

Healthy, Safe, and Sound  
**Workbook**



# Meet the Sparks!™

Growing whole humans, one conversation at a time.



**Chow**  
HAPPINESS



**Izzy**  
SADNESS



**Pepper**  
ANGER



**Fizz**  
LOVE



**Koko**  
PEACE



**Boa**  
FEAR

Purpose Prep, a trusted name in the field of Social Emotional Learning (SEL), brings you this supplemental resource to further develop children's abilities to recognize, regulate, and reflect on their emotions.

These activities are relevant, fun, and engaging. They are focused on helping children become more self-aware and able to understand how their feelings correlate with their actions, well-being, and relationships.

By following our online program, this workbook can be utilized as a supplemental resource to our curriculum. It can also be used as a learning tool independent of the online program. To find more information about SEL growth and other tools offered and developed by Purpose Prep, visit [www.purposeprep.com](http://www.purposeprep.com).

This workbook is dedicated to all the teachers and parents who help children fulfill their purpose in life, and to all the learners who grow with each social-emotional activity.



**Name:** \_\_\_\_\_

Directions: Read the six strategies on the bottom of the page.  
Then cut and glue them onto the T-chart on the side they fit best.

## Happy Strategies

**When you're happy, you could...**

## Sad Strategies

**When you're sad, you could...**

Look for opportunities to share joy and lift others up in happiness by giving a compliment.

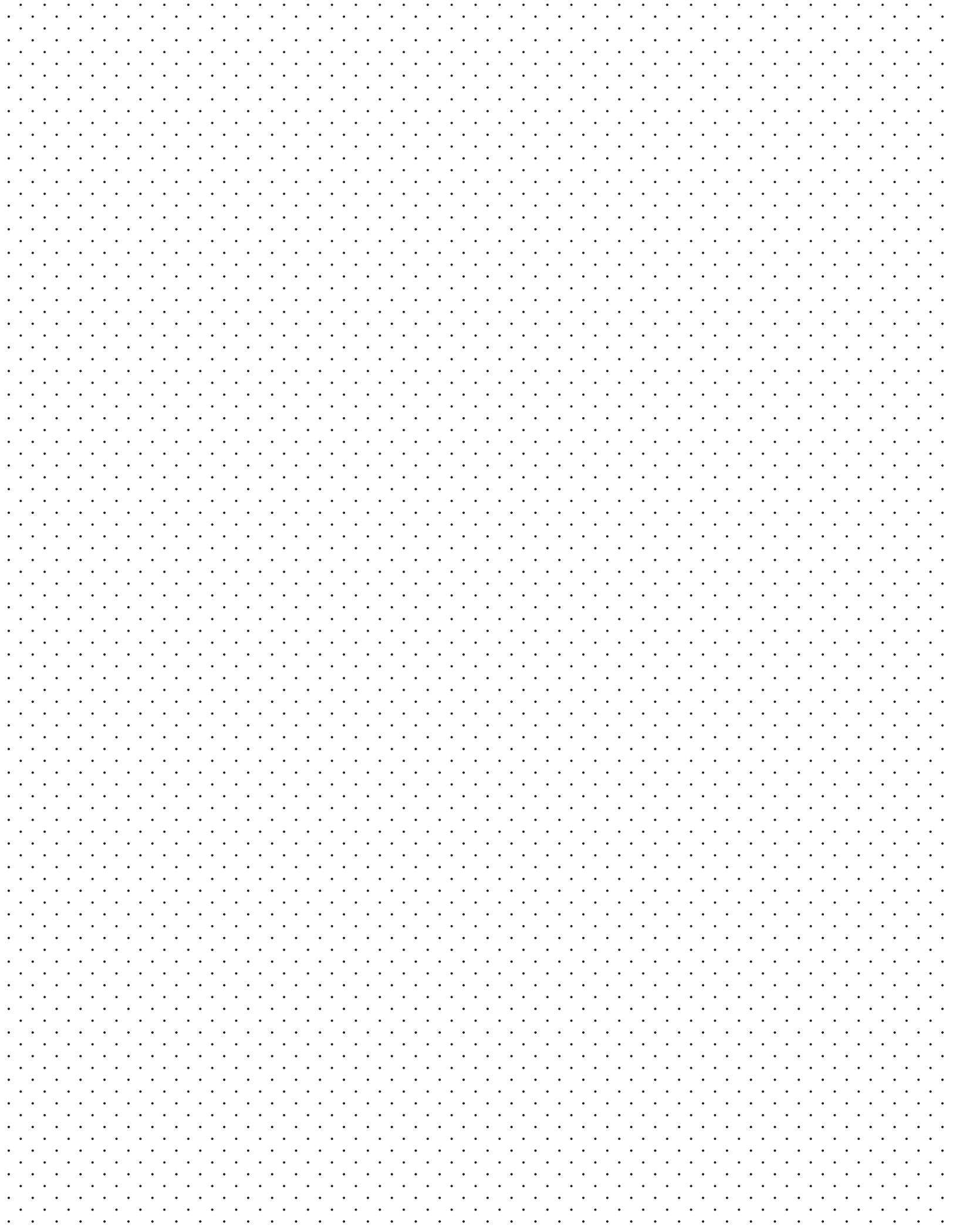
Connect with a friend or family member who will be a great listener and can help cheer you up.

