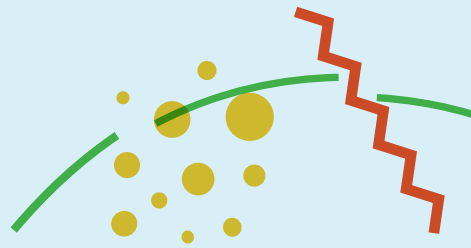




Co-Creating Well-Being

Activity Book

Introduction



Thank you for supporting the completion of the Co-Creating Well-Being Activity Book. This activity book is a resource developed as part of Co-Creating Well-Being, an initiative that explores what is possible when we create solutions with children and families rather than for them. We are working towards supporting children and families in developing and maintaining well-being. The initiative is led by the Health Foundation for Western and Central New York, in partnership with the John R. Oishei Foundation, the Peter and Elizabeth Tower Foundation, the Ralph C. Wilson Jr. Foundation and the Chautauqua Region Community Foundation.

Western New York Office: 726 Exchange Street, Suite 518, Buffalo, NY 14210

Central New York Office: 431 E. Fayette Street, Suite 250, Syracuse, NY 13202

What is the Activity Book?

This Activity Book is a fun and engaging way for children of all ages to share experiences about their day over multiple days. It offers a variety of activities to help better understand emotions through focused conversations between a child and an adult/caregiver.

As an informational engagement tool, the activities are designed to promote reflective thought and future thinking. This helps to increase understanding in how children live their lives day-to-day and how they make sense of that experience.

How is it filled out?

- Adults/caregivers can try introducing a page or two from the Activity Book during playtime or quiet time activities with children. Each activity is clearly explained and includes instructions on the sheet itself.
- The child and adult/caregiver can complete as much or as little of the Activity Book as makes sense. Please try to complete all four of the “Draw Your Day” activity sheets spread out during the 2-week period.
- For babies and children under the age of 3, the adult/caregiver will fill out the Activity Book by trying to see the world through the eyes of the child. The focused conversations that ask specific questions about the child’s experience and learning during the activity are particularly important to uncovering more about the needs and insights of children.


The Activity Book has 5 parts:

- Draw Your Day
- Well-being
- Emotions
- People and Places
- Future



**Have fun!
Do what you can!
Do which ever
activities you
and your child want
to do!**

- For children over the age of 3, they may be able to tackle select activities on their own, or with the support of an adult/caregiver. Adults/caregivers should write down the exact words the child says during the reflective questions.
- Activities may be chosen at the caregiver’s discretion.
- Don’t worry, we want to hear from the adult/caregiver too—there is space at the end of each section to record observations, reflections, and/or feedback.
- For more detailed instructions on completing the Activity Book, an online webinar will be available on the Health Foundation for Western and Central New York website.



Important points to remember:

We want to make sure your information is kept private. Please don't share any data that can identify you or the child, such as last names and contact information.

Personal, familial, cultural, and historical experiences have a deep impact on families.

Particularly, young children may have poor verbal skills, difficulties with memory, difficulty focusing, and lack self-confidence. Always act using respect and kindness by creating a safe environment and ensuring children have choice and control as you seek to empower them through the exercises in the Activity Book.

Support services/referrals

Mandatory Reporting requirements in New York State require any person to report suspected abuse or maltreatment of a child. If an adult/caregiver suspects mistreatment, they must immediately report this to the Office of Children and Family Services at 1-800-342-3720.

If additional support is required, call 2-1-1 for a list of services to respond to the needs of children and families in New York State:

Western New York: www.211wny.org / Dial 2-1-1 or call 1-888-696-9211

Central New York: www.211cny.com / Dial 2-1-1 or call 1-844-245-1922

Emergency Hotlines

Contact these 24-hour hotlines that can provide support to people with emergency mental health needs:

Kid's Helpline: 1-877-KIDS-400

Crisis Services Buffalo, Erie County: 716-834-3131 or crisisservices.org

Crisis Services Chautauqua County: 1-800-724-0461 or crisisservices.org

Contact Community Services Syracuse, Onondaga County: 315-251-0600 or contactsyracuse.org

National Suicide Prevention Lifeline: 1-800-273-8255 or suicidepreventionlifeline.org

If you have questions about this Activity Book, please contact: ccwb@hfwcny.org

A page for you to write on.

