

# “Yes We Can” - the plan to support children, young people and families

Workbook for 5-8 year olds



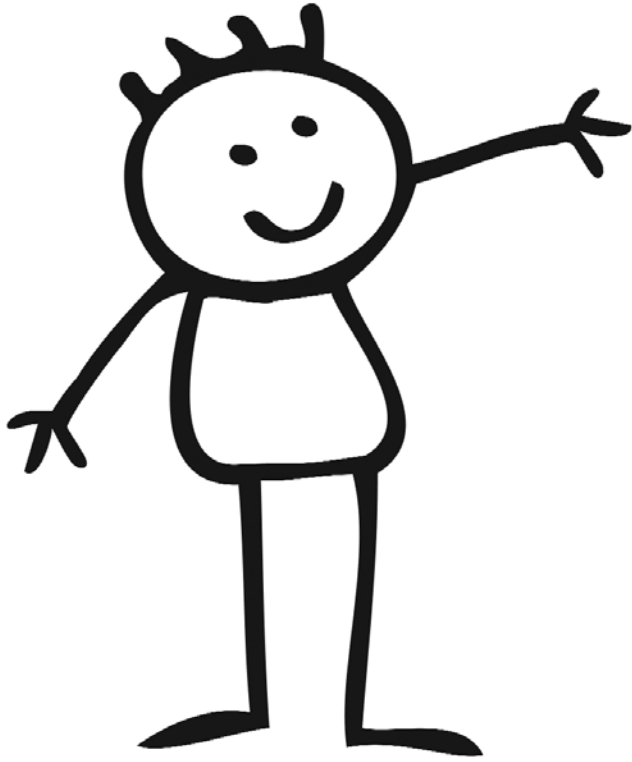


This is Priority Pat.

Pat will tell you about things that will help to keep you happy and safe as you are growing up. These things we call **priorities** as they are very important. Pat wears a different colour jumper to explain each priority. You might like to answer some of the questions Pat asks.

# Priority 1

## Families are important



### Can you colour Pat's jumper BLUE?

A family is usually a group of people who are related to each other, but not all families are the same.

A family can be a group of people who care about each other who are not related but live together.

A family is often a mixture of grown-ups and children.

### Can you think of 3 people who are in your family?

Get someone in your family to help write down their names and what relation they are to you.

For example: **Betty - Mummy**

1. ....

2. ....

3. ....

Families often do things together such as walk to school, go shopping, and go to the park or on picnics.

Write or draw one thing you really enjoy doing with your family.

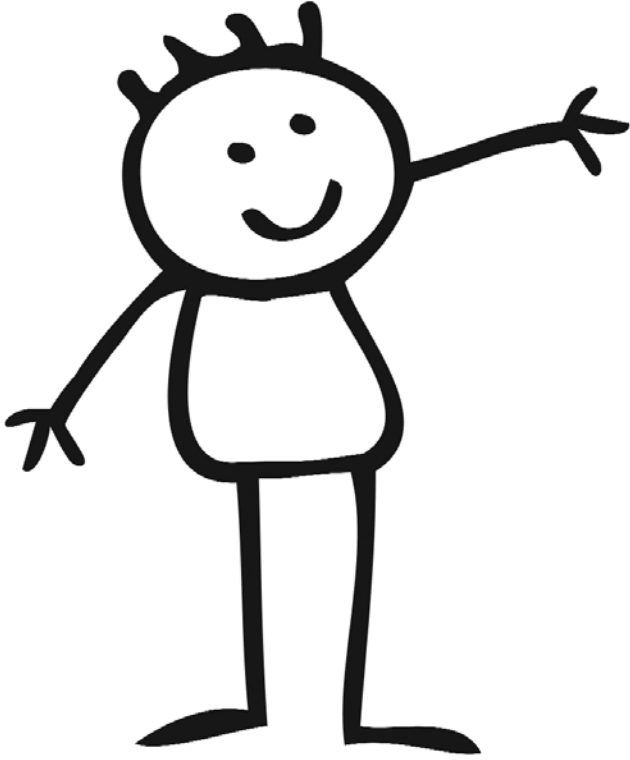
Members of a family support each other, share happy times and sometimes sad or bad times.

Draw yourself doing something that makes you happy.

What makes you sad?