Ask yourself if you need to see your situation in a new, more positive way.

Look out for people with low energy levels so you can share your positive energy and impact others.

Give those around you hope, kindness, and strength through your actions and words.

Get up and move around to fix the funky feelings you have. Sometimes we just need to shake it off.





**Name:** \_\_\_\_\_

Directions: Draw an angry face on the first Pepper and write how to work through your anger in the box. Then, draw the feeling you'd have after working through your anger on the second Pepper.



Four stacked, rounded rectangular boxes with purple and green borders, intended for writing instructions on how to work through anger.





**Name:** \_\_\_\_\_

Directions: Circle all of the ways you plan to show your love to others this week. Then, write how you think it will make you feel and how it will make others feel when you show your love.



**When I show my love, I will feel:**

\_\_\_\_\_

**When I show my love, others will feel:**

\_\_\_\_\_



**Name:** \_\_\_\_\_

Directions: Overcoming your fears can be hard, but when we do, it feels amazing! Write a few of your fears in the stars on this page. Then, think of an example for each of the ways that you could overcome some of your fears.

**Try  
something  
new.**

**Talk to  
someone.**

**Think about  
something  
peaceful.**

**Face  
your  
fear.**





**Name:** \_\_\_\_\_

Directions: Sit down with a family member and ask them the interview questions about peacefulness.

**1. What brings you the most peace?**

**2. What does peace look like to you?**

**3. If you had to tell someone how to find peace in their life, what would you say?**



Name: \_\_\_\_\_

Directions: Color all of the boxes that include positive values in red, and the other boxes in any other color.

Respect	Lying	Cheating	Breaking the Rules	Fairness
Positivity	Honesty	Fighting	Listening	Teamwork
Caring	Sharing	Loving	Patience	Being a Good Friend
Healthy Eating	Politeness	Consideration	Cooperation	Including Others
Yelling	Asking for Permission	Gratitude	Responsibility	Putting Others Down
Selfishness	Insulting	Thoughtfulness	Excluding Others	Disrespect

What shape do the positive value boxes make?

\_\_\_\_\_





**Name:** \_\_\_\_\_

Directions: Read the healthy choices on the left. Then, fill in how you made those healthy choices today in your life.

My healthy choices today:	What did you do today to make that choice?
<p><b>Eating foods that help me stay strong, like fruits and vegetables</b></p>	
<p><b>Brushing my teeth twice a day</b></p>	
<p><b>Getting my exercise</b></p>	
<p><b>Doing something kind for others</b></p>	

