

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/bestyouth](http://brampton.ca/bestyouth). Please complete this workbook, while following along with the online videos.

**NAME:**

**DATE:**

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This workbook is for students in  
**GRADES ONE TO THREE.**

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INTRODUCTION:

# ALL ABOUT YOU

When is your birthday?

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What is your favourite colour?

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Where do you go to school?

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What is your favourite subject?

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What is your favourite hobby?

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Do you have any pets? What kind of pets?

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Do you have any siblings? How many?

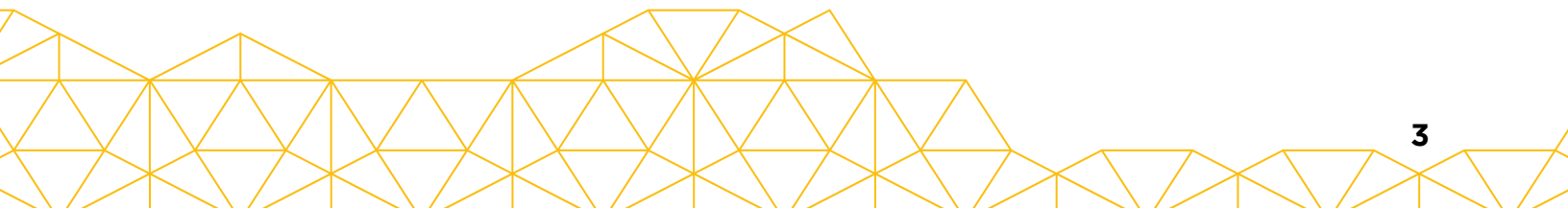
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Describe yourself using one positive word:

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What is your favourite TV show?

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## ACTIVITY ONE:

# RESPECT ANAGRAM

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:

- Improving social skills through teamwork and leadership.
- Understanding the importance of working with your peers and family as a unit or team.
- Active listening and communication skills in a team environment.

There are many ways we demonstrate respect daily, whether it is at home or in the classroom.

### Required materials:

- A pen or pencil

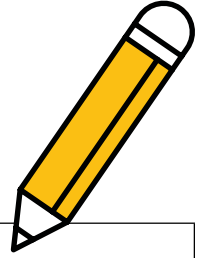
Create a poem using each letter from the word “RESPECT”. It is important to not only receive respect from others, but to show respect. Being respectful makes you feel safe and gives you a chance to express yourself.

Sample:

<b>R</b>	<b>Responsible for your actions</b>
<b>E</b>	<b>Eye contact</b>
<b>S</b>	<b>Speak when you have permission</b>
<b>P</b>	<b>Participate</b>
<b>E</b>	<b>Each person deserves respect</b>
<b>C</b>	<b>Control your actions</b>
<b>T</b>	<b>Think about others</b>

ACTIVITY ONE:

# RESPECT ANAGRAM



R	
E	
S	
P	
E	
C	
T	

## ACTIVITY TWO:

# BEST YOU ID CARD

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

**This activity will support:**

- Concepts and ideas that when nurtured and encouraged can help manage, identify and control emotions.
- Self reflection.
- How to express and manage emotions through physical activity.
- Understand what positive interactions look and feel like.

**Using the template below, fill in the blank spaces.**

1. Your name
2. Something that you are (a positive adjective that describes you)
3. Something you will do (can be at home or in the classroom)
4. Something you are learning (can be at home or for school).

No two snowflakes are the same and neither are we. We are all unique and have different ways and words that we use to identify ourselves. We have to remember to celebrate and respect our differences. Keep this ID Card somewhere safe so you can always look back at.

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**NAME:**

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**I AM...**

**I WILL...**

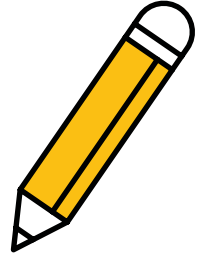
**I AM LEARNING...**



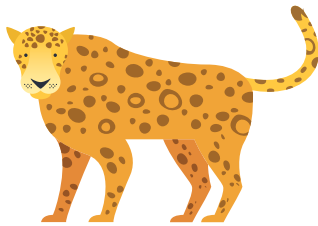


ACTIVITY THREE:

# MOVE LIKE AN ANIMAL



Match the animal to how they move from place to place.

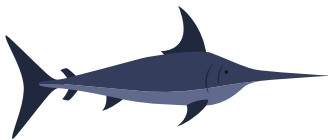


Cheetah

JUMP

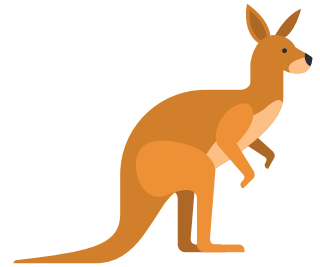


Bird



Shark

FLY



Kangaroo



Bat

SLITHER



Bee



Zebra

RUN



Snake



Frog

SWIM



Fish

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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](https://brampton.ca/bestyou)

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

-Dr. Seuss-