This image shows a blank sheet of handwriting practice paper. At the top left, there is a text prompt: "A page for you to write on." The rest of the page is filled with 12 sets of horizontal lines. Each set consists of three lines: a solid blue line at the top, a dashed red line in the middle, and a solid blue line at the bottom. These lines are evenly spaced and extend across the entire width of the page, providing a guide for letter height and placement.

Part 1:

Draw Your Day



Have fun!
Do what you can!
Try to draw 4 days
over the next
2 weeks!

Draw Your Day #1

Feelings can change during the day.

What happens at lunchtime, snacktime, playtime, naptime, and other points during the day?

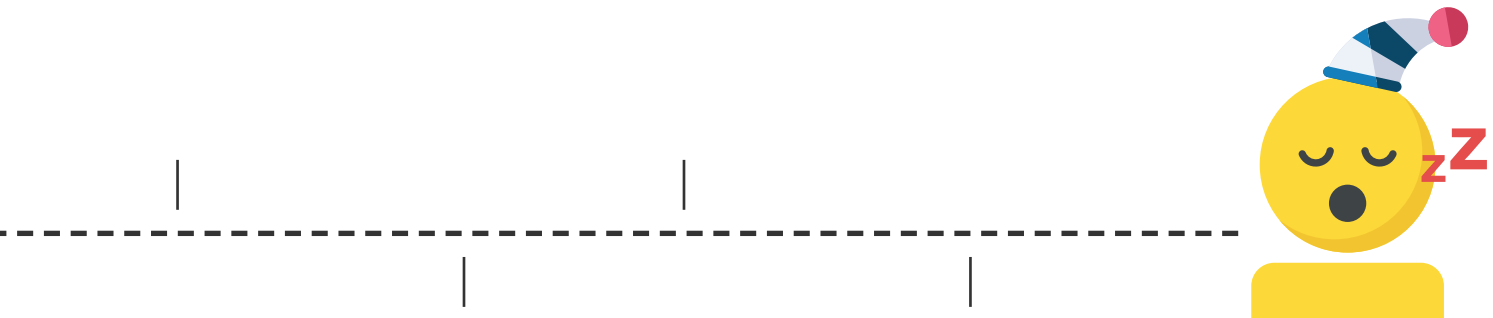


Good morning!



Draw picture of what happend at each line and the emoji for the way it made you feel.

How are you feeling today?



Good night!

Reflection



Remember! Write what they say word for word :)

What are some things you did today?

What was your least favorite part of today?

What was your favorite part of today?

What did you learn today?
What activity do you want to try from this book?

A page for you to draw on.



What did you draw?

A horizontal rectangular box with a thin blue border, intended for writing the answer to the question above.

Draw Your Day #2

Feelings can change during the day.

What happens at lunchtime, snacktime, playtime, naptime, and other points during the day?

