

HAPPY TO BE ME!



Activity Book

I am good enough.

My name is _____.

Color me!

i'M A
SUPER
KID!



No one is perfect. I just have to be ME!


I can try again.

It's OK to make a mistake.

If I do something that doesn't work the right way, I'll:

- Ask a grown-up for help
- Learn from my mistakes
- Stay positive
- Try something different

- _____
- _____



Write down
your own ideas of
what you'll do when
something you do
doesn't work
the right way.

My words matter.

Fill in the blanks with your examples.

I feel _____

I need _____

I like it when _____

I don't like it when _____

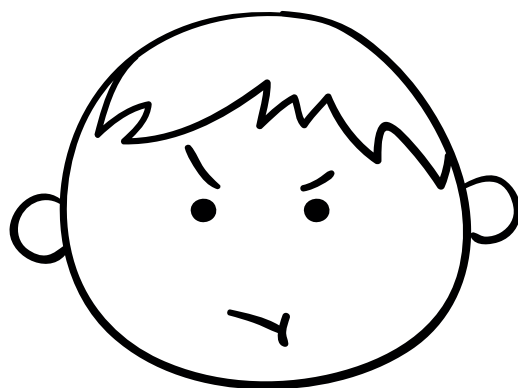
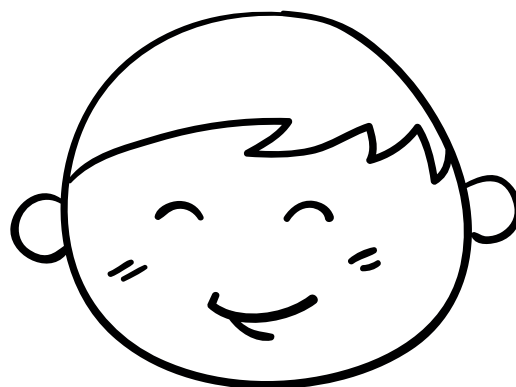
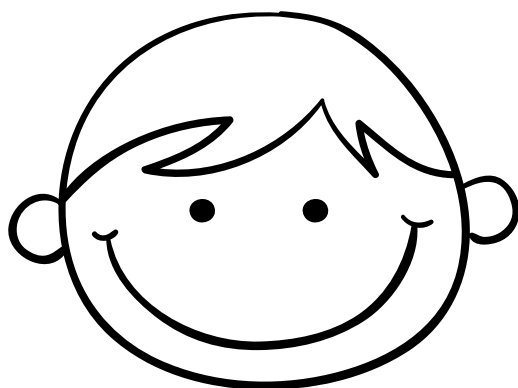
I think _____



Breathe deep and calm down.

When I feel frustrated, there are things I can do to calm down and feel better.

- 1 How do you know when you're frustrated? You might feel your heart beat faster, you may feel angry or like you want to cry, or your face might frown. Color the picture that looks frustrated!



2 Now, pick one of the pictures on this page. Choose the picture that shows one thing you will do when you feel frustrated. It's OK to color more than one picture.

Color the picture with all of your favorite colors!



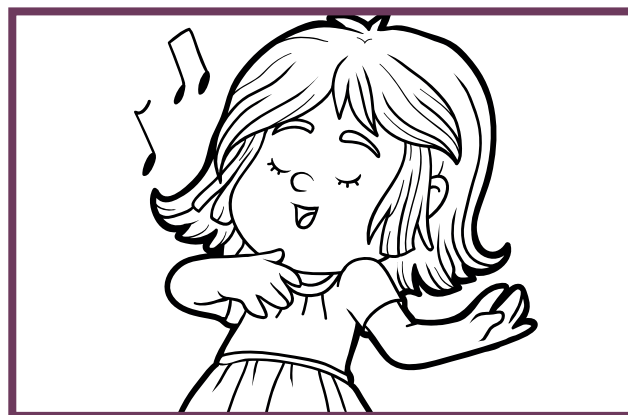
Find a friend to play with



Breathe slowly in through your nose and out through your mouth (like you're trying to blow a giant bubble)



