

Your Super Kid Activity Pack

A printable companion to Healthy Habits for Super Kids: A Fun Activity Book for Ages 3-8

Small steps. Kind words. Time to play.



This pack belongs to:

For grown-ups

Print only the pages you need. Use US Letter paper at Actual Size; on A4 paper choose Fit. Children can draw, point, speak, or ask you to write. Reuse the trackers as often as you like.

Choose one or two habits together. Celebrate trying, not perfect streaks. Never make food, water, sleep, or affection something a child must earn. Adapt activities to your child's abilities and needs.

Supervise activities and food preparation. Check allergies and prepare foods for your child's chewing skills. This pack is educational, not medical advice; follow your child's care team for individual needs.

By Sonya M.

Permission is granted to print these pages for personal family or classroom use. Not for resale.

Choose Your Adventure

Start anywhere. There is no need to finish every page.

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My Weekly Habit Tracker

Choose up to three habits. Draw a dot or a star whenever you practice.

Week of:

I am practicing	M	T	W	T	F	S	S
My habit: 							
My habit: 							
My habit: 							

Ideas: ask for brushing help, take a water break, wash hands, enjoy play, or use kind words. Blank spaces are okay. This is not a scorecard.

Something I enjoyed:

Something I want to try next:

My Monthly Practice Calendar

Pick one gentle goal. Mark days you practice in any way that works for you.

Month / year:

My goal:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—

Grown-up: write in the dates together. Celebrate effort and restarts, not a perfect month.

My Seasonal Adventure Tracker

Choose safe, supervised activities that fit your family, weather, and abilities.

SPRING

Notice a new leaf or a flower.

Our own idea: _____



Mark a circle each time you try.

SUMMER

Plan a water break during play.

Our own idea: _____



Mark a circle each time you try.

AUTUMN

Describe the colors you see outdoors.

Our own idea: _____



Mark a circle each time you try.

WINTER

Choose a cozy indoor movement game.

Our own idea: _____



Mark a circle each time you try.

Watch nature without tasting unknown plants. Follow your grown-up's outdoor safety plan.

Our Family Snack Planner

Plan together. Grown-ups choose safe foods and portions that suit the child.

A snack is not a reward. Let children explore foods without pressure to taste or finish. Check allergies and choking risks before serving.

Day	Our snack idea	Grown-up preparation
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Shopping reminder: _____

My Bedtime Routine

A familiar routine can help us get ready to rest.

1

Put away one activity.

2

Get ready for bed with help.

3

Brush teeth with a grown-up.

4

Choose a quiet story or cuddle.

5

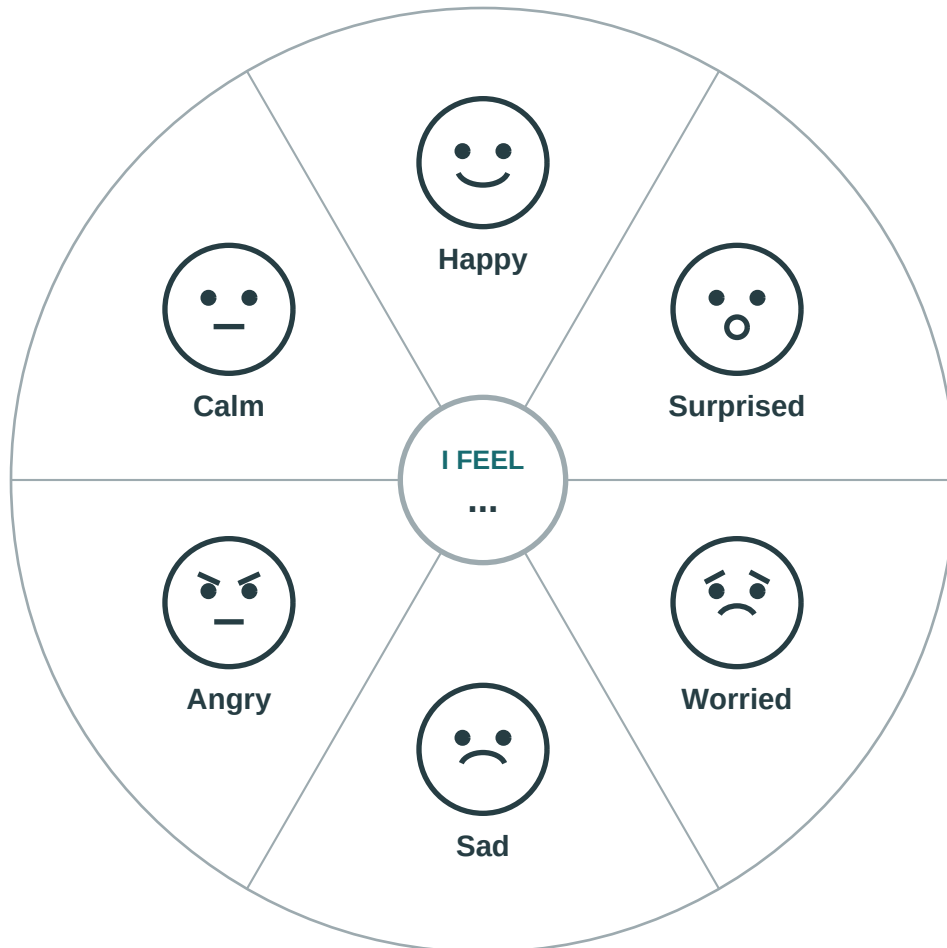
Say goodnight and rest.

