

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:**

---

---

This workbook is for students in  
**GRADES FOUR TO SIX.**

# TABLE OF CONTENTS

- PAGE 2** Table of Contents and Introduction
- PAGE 4** Activity One: My Social Circle
- PAGE 6** Activity Two: Five Fingers
- PAGE 8** Activity Three: I Like to Move It
- PAGE 9** Conclusion

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?

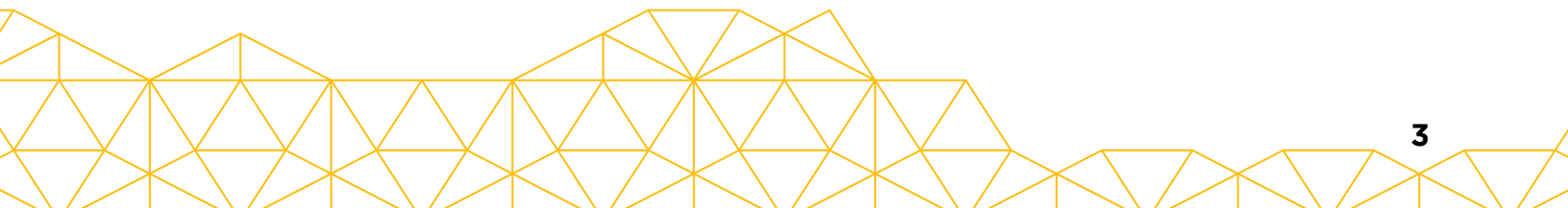
---

Describe yourself using one positive word:

---

What is your favourite TV show?

---



## ACTIVITY ONE:

# MY SOCIAL CIRCLE

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:

- Fostering improvement and development of active listening and communication among your peers.
- Challenging self and others through activities that require team work, communication and pushing your comfort zone.
- Problem solving as a team.

### Required materials:

- Pencil, pencil crayons, crayons or markers

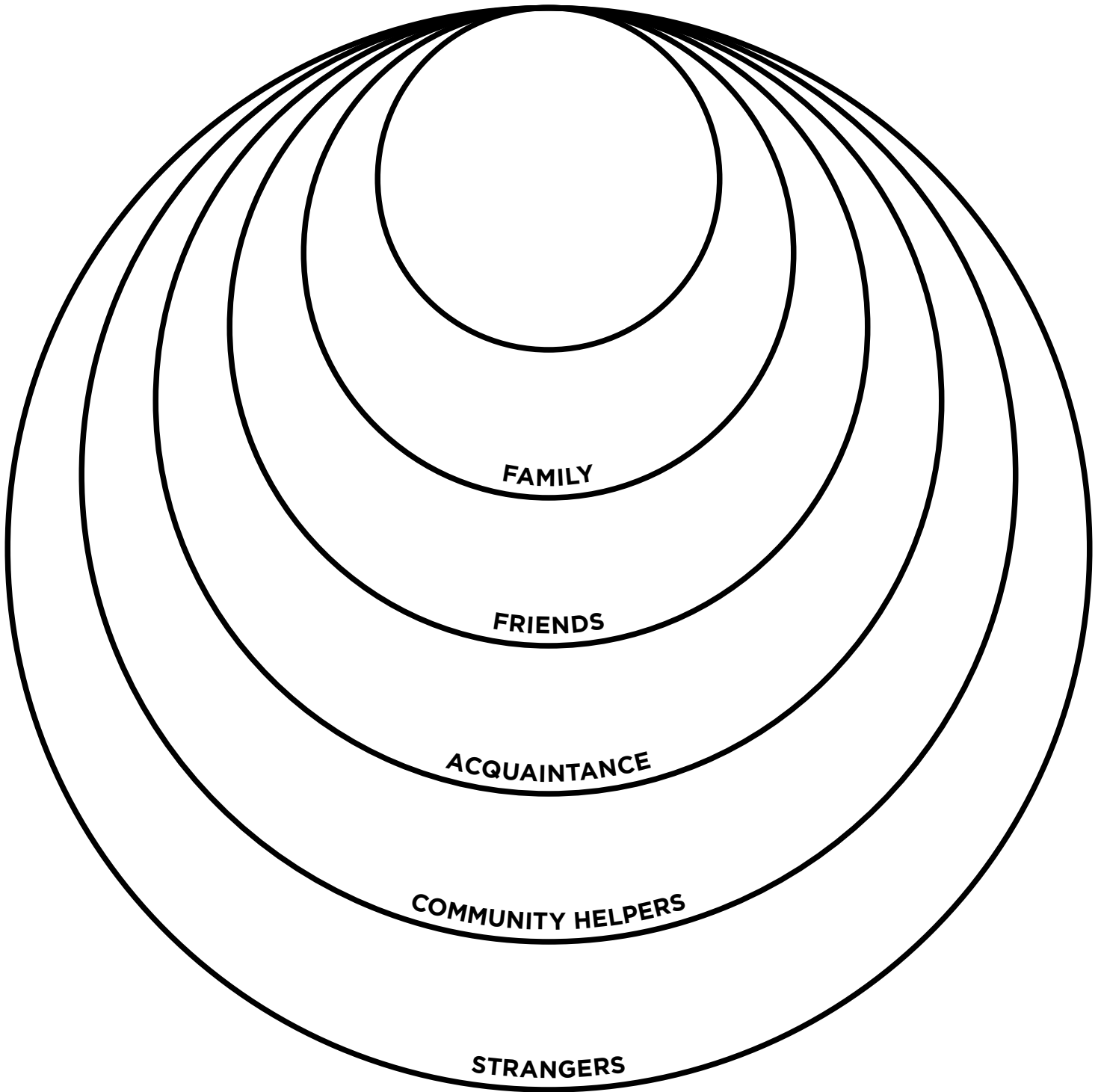
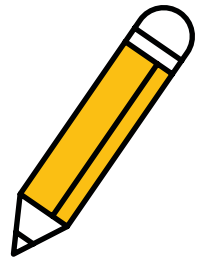
In this activity, draw a picture of yourself in the center and identify members of your social circle in the outer rings. There are many people that can be a part of your social circles. Everyone in all of our social circles play an important role in helping us become our best selves. Forming positive relationships in every circle is very important in our daily lives. Take a few minutes to complete this activity and write down some of your own examples.

