

HAPPY TO BE ME!



Activity Book

I am good enough.

My name is _____.

Color me!

i'm A
SUPER
KID!

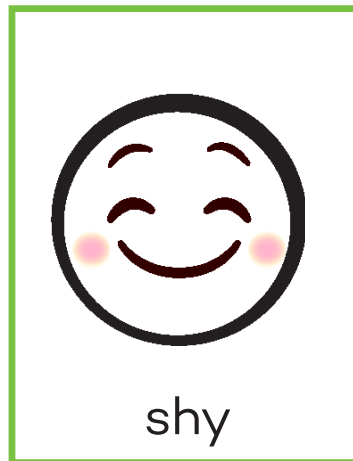
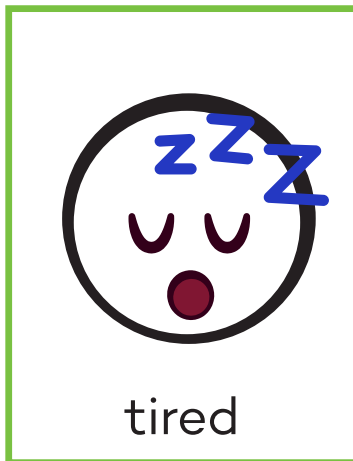
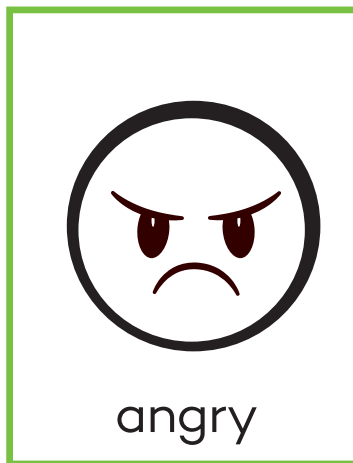
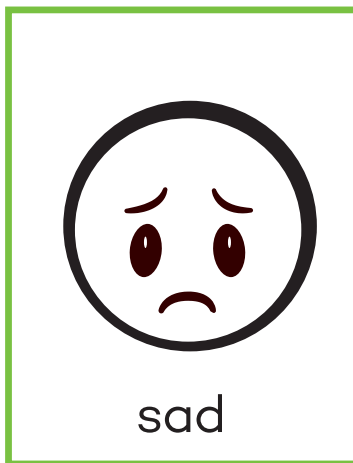


No one is perfect. I just have to be ME!

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.

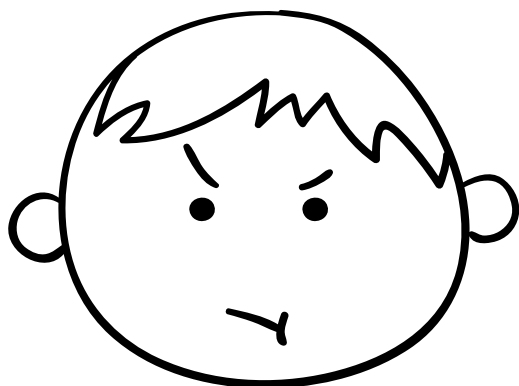
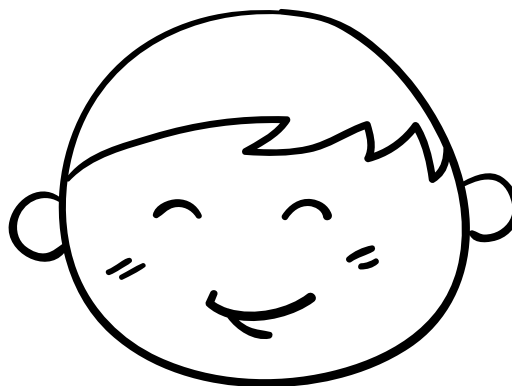
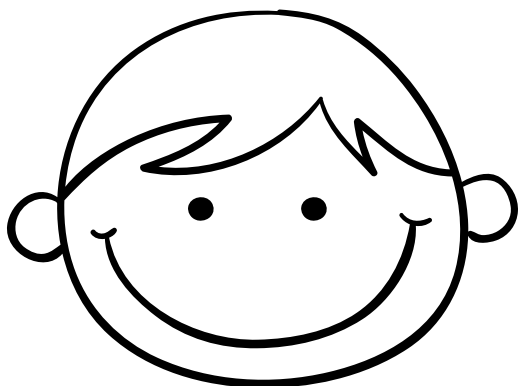


Breathe deep and calm down.