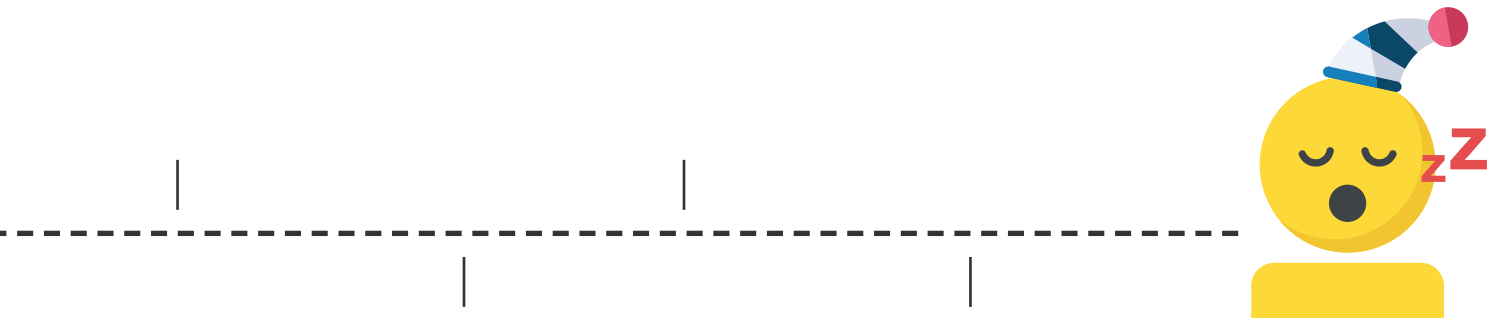


Good morning!



Draw picture of what happend at each line and the emoji for the way it made you feel.

How are you feeling today?



Good night!

Reflection



Remember! Write what they say word for word :)

What are some things you did today?

What was your least favorite part of today?

What was your favorite part of today?

What did you learn today?
What activity do you want to try from this book?

A page for you to draw on.



What did you draw?

Draw Your Day #3

Feelings can change during the day.

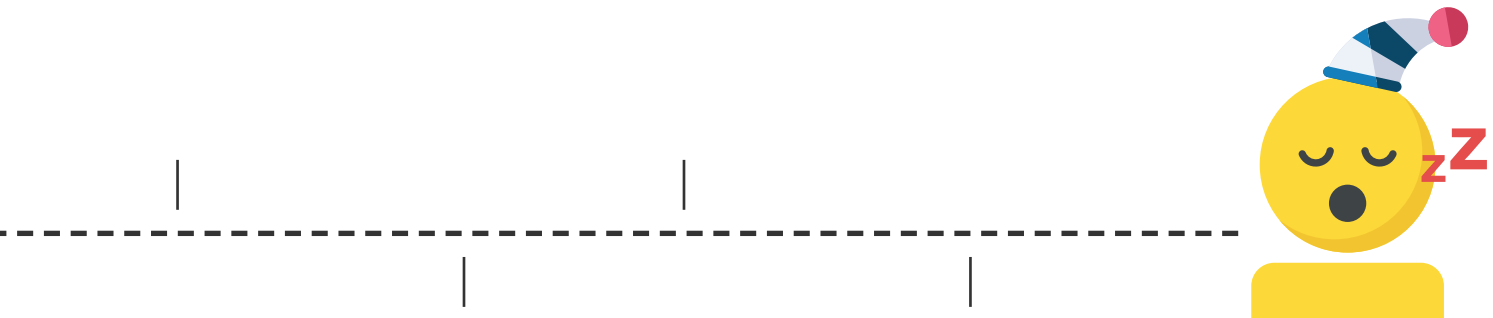
What happens at lunchtime, snacktime, playtime, naptime, and other points during the day?



Good morning!

Draw picture of what happend at each line and the emoji for the way it made you feel.

How are you feeling today?



Good night!

Reflection



Remember! Write what they say word for word :)

What are some things you did today?

What was your least favorite part of today?

What was your favorite part of today?

What did you learn today?
What activity do you want to try from this book?

A page for you to draw on.



What did you draw?

A horizontal rectangular box with a thin blue border, intended for writing the answer to the question above.

Draw Your Day #4

Feelings can change during the day.