Ask a grownup for help



Sing a song



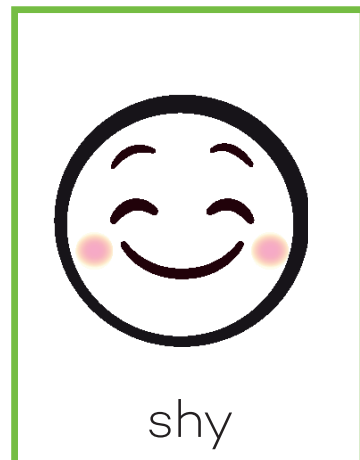
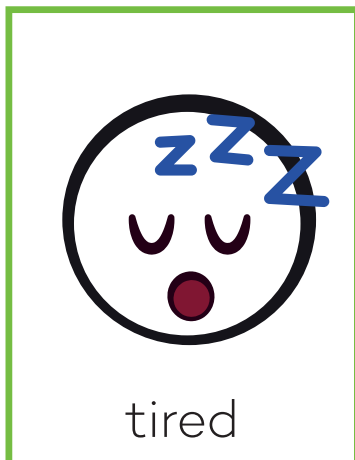
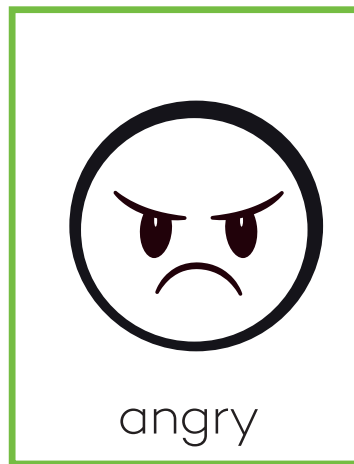
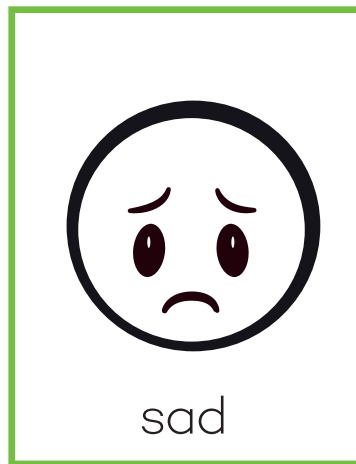
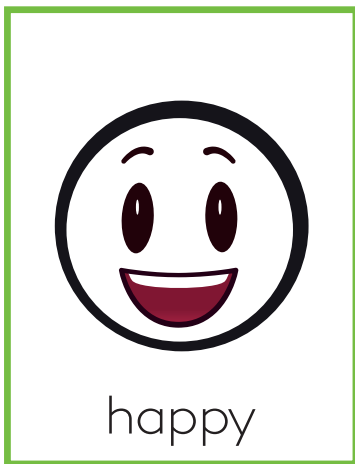
Draw your own picture



My feelings matter!

No matter how you might be feeling, **your feelings are important** because they help you get to know yourself. Your feelings are also important to the people who care about you. **It's OK to tell someone how you feel** and to need help dealing with your feelings.

Color the picture that shows
how you are feeling now.



What should you do if someone picks on you?

When someone is mean to you, makes fun of you, or hurts you he or she may be called a bully.



If I am being bullied, I promise to...

- ☐ **Tell an adult** — a parent, grandparent, aunt or uncle, godparent, teacher, coach, school counselor, or principal.

Bullying hurts others and can make kids feel scared. If you think you are being bullied, tell someone you trust, like a grownup.

- ☐ **Don't be a bully back**

Try to be calm. You can tell the bully to stop what he or she is doing or simply walk away.

