

THE CITY OF BRAMPTON IS EXCITED TO OFFER THE

BEST

BUILD
EXPLORE
SUPPORT
TALK

YOU!

PROGRAM



The City of Brampton's BEST YOU program is going virtual and we are so excited to have you join us on the journey to becoming the Best You that you can possibly be.

The BEST YOU program was developed in partnership with Trillium Health Partners (THP) and incorporates recommendations and curriculum supported by Ontario Physical and Health Education Association (OPHEA) and the Ministry of Education. Through engaging activities, games and purposeful discussion, we can influence children and youth as it relates to decision-making, activity engagement, and fostering relationships that are healthy and positive. This FREE holistic health & wellness program was developed for students in grades one to eight.

This workbook contains three activities that are supported by an online module that can be found at brampton.ca/bestyoud. Please complete this workbook, while following along with the online videos.

NAME:

DATE:

This workbook is for students in
GRADES SEVEN AND EIGHT.

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INTRODUCTION:

ALL ABOUT YOU

When is your birthday?

What is your favourite colour?

Where do you go to school?

What is your favourite subject?

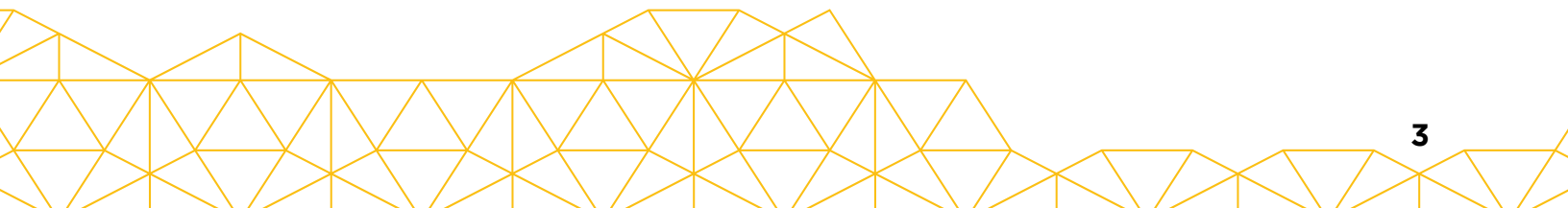
What is your favourite hobby?

Do you have any pets? What kind of pets?

Do you have any siblings? How many?

Describe yourself using one positive word:

What is your favourite TV show?



ACTIVITY ONE:

I AM GRATEFUL FOR

This activity is part of our **CONNECT workshop, which aims to improve social skills and help children become part of a group or team.**

This activity will support:

- Practicing and mastering active listening.
- Enhancing communication skills.
- Building confidence and leadership development.

Required materials:

- Pencil, crayons, markers and a piece of paper

In this activity, you will be using the letters in your name to list things you are grateful for, see the example below. We are often too quick to want the next best thing and forget to recognize and be grateful for what we already have. It is important to remember that we all have different things to be grateful for and we need to respect those differences.

Sample:

S	Strong
A	Athletic
R	Responsible
A	Amazing
H	Helpful

ACTIVITY TWO:

MINDFULNESS EXERCISE

This activity is part of our **GROW workshop, which aims to enhance self-esteem and build confidence.**

This activity will support:

- Learn skills that will help prepare for the transition into high school.
- Self-awareness and its importance as we mature and others look to us for mentorship and leadership.
- Ways to increase and promote self-confidence and positive self-image.

In this activity, you'll get a chance to wind down. It is easy to get lost in the busyness of the day and it's important to take time to relax your mind. When you have completed the mindfulness exercise, please write down what you did to wind down. How do you feel after this exercise? Why do you think it is important to wind down?

Here are some examples of how you can unwind in your daily life:

- Spend time outside with your friends and family
- Read a good book
- Learn a new hobby
- Mediate and stretch throughout the day

ACTIVITY THREE:

THE BEAT GOES ON

This activity is part of our **MOVE** workshop, which aims to develop and improve flexibility, motor skills, coordination and balance.

This activity will support:

- Understanding the components of physical activities.
- Understanding factors that motivate personal participation in physical activities every day (i.e. gaining health benefits, including release from stress, having interpersonal interactions, becoming more independent in daily living activities, experiencing personal enjoyment) and explain how these factors can be used to influence others to be physically active.
- Alternative activities that have beneficial impact such as stretching, breathing and balance.

For this activity, you will need an open space to move around. Before you follow along with the instructor in the video, please fill out the hypothesis section below.

Hypothesis: What do you think will happen to your heart rate after you have exercised for 15 seconds?

I predict:

Please follow along with the instructor as they show you some fun exercises to help get you moving. After completing this activity, track your heartbeat by placing your two fingers (index and middle fingers) on your neck or wrist and set a timer for 15 seconds. Please fill in the blanks below once you are done.

Observations:

Number of heart beats
per 15 seconds

Number of beats **x4 =** BPM (Beats per Minute)

Conclusion: What happened to your heart rate after 15 seconds of exercise? Why do you think this happened? What are some ways you plan on staying active at home?

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Thank you for joining us and working toward being the best possible version of you.

For information about our live virtual sessions, and to register, please visit brampton.ca/bestyou

“ Today you are YOU
that is truer than true
There is no one alive who is
Youer than YOU ”

-Dr. Seuss-