Our family's own bedtime idea:

Rest is not a test. Falling asleep is not something to earn a prize for. A grown-up can help when sleep is difficult.

My Feelings Wheel

Point to a feeling, say it, or draw your own. More than one can fit.



Faces are clues, not proof. People can show the same feeling differently. Ask kindly instead of assuming.

Another word for how I feel:

All feelings are welcome. A trusted grown-up can help.

My Calm-Down Toolkit

Choose what feels comfortable. You can skip any idea and ask for help.

Find support

Stay with a trusted grown-up in a safe place.

Notice

Name the feeling, or simply say, "I need help."

Try gentle breathing

Breathe normally and gently. Stop if it feels uncomfortable.

Choose comfort

Draw, rest, listen to music, or hold a favorite soft toy.

A grown-up I can ask for help:

Something that helps me:

Grown-ups: offer connection and safety. Calming down is practice, not a punishment.

Small Acts of Kindness

Choose one. Draw a star when you try, or add your own kind idea.

☐

Thank someone who helped me.

☐

Ask before giving a hug.

☐

Help with a safe, small job.

☐

Invite someone to join a game.

☐

Use kind words with myself.

My own kindness idea:

A kind thing someone did for me:

Kindness includes respecting a "no" and asking for help.

Healthy Habits Word Search

Find the six words. All words go from left to right. Ask a grown-up to help.

F	W	A	T	E	R	R	Y	R	F
R	K	P	I	G	I	D	L	S	F
H	F	P	L	A	Y	S	G	R	G
K	I	A	L	N	H	N	T	M	U
R	E	S	T	W	K	T	D	K	R
U	S	E	R	Y	F	G	G	Y	O
E	O	S	K	I	N	D	U	I	T
L	T	R	C	R	E	R	E	R	C
H	W	A	S	H	G	Y	N	U	T
S	A	E	C	B	R	U	S	H	O

WATER PLAY REST
KIND WASH BRUSH

You can point, circle, or tell a grown-up. This is a game, not a reading test.

Word Search Answers

For grown-ups: all words run left to right.