- ☐ **Avoid being alone**

Try to only do things where other students, teammates or teachers will be:

- Go to the bathroom when the class goes together, or get a hall pass to go when it will be safer.
- Eat lunch in a group.
- Sit near the front of the bus.
- If you know a bully will be where you normally walk to lunch or class, try to use another hallway.

Name _____ Grade _____

Signature _____

I am a kind kid!

Going out of your way to be kind to others counts, plus it's really cool!

Think of the last time someone did something kind for you. How did you feel?

I felt _____.

Being kind makes you and the other person feel happy and important.

Circle the picture of a kind thing you will do this week.



Say
"thank you"



Help with
the dishes



Hug someone
to make them
feel better

Fill in the blanks:

I Choose to Be Kind to Everyone I Meet.

I brushed my teeth today!

Check ✓ the box each time you brush and floss your teeth.

Keep brushing and flossing your teeth **twice a day**, every day and see your dentist twice a year. When you take care of your teeth, it helps your whole body!



Morning

Night

Monday

Tuesday

Wednesday

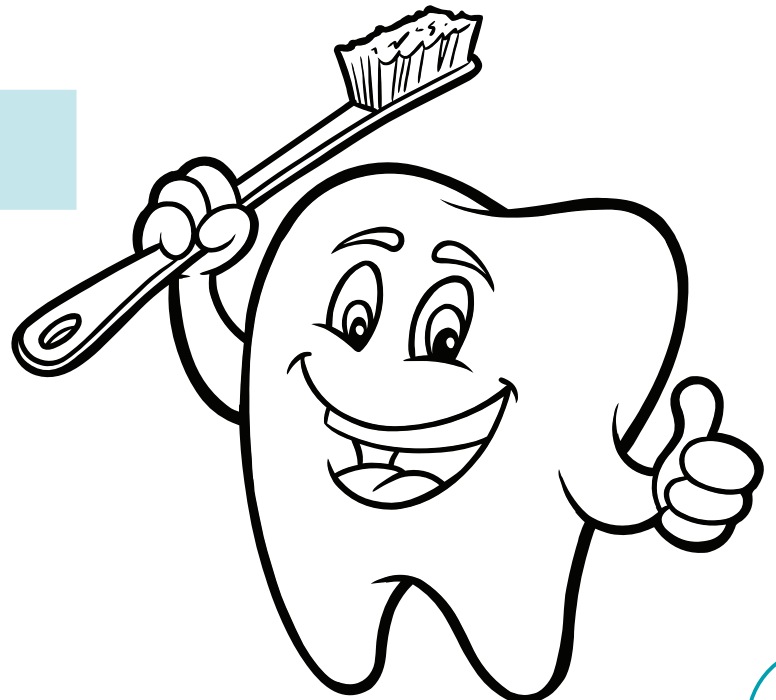
Thursday

Friday

Saturday

Sunday

Color me!



Color me!