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!



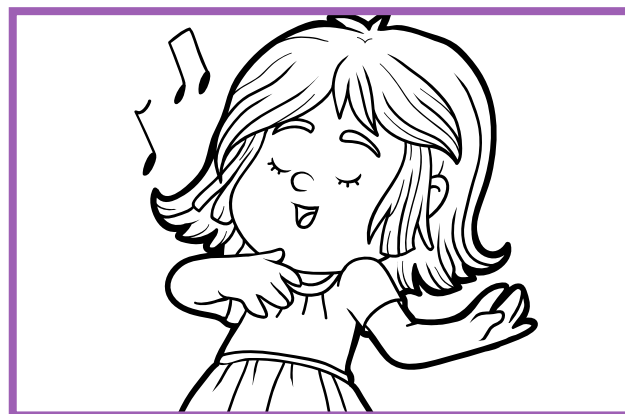
Find a friend to play with



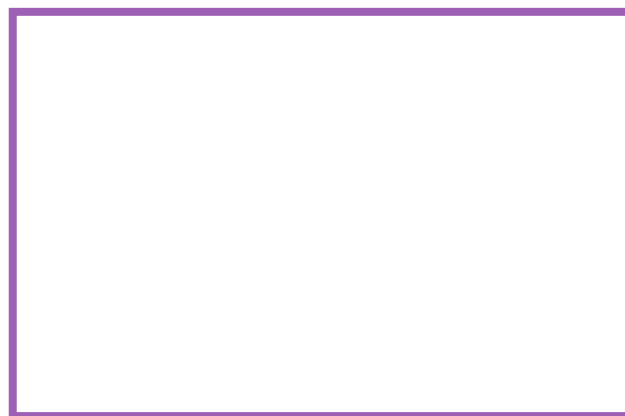
Breathe slowly in through your nose and out through your mouth (like you're trying to blow a giant bubble)



Ask a grownup for help



Sing a song



Draw your own picture



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



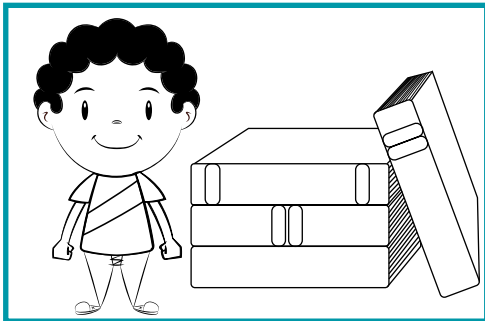
Hug someone
to make them
feel better

Fill in the blanks:

I Choose to Be Kind to Everyone I Meet.

Things I love about myself.

Circle, write down, or draw some of your strengths!



I am smart!



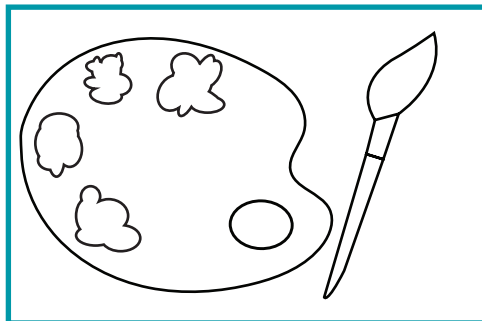
I make my
friends laugh!



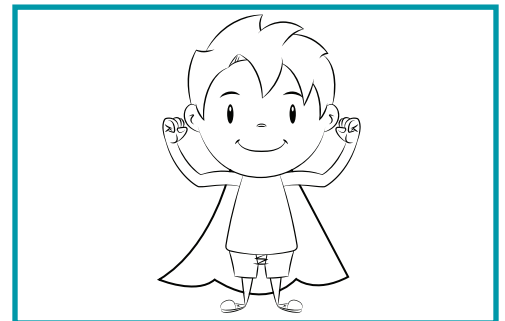
I am kind!