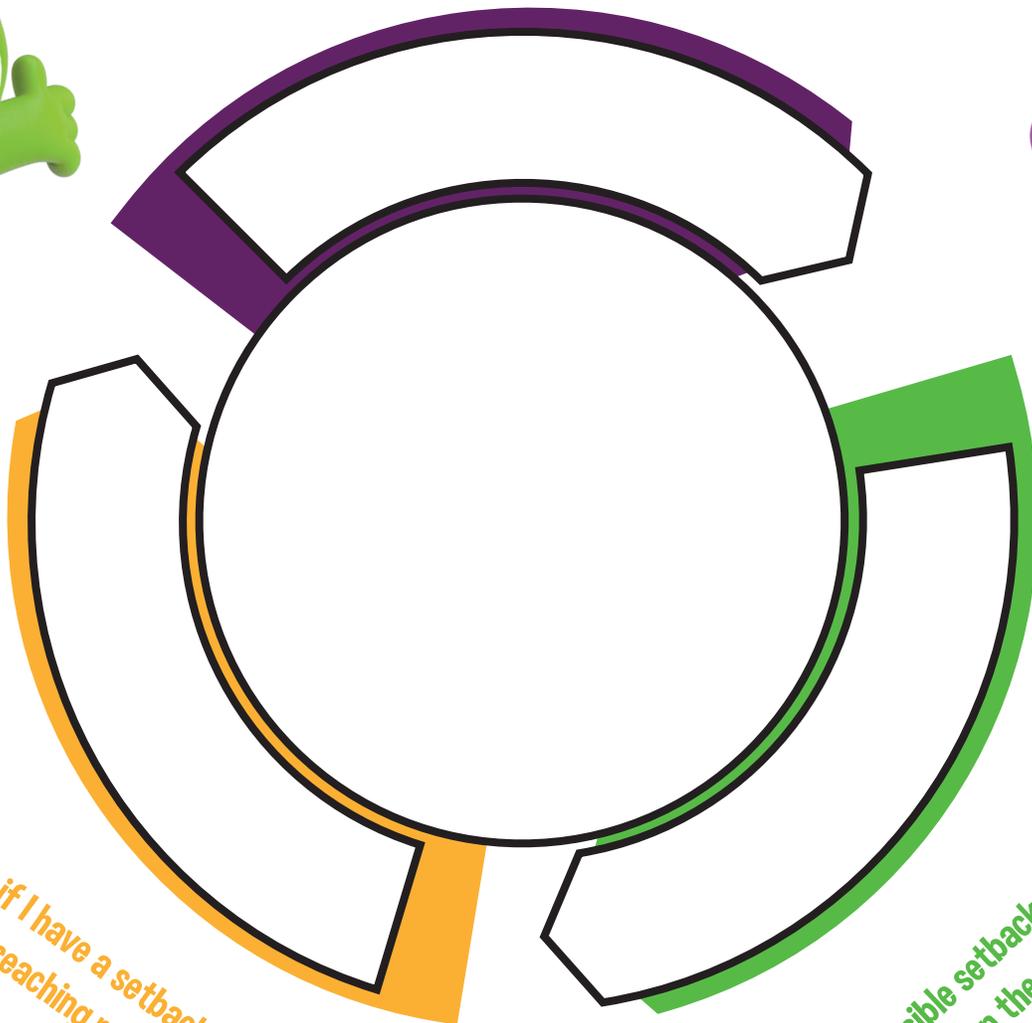


Name: \_\_\_\_\_

Directions: Fill out the Perseverance Plan for a goal that you want to achieve. Draw yourself in the middle of the circle.

# My Goal

Things I'll do to practice perseverance as I start to achieve my goal.