is for Exercise

My favorite song is: _____

My favorite activity is: _____

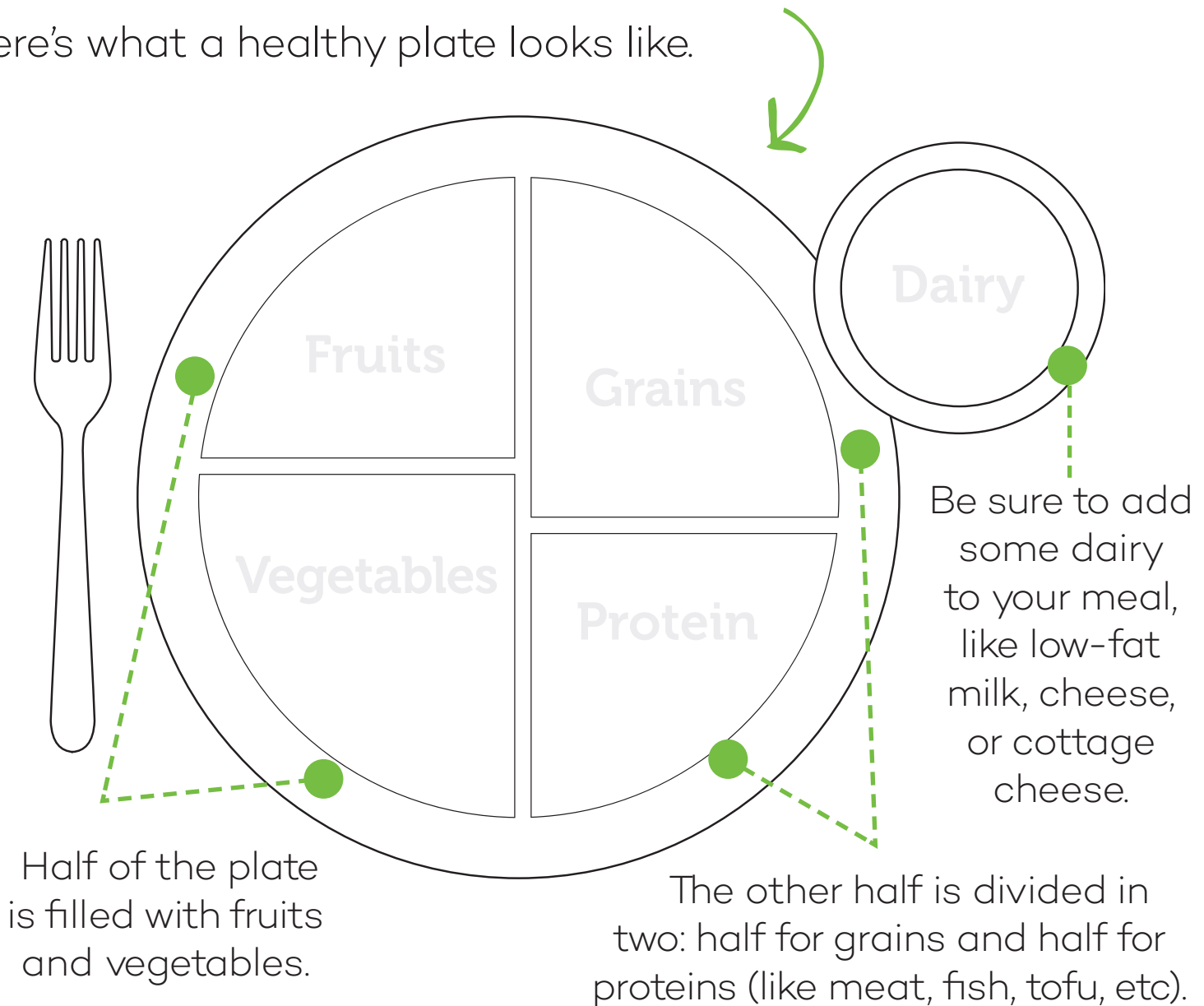
Exercise can be fun, plus you can do it anywhere!
Turn on your favorite song and start dancing to the
music! Do this for the entire song. Just keep moving!



I choose healthy plates.

When I eat healthy meals, I feel better and I have more energy to do the things I like to do such as play with my friends!

Here's what a healthy plate looks like.



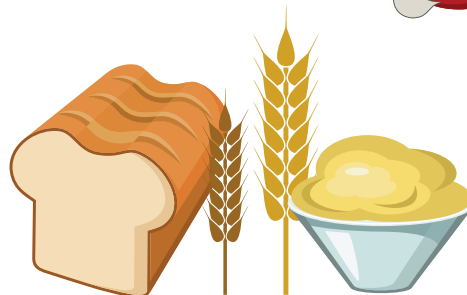
Draw and color in all of your favorite foods for each food group.

Healthy Plate Tips:

- Eat more fruits and veggies.
Make half of your plate fruits and vegetables. Do this at every meal, everyday!