I am good
at sports!



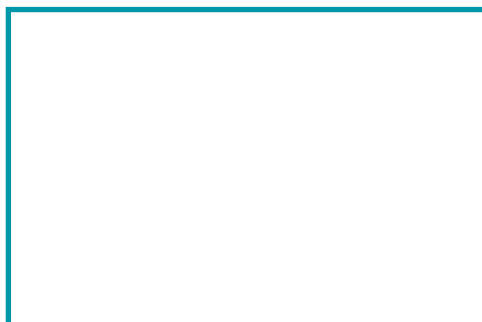
I am creative!




I am brave!



I have lots
of energy!



Draw your own strengths!



Positive Affirmations.

Read this out loud to yourself every day. This will help you start the day feeling good and positive!



I can do amazing things.



I am proud of myself.

I can work through my problems.

My mistakes help me learn and grow.

I try my best.



I can do hard things.

My voice matters.



I am perfect just the way I am.

I am smart and strong.

I am loved.


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.

What to do when you feel stressed.

If something is worrying you, here are some things you can do to help yourself:



- Talk to a friend
- Tell yourself “I’ve got this!”
- Take some deep breaths
- Talk to yourself in a nice way
- Get plenty of sleep
- Do something fun to de-stress
- Go outside and be in nature
- Spend some quiet time alone
- Write about it
- Tell a grownup



Remember, you've got this!

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...

Act brave — walk away and ignore the bully. Be strong and tell the bully to stop. Then, act uninterested to show the bully you don't care.

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 the bully and use the buddy system

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

- Go to the bathroom when the class goes together
- Eat lunch in a group.
- Sit near the front of the bus.
- Buddy up with a friend wherever the bully might be, like in the hall or at recess.

Name _____

Grade _____

Signature _____

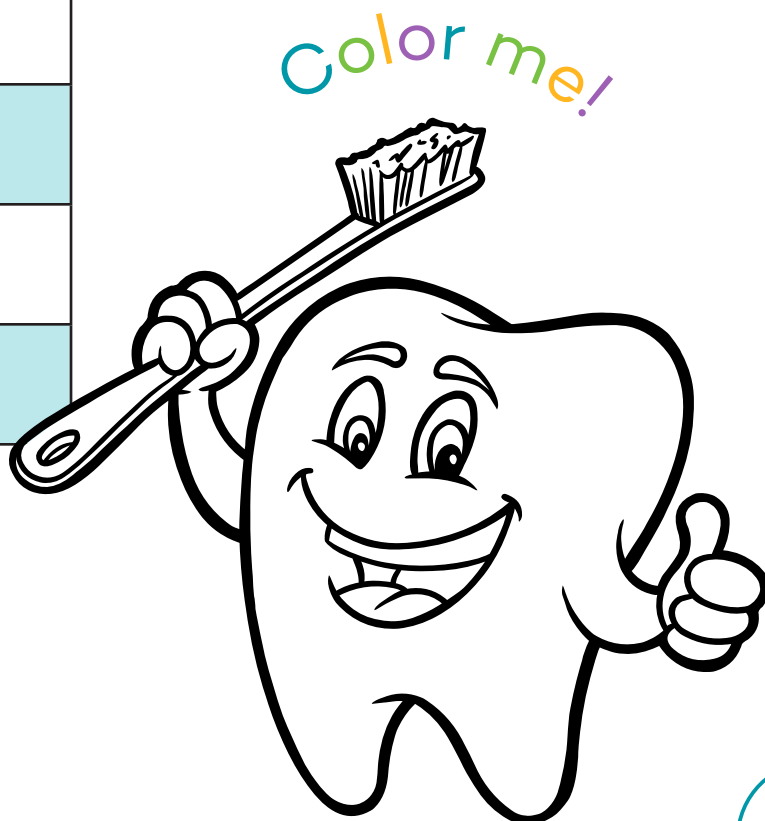
Ways I take care of myself

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!