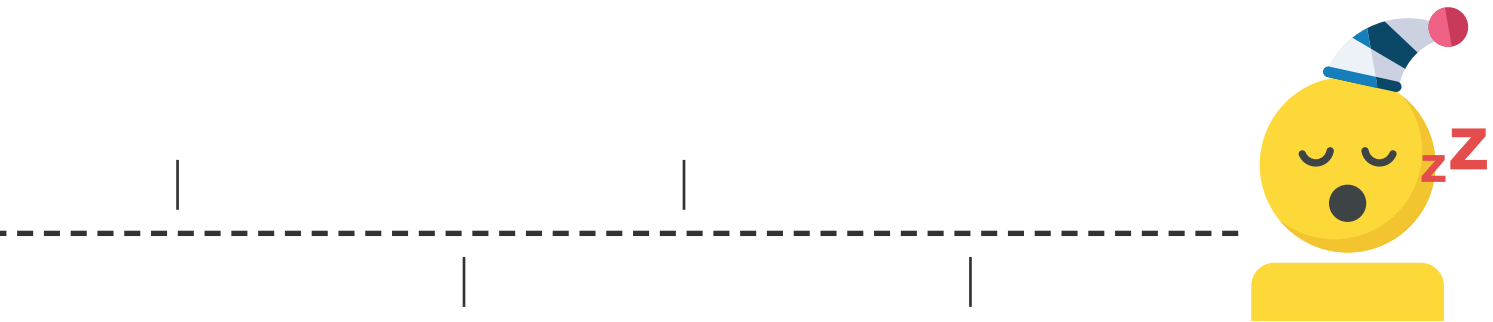
What happens at lunchtime, snacktime, playtime, naptime, and other points during the day?



Good morning!

Draw picture of what happend at each line and the emoji for the way it made you feel.

How are you feeling today?



Good night!

Reflection



Remember! Write what they say word for word :)

What are some things you did today?

What was your least favorite part of today?

What was your favorite part of today?

What did you learn today?
What activity do you want to try from this book?

A page for you to draw on.



What did you draw?

A space for adults to add comments about the previous activity/their experience using the activity book/life in general.

Part 2:

Emotions

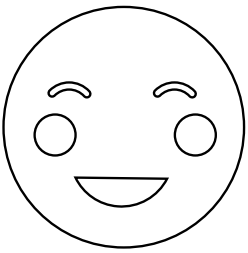


**Have fun!
Do what you can!
Do which ever
activities you
and your child want
to do!**

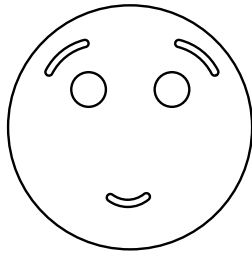
Happy

Is about feeling **good** in our **mind** and **body**.

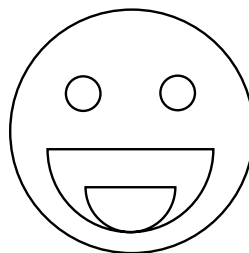
Lucky



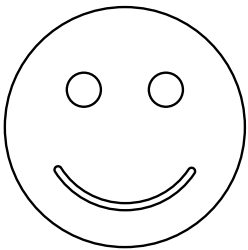
Content



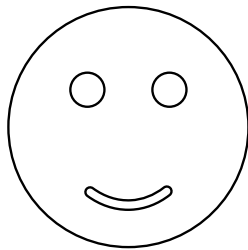
Joyous



Friendly



Calm



Last time I was happy was:

Reflection



Remember! Write what they say word for word :)

1. What did you just do?

2. How did you feel during the activity?

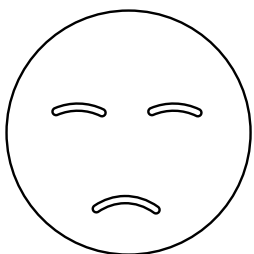
3. What ideas or thoughts came up when doing this?

4. What does that tell you about the next time you feel this way?

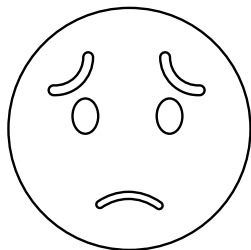
Sad

Everyone feels this way sometimes.