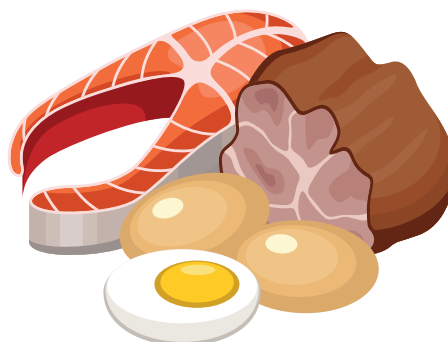
- Try whole grains.
Ask for oatmeal, whole-wheat breads, or brown rice at meals.



- Re-think your drink.
Drink water, skim milk or low-fat milk instead of sugary drinks.



- Focus on lean protein.
Choose protein foods like beans, fish, lean meats, and nuts.



- Slow down on sweets.
Eat sweets, like cakes or cookies, once in a while and in small amounts. Watch out for sneaky sugars like those in sugary drinks, cereals, and yogurts.



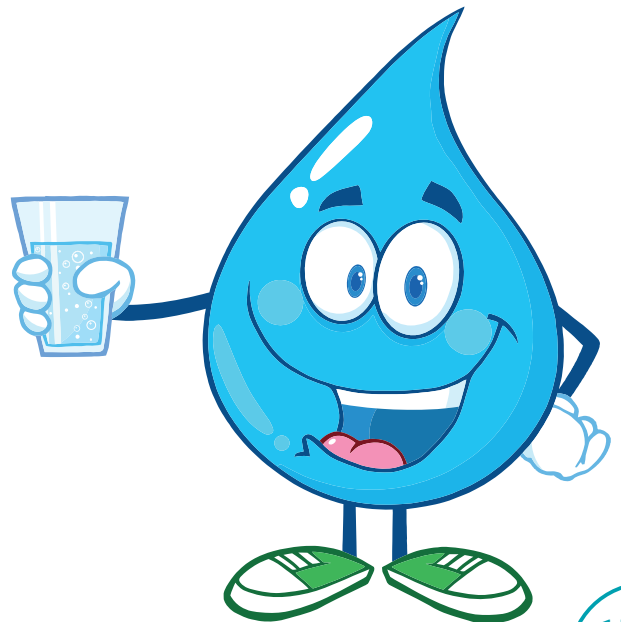
Water is BEST

I can be healthy and hydrate my body with water.
Water is the best way to stay hydrated!

Kids need 4 to 6 cups a day to be healthy!



Draw a happy
face on each
glass of water you
will drink today.



Time to Sleep

Doing the same things each night before you go to bed is called a routine. A **routine** helps you fall asleep faster, sleep better, and feel better. Plus, getting your rest will help your body and mind be healthy, strong, and **happy**!

My Healthy Bedtime Plan

What is my bedtime routine?

STEP 1:

The first thing you should always do at night is turn off all screens at least 1 hour before going to bed. Screens are things like TV's, computers, tablets, cell phones and video games. Your last step should be to get into bed.

STEP 2:

Pick 4 or 5 things to do every night and put them in the order that you will do them. This order will be your bedtime routine. You can pick from the boxes on the next page or draw your own.

Write down your routine in order:

1. Turn off all screens
- 2.
- 3.
- 4.
- 5.



#1 Turn Off All Screens



_____ Take a Bath



_____ Sing a Bedtime Song



_____ Brush My Teeth



_____ Read a Book



_____ Get in Bed

My bedtime is at this time _____.

I need to start my routine at this time _____.

HAPPY AWARD

Congratulations, You're a Healthy Super Kid!

This award goes to



For completing Passport's Happy to Be Me Coloring and Activity Book. You have taken steps to learn about your total health and we're so very proud of you. Great job!



We're Here for YOU!

To learn more or to get help with your child's health and well-being,
call us at **1-800-578-0603**. TDD/TTY users may call **711**.