# Priority 2

## Being healthy and happy



Can you colour Pat's jumper  
**PINK?**

Being healthy and happy can sometimes depend on what you eat and what you do. Eating fruit and vegetables every day is very good for you.

Draw your favourite fruit or vegetable



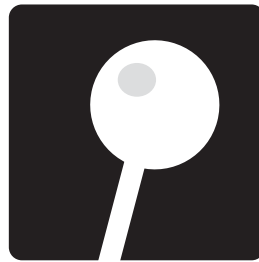
Eating too much is not good for you

Draw some food that you should not eat too much of

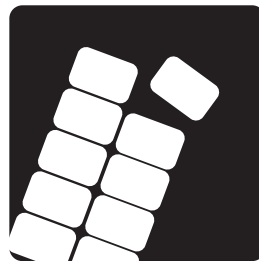


Too much sugar is bad for you

Complete these words. They are all foods that contain sugar



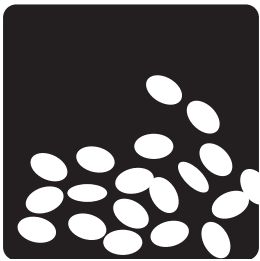
l \_ ll \_ p \_ p \_



ch \_ \_ o \_ at \_



c \_ k \_



and surprisingly

b\_k\_d be\_ns



t\_ma\_o sa\_c\_

Running around and being active is also good for keeping you healthy. Here are some things you could do to keep you active:



s\_\_p\_i\_g



f o\_\_b\_l\_



s\_i\_\_i\_g



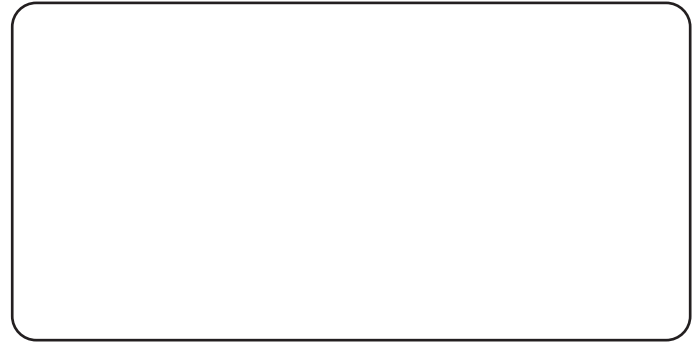
going to the  
p\_a\_g\_o\_u\_d

Exercise is very good for you as it keeps your heart pumping and your body working.

Jump up and down for one minute to feel what happens to your heart

Having plenty of sleep is also very good for you.

Draw a clock face to show what time you go to bed.



What letter would you draw to show that someone is sleeping (and perhaps snoring)? Circle the one you think.

**a y z s**

Before you go to bed and when you get up in the morning, what should you do that will help you keep smiling?



When you are between 5-8 years old you will lose your 'milk' or 'baby' teeth.

Have you lost any teeth yet? .....

If so, how many? .....

Who do you think this is?

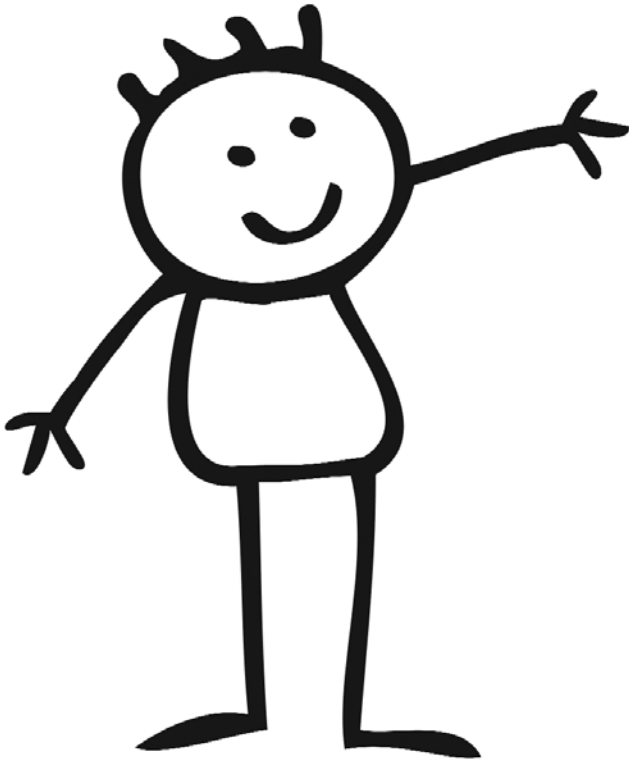


T\_\_th F\_i\_y

Regular visits to the dentist will help you keep your baby teeth for as long as possible. This may mean your secondary teeth will come through nice and straight.