is for Exercise

My favorite song is: _____

My favorite activity is: _____

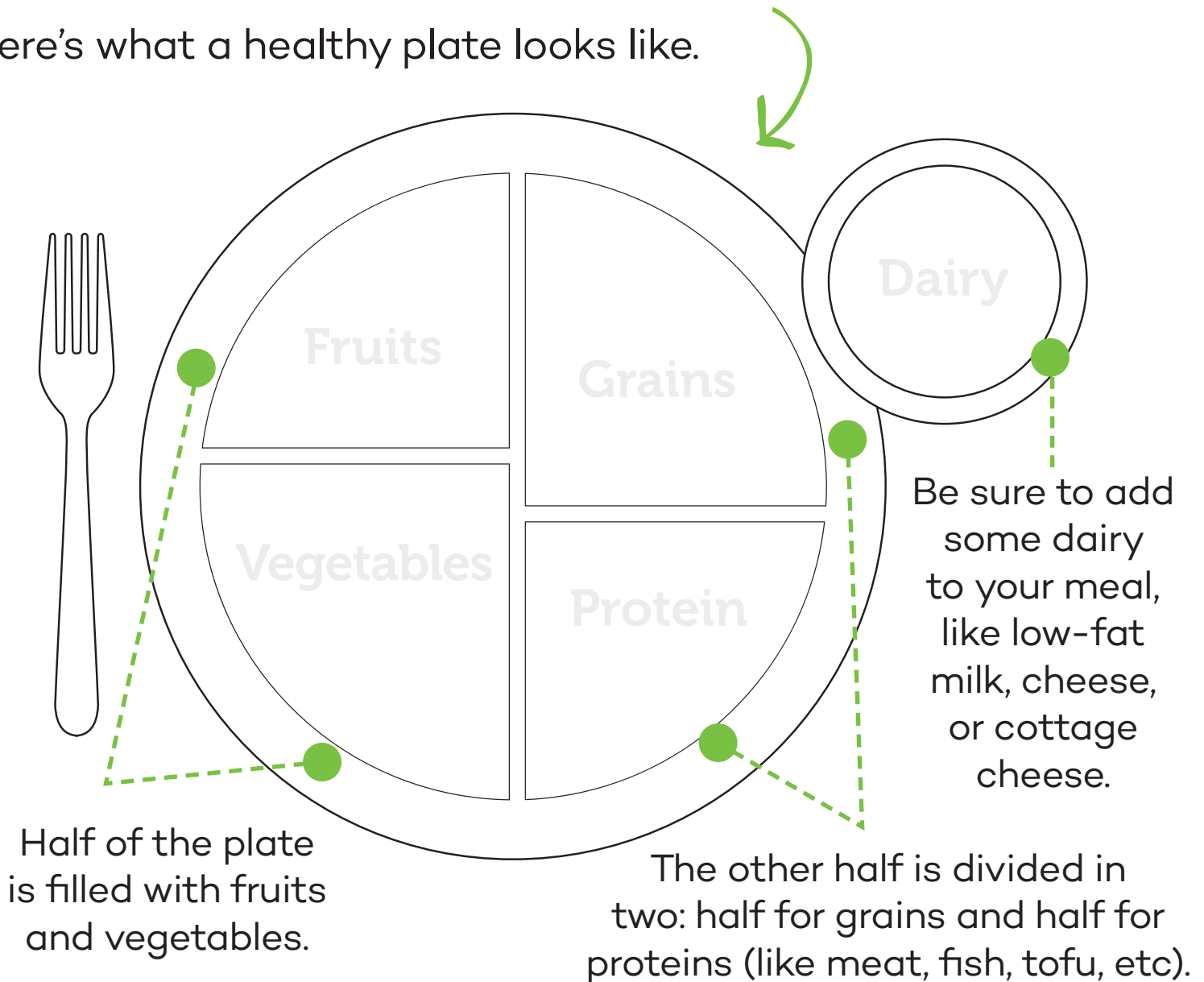
Exercise can be fun, plus you can do it anywhere!
Turn on your favorite song and start dancing to the
music! Do this for the entire song. Just keep moving!



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.