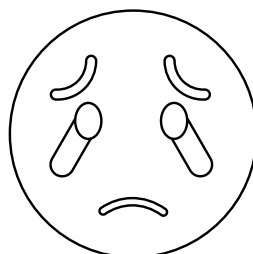
Gloomy



Scared



Hurting



Embarrassed



Lonely



Last time I was sad was:

Reflection



Remember! Write what they say word for word :)

1. What did you just do?

2. How did you feel during the activity?

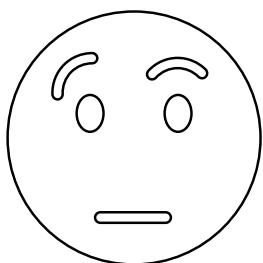
3. What ideas or thoughts came up when doing this?

4. What does that tell you about the next time you feel this way?

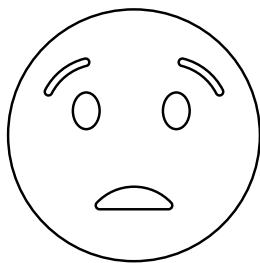
Angry

It is never just **anger** but other emotions too.

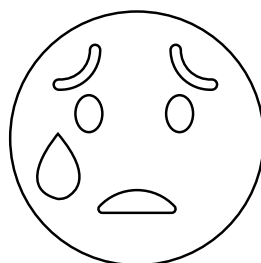
Confusion



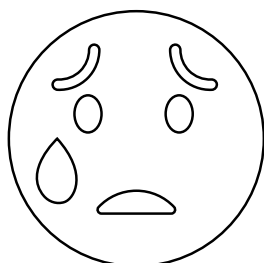
Worry



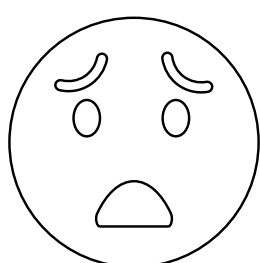
Fear



Sadness



Scared



Last time I was angry was:

Reflection



Remember! Write what they say word for word :)

1. What did you just do?

2. How did you feel during the activity?

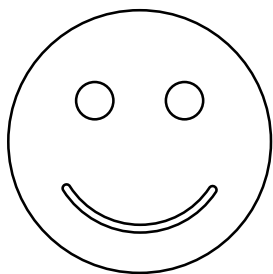
3. What ideas or thoughts came up when doing this?

4. What does that tell you about the next time you feel this way?

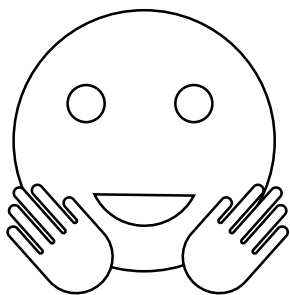
Love

Is how we **show** we **care** about the people and things in our lives.

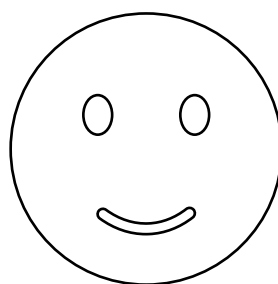
Friendly



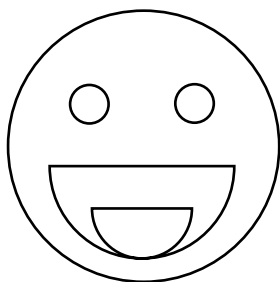
Thankful



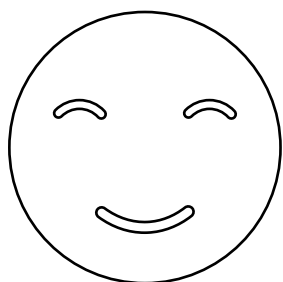
Belong



Joy



Safe



Last time I showed love was:

Reflection



Remember! Write what they say word for word :)