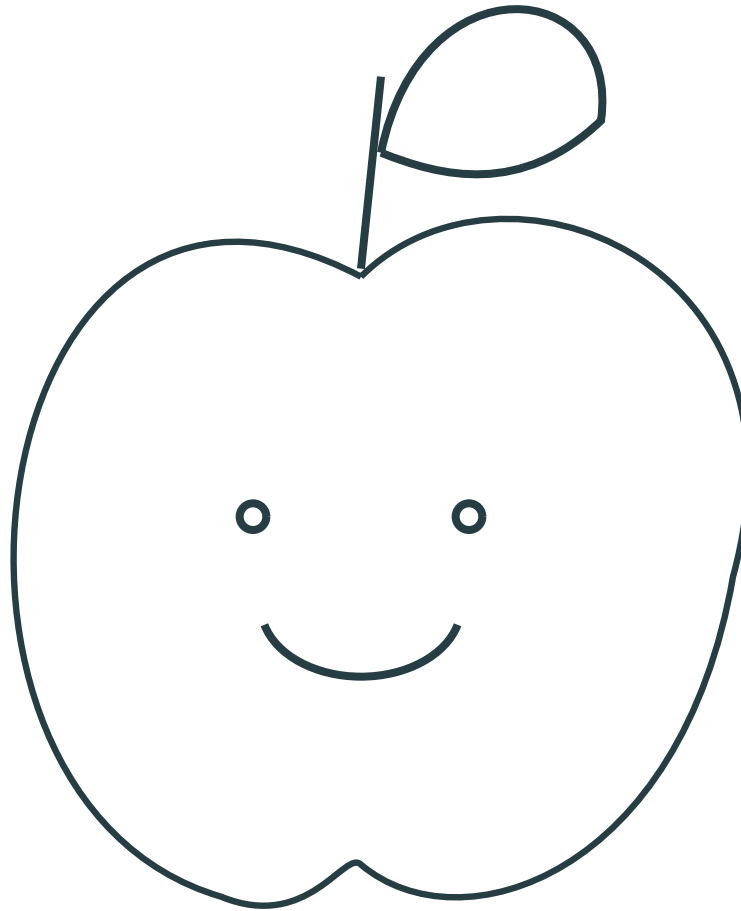


WATER PLAY REST
KIND WASH BRUSH

You can point, circle, or tell a grown-up. This is a game, not a reading test.

Color a Fruit Friend

Choose any colors you like. What would you name this apple?

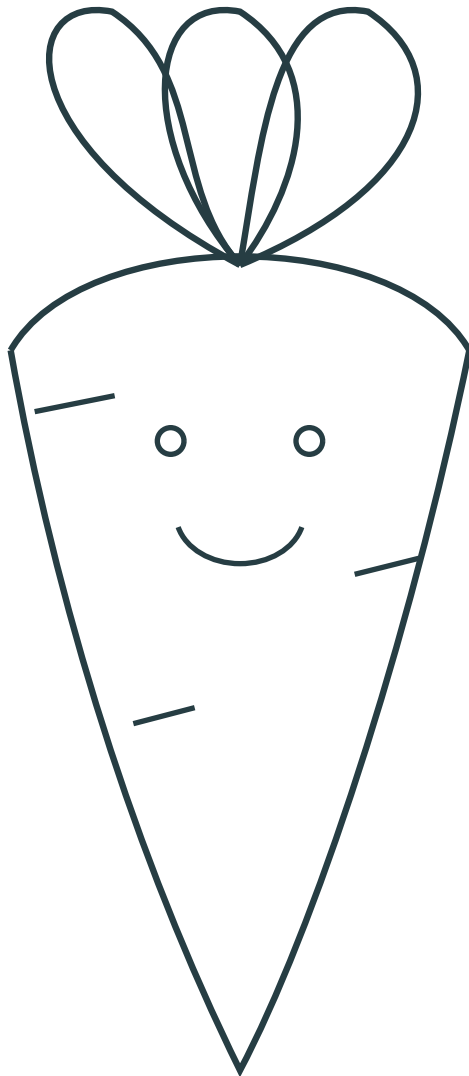


My fruit friend's name:

Food can be fun to explore. A grown-up prepares real food safely for you.

Color a Vegetable Friend

Color the carrot. Then add a garden, sunshine, or your own story around it.