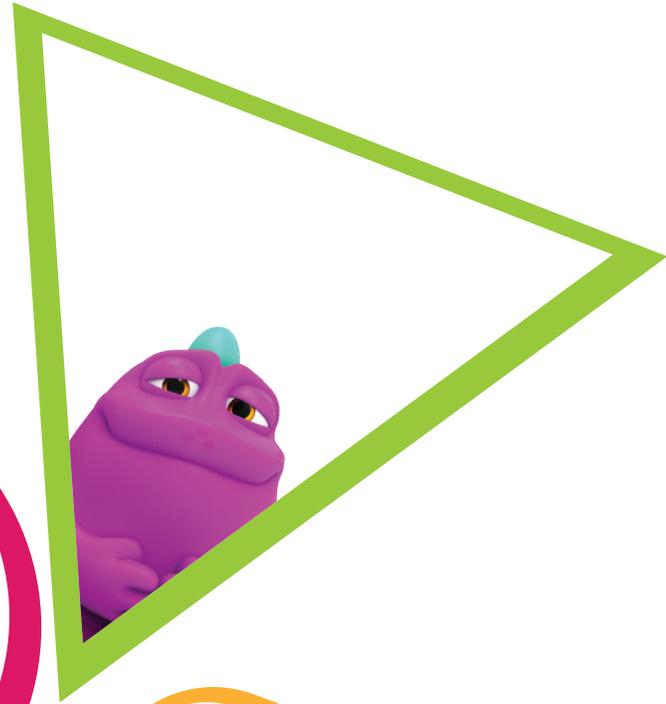
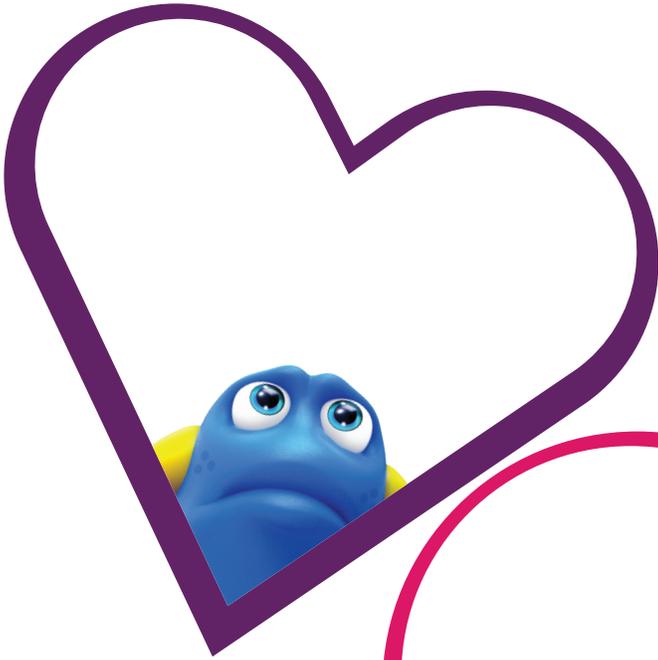
*What I'll do if I have a setback  
on the way to reaching my goal.*

*Possible setbacks that I might  
face on the way to my goal.*



**Name:** \_\_\_\_\_

Directions: Fill in the shapes with all of the respectful words and actions you should use at home, at school, and in your community.





**Name:** \_\_\_\_\_

Directions: Draw a picture of some of your close friends and family members. Underneath each person's picture, write one thing that makes them different. Then, answer the question at the bottom of the page.



**Why is it important to celebrate everyone's differences?**

---

---

---

Healthy,  
Safe, and  
Sound

# My Health and Well-Being: Personal Boundaries



**Name:** \_\_\_\_\_

Directions: Draw a picture of you in the oval in the middle of the paper. On the lines, write your own rules for your personal boundaries that you want others to respect.





**Name:** \_\_\_\_\_

Directions: Draw a picture or write responses to the situations below.