Sample:



ACTIVITY ONE:

# MY SOCIAL CIRCLE



## ACTIVITY TWO:

# FIVE FINGERS

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

**This activity will support:**

- Improving self-esteem through self-reflection.
- Learn the power of positive words that work to lift up ourselves and the people around us.

**Required materials:**

- Pencil, pencil crayons, crayons or markers

**Note:** You can print out the next page or use PDF editor tools to complete this activity.

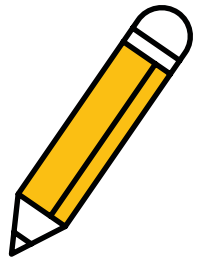
Trace your hand in the space below. In each finger, write something positive about yourself and write your name in the palm. Please refer to the video for an example.

Sometimes it is hard to think of positive words to describe ourselves, it is important that we take the time to think about all our great attributes and characteristics that make each of us so wonderful and unique. We may even need to turn to friends or family for a helping hand to think of positive ways to describe us. They can help provide a different perspective.

Put this page up in your room as a constant reminder of how wonderful you are.

ACTIVITY TWO:

# FIVE FINGERS



## ACTIVITY THREE:

# I LIKE TO MOVE IT

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

**This activity will support:**

- Factors that motivate participation in physical activity every day at school, at home or in your community.
- Performing controlled movements (jumping in different directions, balancing, twisting, dodging, jumping, and skipping, quickly and slowly).
- How participation in physical activities affects personal health-related fitness.

For this activity, you will need an open space to move around. The instructor in the video will show you some fun exercises to help you get moving. After completing this activity, monitor your heartbeat by placing your two fingers (index and middle fingers) on your neck or wrist and set a timer for 30 seconds; is your heart beating fast or slow after completing this activity? Why is it important to always get moving?

Great work! It is so important to move often and stay active, especially since we are spending so much time at home and on our devices. Take lots of physical movement breaks.

**Here are a few examples of staying active while at home:**

- Play a family freeze dance
- Take lots of stretch breaks
- Check out the City of Brampton's Rec at Home Fitness videos
- Play in your yard or local park



THE CITY OF BRAMPTON IS EXCITED TO OFFER THE

**BEST**

BUILD  
EXPLORE  
SUPPORT  
TALK

**YOU!**

**PROGRAM**



**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-