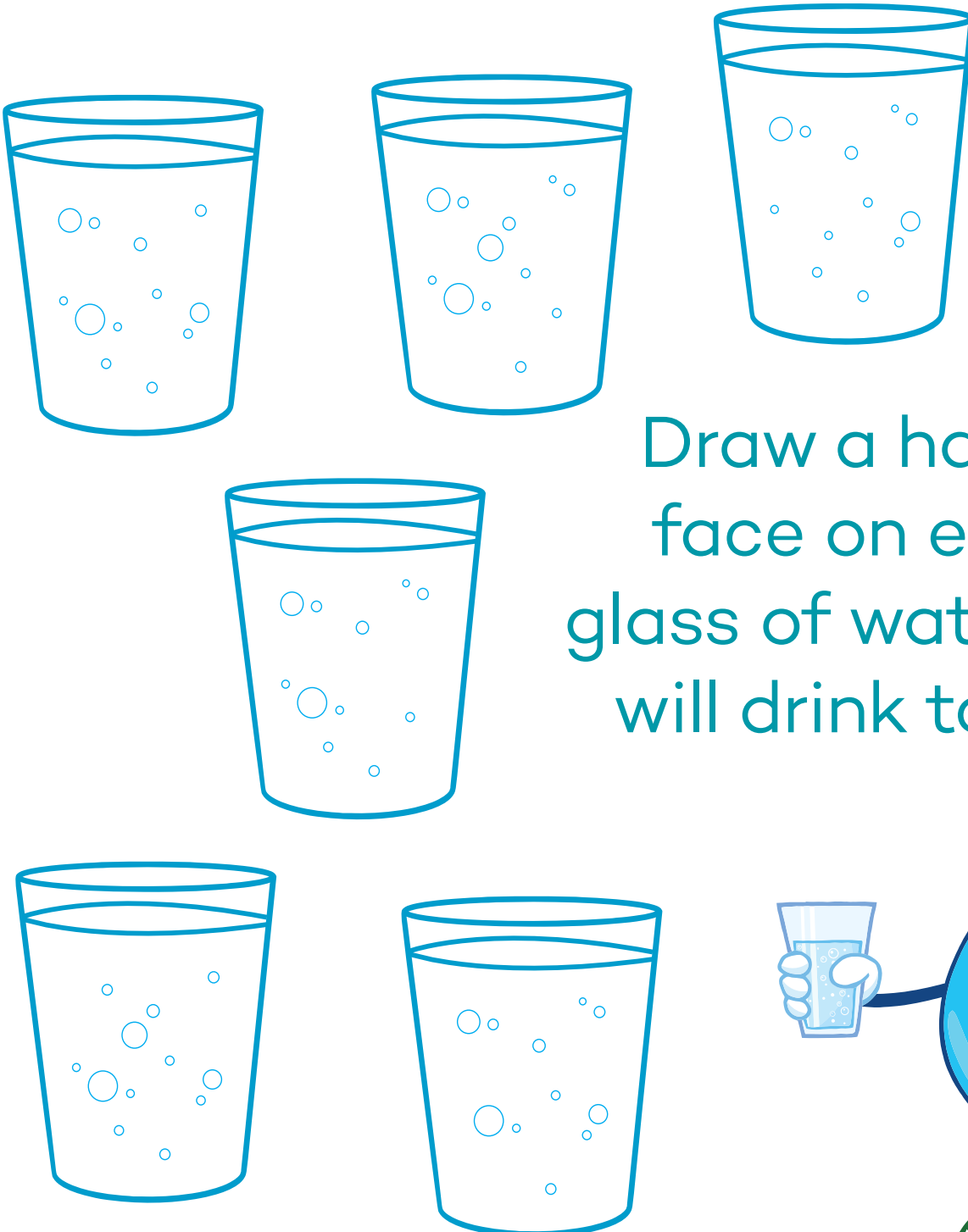


Draw and color in all of your favorite foods for each food group.

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.

Write down your routine in order:

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

HAPPY AWARD

Congratulations, You're a Healthy Super Kid!

This award goes to



For completing Molina'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 **(888) 999-2404 (TTY:711)** or visit molinahealthcare.com/WI