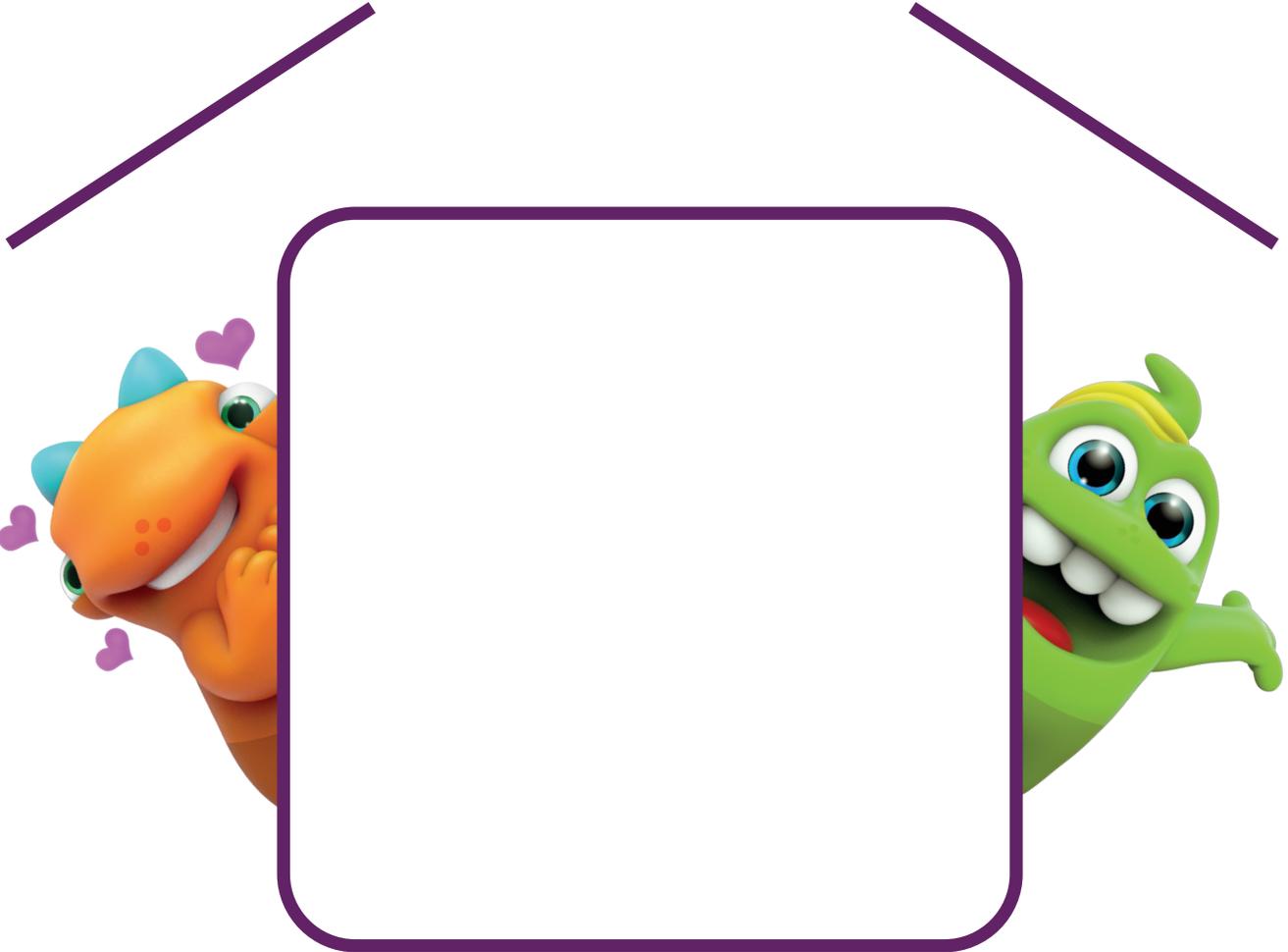
**1. Koko wants to use Boa's new markers. Draw what she should do using the "Always Ask" rule.**

**2. Fizz is so excited about Pepper winning the game that she jumps on him to congratulate him. What should Pepper say to Fizz to make sure she understands the "Always Ask" rule?**



**Name:** \_\_\_\_\_

Directions: Think of someone who is a good friend and stands up for themselves and others. Draw a picture of them in the frame and write four words that describe what they are like.



Healthy,  
Safe, and  
Sound

# My Health and Well-Being: Speaking Up and Reporting Unwanted Touches



Name: \_\_\_\_\_

Directions: Fill in the blanks in the pledge below.

## My Voice Matters Pledge

My voice matters because how I feel matters! If someone touches me in a way that I don't like, I will \_\_\_\_\_. When I speak up for myself or others, I will feel \_\_\_\_\_. If I report an unwanted touch to someone and they aren't hearing me, I will \_\_\_\_\_ until my voice is heard.

Use the words in the word bank to fill in the blanks for the story about Izzy and Pepper.

sorry      careful      hit      upset      respect

At school, the Sparks were having a great time on the playground. Izzy and Chow were coming down the slide with smiles on their faces. As their feet hit the ground, they saw Pepper and Boa in front of them. Boa suggested the group play tag, but before anyone agreed, Pepper \_\_\_\_\_ Izzy on the arm. That was NOT how Izzy wanted to be touched. He felt \_\_\_\_\_ and tried to tell Pepper. Pepper was too busy thinking about playing the game and he ran away without saying \_\_\_\_\_. Izzy went to tell their teacher that he felt like Pepper didn't \_\_\_\_\_ his personal boundaries. The teacher talked with Pepper and Izzy together. Pepper apologized, and agreed to be more \_\_\_\_\_ about not touching his friends in ways they don't like.



**Name:** \_\_\_\_\_

Directions: Think about some goals you have for yourself and how your learning in school and at home can help you reach your goals.

## My Goals

1

2

3

**Learning that will help me reach my goals:**

1

2

3

To find more information on  
social-emotional growth and other tools  
made by Purpose Prep, visit  
[www.purposeprep.com](http://www.purposeprep.com).