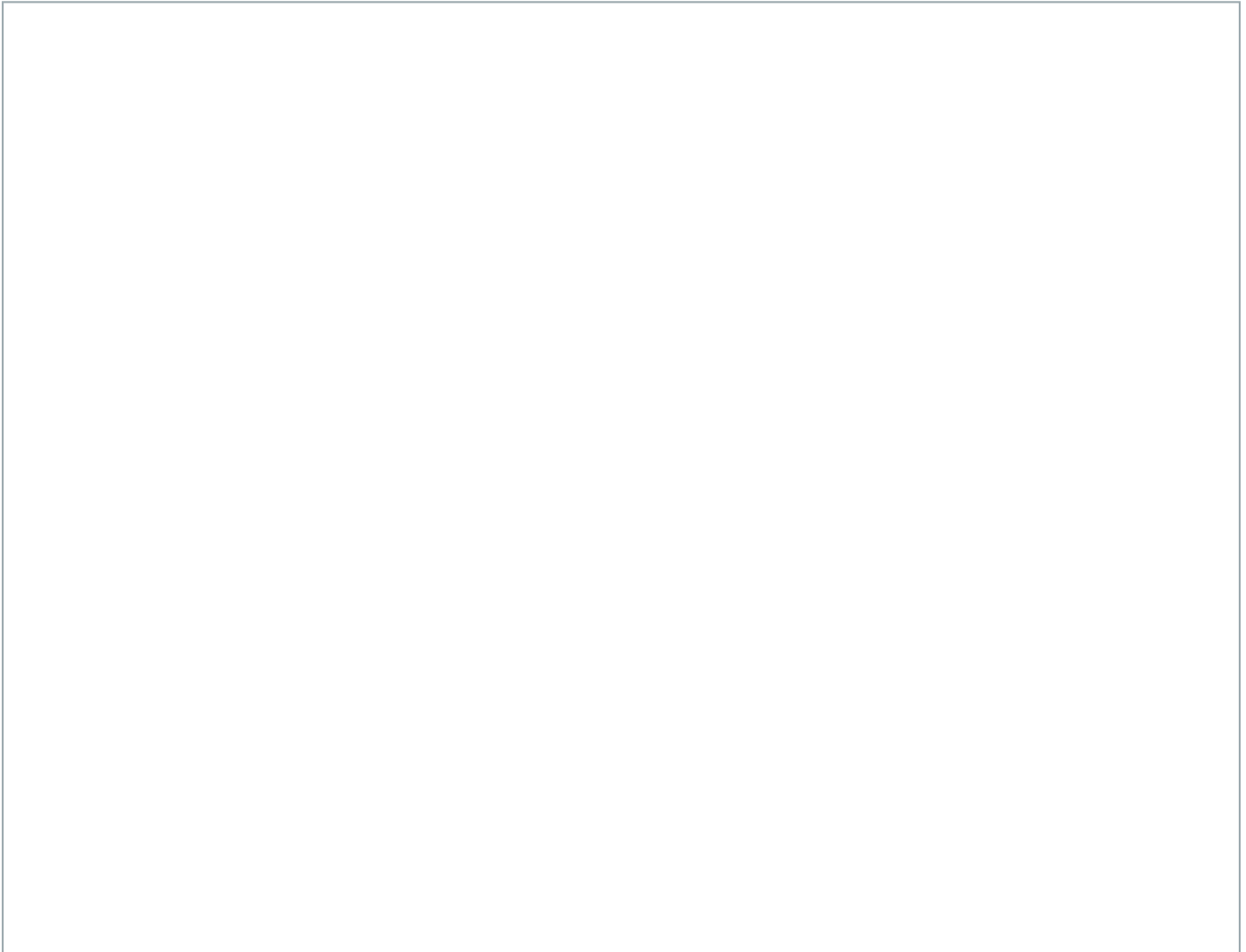


My vegetable friend's name:

Tell a grown-up one thing your carrot character likes to do.

My Healthy-Habit Picture

Draw yourself practicing a habit, or ask a grown-up to write your story.



In my picture, I am:

Someone who can help me:

A Certificate to Celebrate

Effort counts. You never need a perfect streak.



Hydration Hero

Presented to

For practicing water breaks with a grown-up's help

We are proud of your practice!

Date

Celebrated by

This certificate celebrates participation, not drinking a set amount, falling asleep on command, or meeting a health target.

A Certificate to Celebrate

Effort counts. You never need a perfect streak.



Sleep Champion

Presented to

For practicing a comforting bedtime routine

We are proud of your practice!

Date

Celebrated by

This certificate celebrates participation, not drinking a set amount, falling asleep on command, or meeting a health target.

A Certificate to Celebrate

Effort counts. You never need a perfect streak.



Super Kid

Presented to

For learning, trying, and being kind

We are proud of your practice!

Date

Celebrated by

This certificate celebrates participation, not drinking a set amount, falling asleep on command, or meeting a health target.

Notes for Grown-ups

Notice what helps. Leave out private medical details when sharing these pages.

What my child enjoyed

What we adapted

What we might try next
