



KIDS TIME TO SHINE

**WORKSHEETS TO HELP KIDS
BE MINDFUL, GRATEFUL + CURIOUS**

**BY TRACEY HOYNG
@MAKESUNSHINECO**

OPEN UP THEIR WORLD

Not only has journalling and worksheeting been a wonderful way for me to understand myself - it's been a fun way to connect with my kids.

Sitting down and asking them questions like 'how could we be more healthy as a family?' and 'what would you like to try and do?' leads to exploration and creativity and closeness between a parent and their child. I love hearing their opinions and ideas, and watching them form those ideas (and continue to develop their own sense of self outside of these worksheets!).

So I hope that this bundle is helpful for not only your kids, but you too. Giving our kids the opportunity to think, speak and be listened to, is one of the best things you can do for them.

Tracey

KIDS TIME TO SHINE BUNDLE INCLUDES:

- WAYS TO STAY HEALTHY**
- 5 PEOPLE I ADMIRE**
- GRATITUDE JAR**
- THINGS I WANT TO TRY**
- THINGS I WOULD LIKE TO FIND OUT ABOUT**
- HOW I CAN KEEP MYSELF ENTERTAINED**

talk to my mum



WAYS TO STAY HEALTHY

LIST ALL THE WAYS YOU CAN HELP
YOURSELF AND OTHERS BE HEALTHY



drink water

5 PEOPLE I ADMIRE

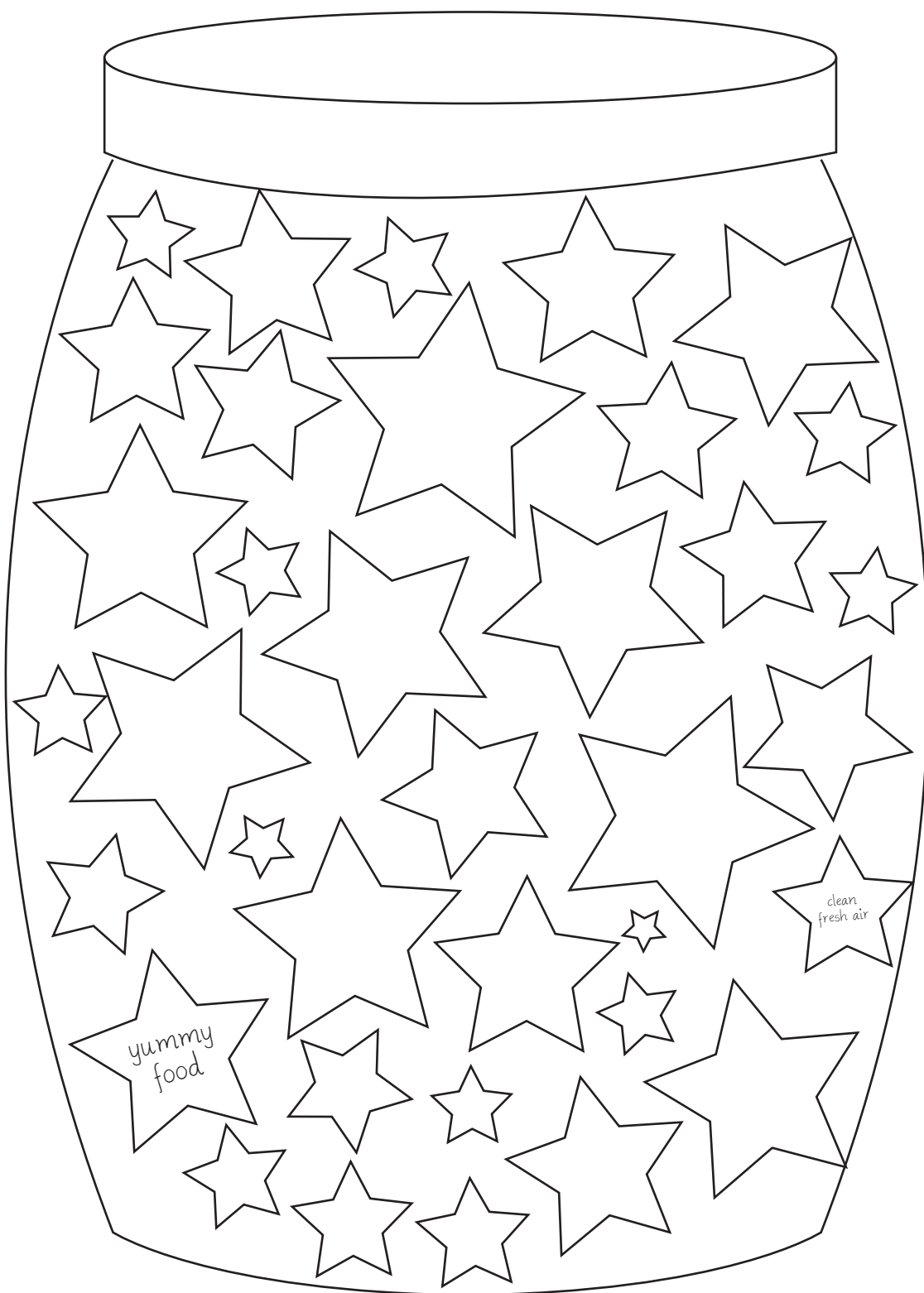
THE WORLD IS FULL OF AMAZING PEOPLE DOING INCREDIBLE THINGS! NAME FIVE PEOPLE THAT YOU LOOK UP TO, AND WRITE THE REASONS WHY.

The form consists of five large, light gray, rounded shapes arranged in a roughly circular pattern. These shapes are intended for the user to write the names of five people they admire and the reasons why. The shapes are of varying sizes and orientations, providing ample space for handwritten text.

**i love our school teachers!
they work hard every day to
educate us and make sure we
always feel seen and heard.*

GRATITUDE JAR

FILL THE JAR BELOW WITH ALL THE THINGS THAT MAKE YOU HAPPY AND THANKFUL FOR.



learn to count to 10
in Japanese



**THINGS I WOULD
LIKE TO
TRY**

**CREATE A LIST OF
COOL THINGS YOU'D LOVE
TO TRY THIS YEAR!**



Ninja obstacle course

what's the difference between
fog and mist?



**THINGS I WOULD LIKE TO
FIND OUT ABOUT**

**WHAT ARE YOU CURIOUS ABOUT?
WHAT DO YOU WANT TO LEARN ABOUT?
WRITE IT DOWN HERE!**



koala population
in the world



who gets
to name
the streets
in our city?

write a story



**HOW I CAN KEEP MYSELF
ENTERTAINED**

**LIST ALL THE WAYS YOU CAN KEEP YOURSELF
BUSY AND HAPPY!**



learn how to code
ROBLOX games