# Priority 3

## Learning and developing



### Can you colour Pat's jumper GREEN?

We all learn all the time. When you are young learning is very important and going to school helps.

People need to be able to **read** and **write**, and use **numbers**.

Write your name

.....

How old are you?

.....

How high can you count? Can you write down the highest number you know?

.....

Can you think of a name beginning with A?

A .....

Can you name a fruit beginning with B?

B .....

Can you name a vegetable beginning with C?

C .....

Can you name an animal beginning with D?

D .....

You can learn from listening to people and from books.

Can you think of other ways you can learn?

.....

.....

What is your favourite story?

.....

What is your favourite thing to learn at school?

.....

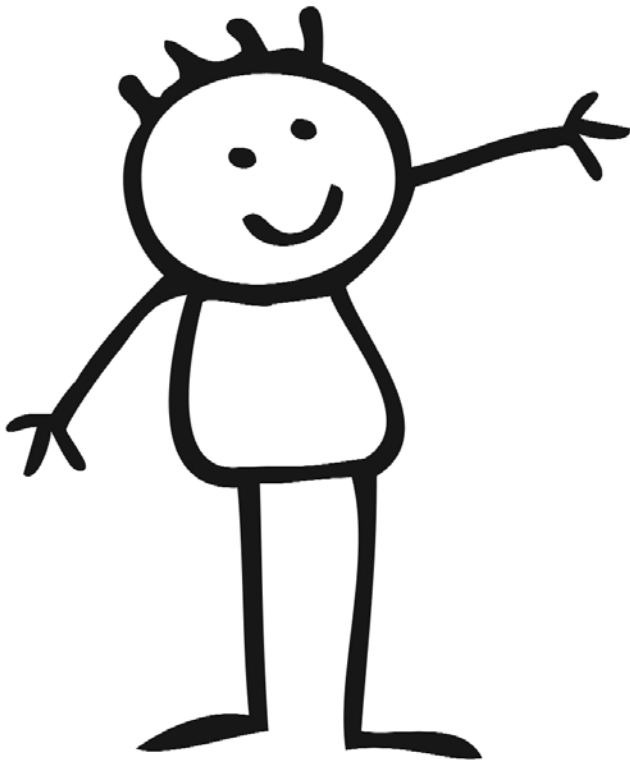
Learning is important so that you can get a job and support yourself and your family.

What would you like to be when you grow up?

.....

# Priority 4

## Being safe from harm



Can you colour Pat's jumper **ORANGE**?

People may not always be nice to you.

If you are scared by a person, or the way they behave towards you, what do you think you should do?

.....

Who could you talk to?

.....

Sometimes stories in books and films can be scary. Luckily monsters and ghosts are not real.

Can you name any friendly monsters from books and films?

.....

Bullying is bad. Bullies say and do nasty things to others. They can do it face to face, on the internet or by mobile phone texting.

Bullying is cruel and nasty. If you are bullied tell someone in your family or your teacher.

Colour in these letters:

BULLIES  
ARE  
BAD

Bullies often pick on people who are different from them.

It may be people who look different, who live in different places, people who behave in different ways or who have come from a different country to live here. There are lots of reasons.

Can you spot the difference here?



However, being different is great. It makes each of us special.

What makes you special?

.....

Can you think of any ways you are different from your friends?

.....

.....

.....

.....

Here are some good words for you to learn.

Colour them in and talk to someone about what they mean

RESPECT  
CONSIDERATION

Sometimes people have differences that mean they are not able to do all the things they would perhaps like to do.

Some people have difficulty walking and may have to use a wheelchair.

Some may not be able to see or hear very well or at all.

There are lots of **disabilities** that people may have but they are still **people** the same as you on the inside. It is important to remember this.

Can you find these words (up; down; across; back; diagonally)

me  
you  
kind  
nice  
good  
happy

k	r	s	m	h
n	i	c	e	a
t	u	n	l	p
g	o	o	d	p
j	y	f	q	y

Use this space to draw something or someone you love