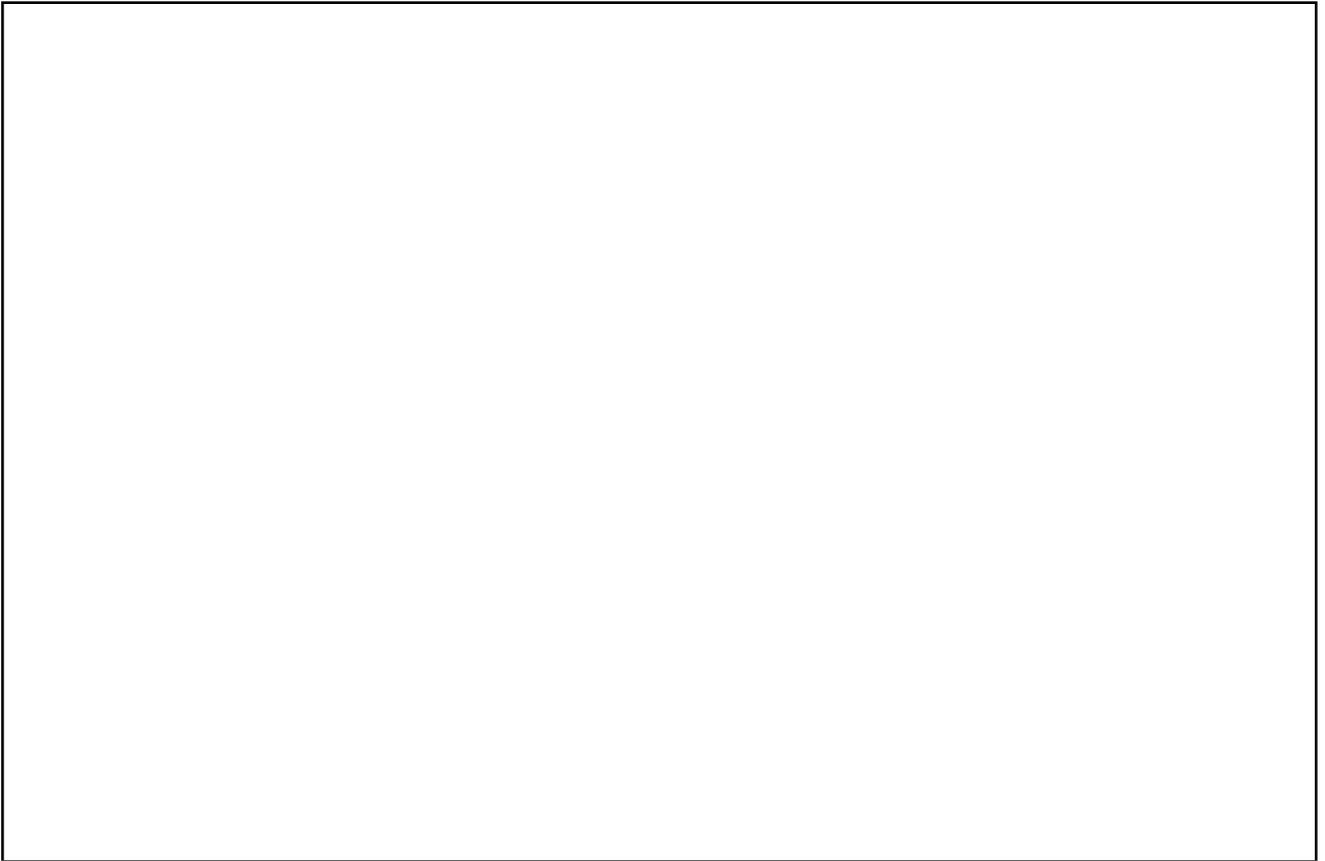
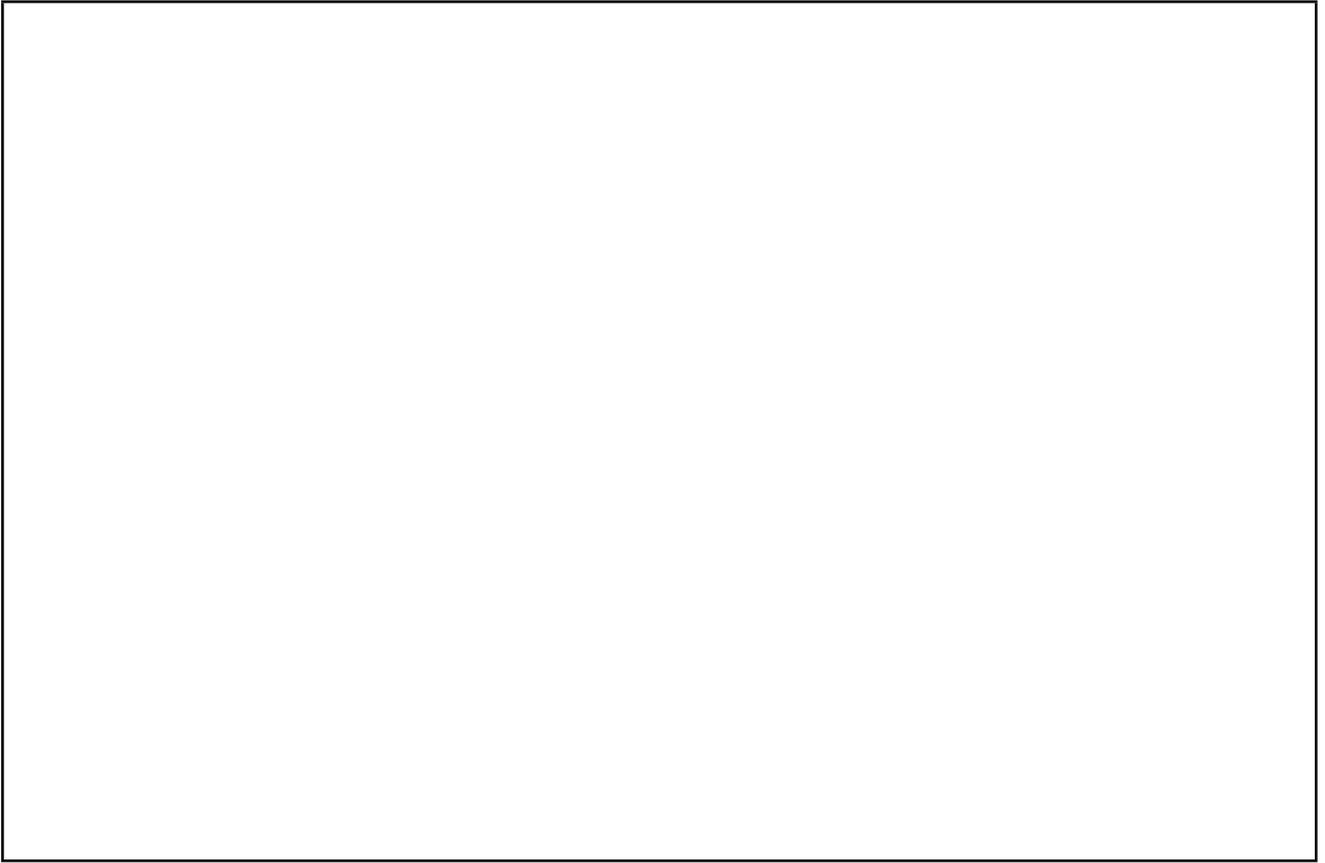
Four sets of horizontal writing lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for handwriting.

# My Thoughts

Write or draw anything you want in these pages! There are some pictures at the back of this book to help you if you are having trouble thinking of something to draw.

A large, empty rectangular box with a thin black border, occupying most of the page below the introductory text. It is intended for the user to write or draw their thoughts.





# Things to Draw



# Helpful Contacts

It is important to ask for help if we are not feeling healthy inside our heads. You can talk to a family member, a teacher, or an Elder if you feel scared, sad, nervous, or angry. You can also call one of these numbers for help.

## **Nunavut Kamatsiaqtut Helpline**

1-800-265-3333

## **Kids Help Phone**

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

## **Ilisqsiq 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

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](mailto:embracelife@inuusiq.com)