1. What did you just do?

2. How did you feel during the activity?

3. What ideas or thoughts came up when doing this?

4. What does that tell you about the next time you feel this way?

Emotional Dice

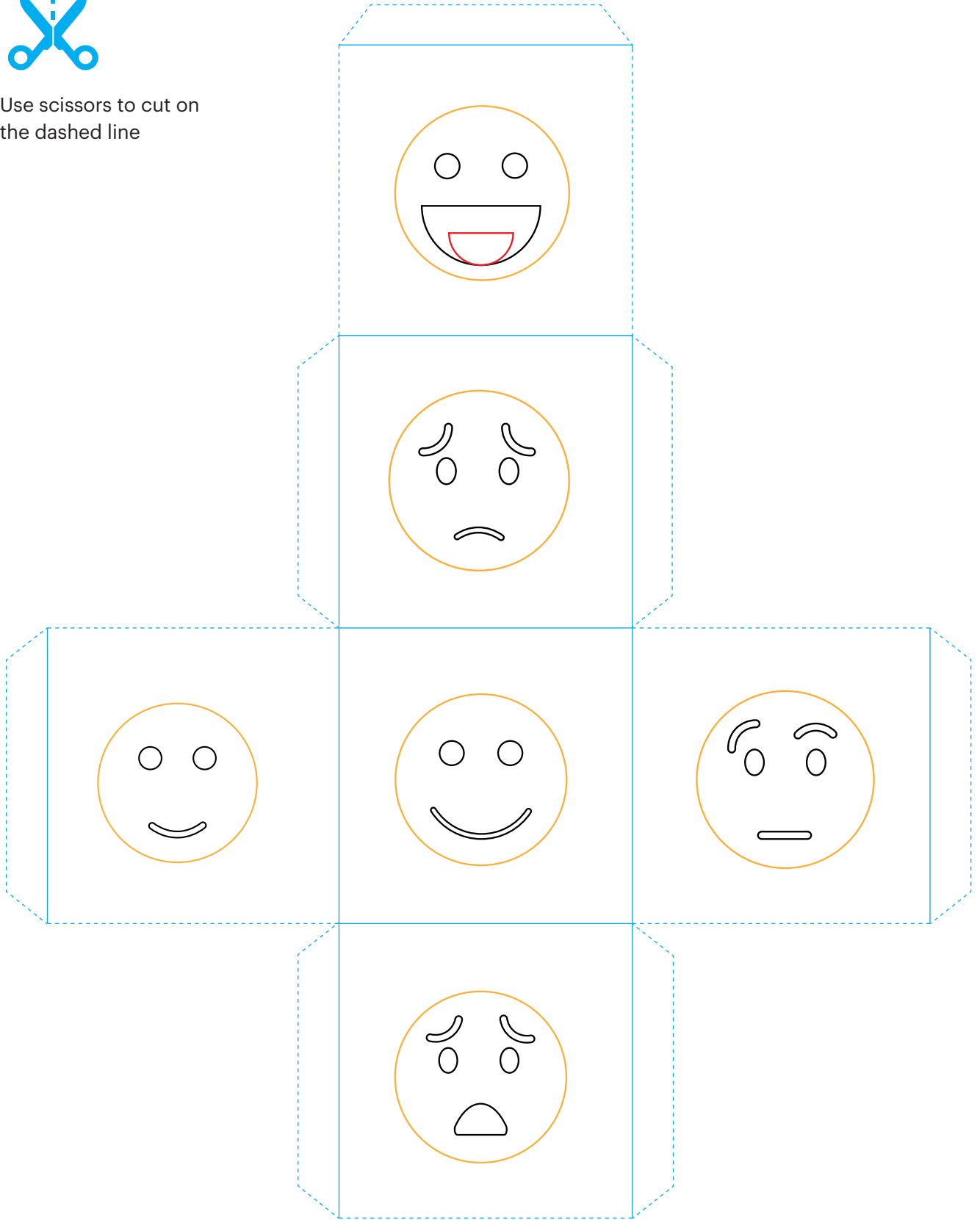


Instructions:

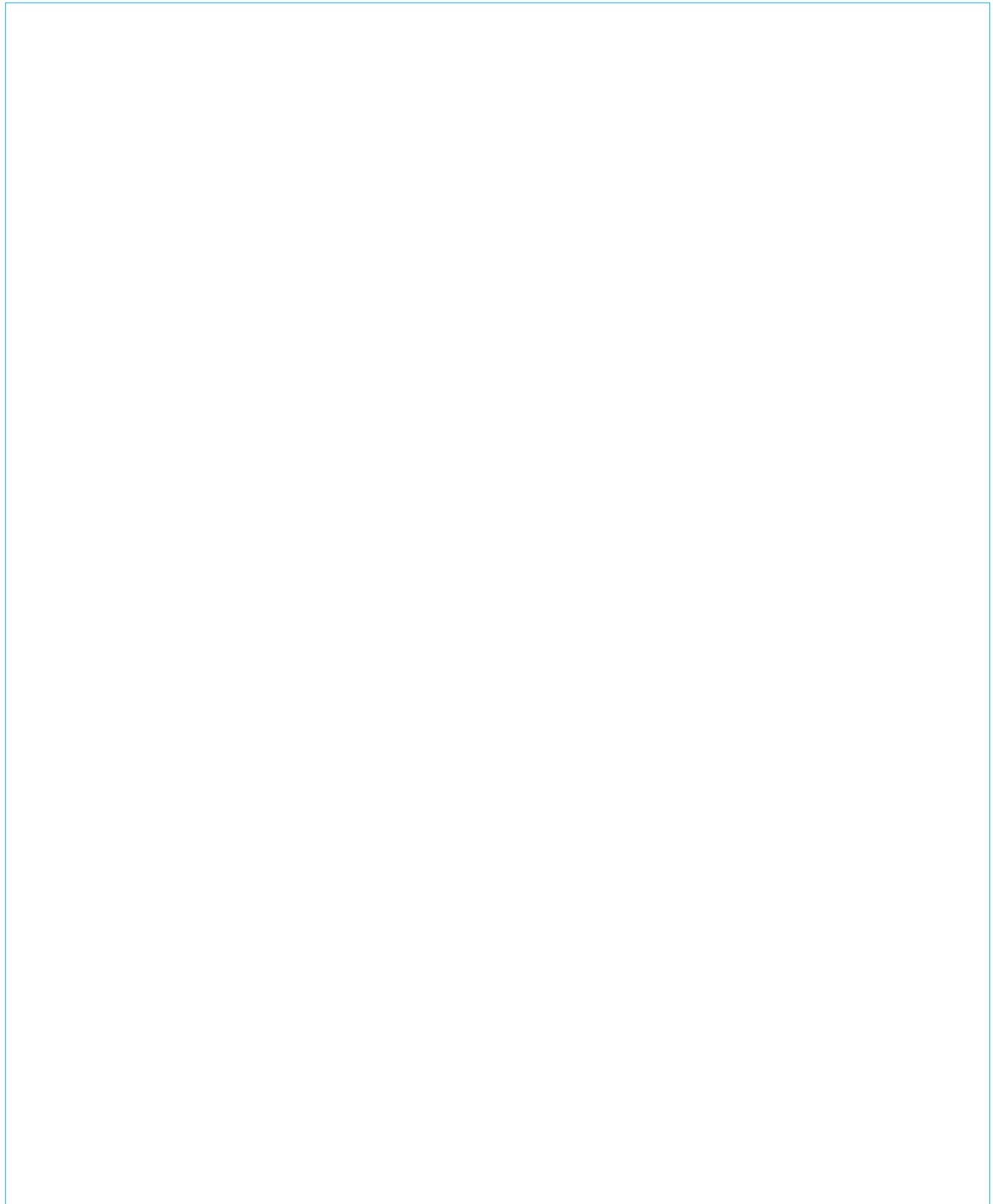
1. Color in the faces and discuss emotions
2. Cut out the dice template
3. Fold along the lines and tape together
4. Throw the dice
5. Give a name to the emotion that comes up
There are no wrong answers
6. Take turns acting out the emotions



Use scissors to cut on the dashed line



A space for adults to add comments about the previous activity / their experience using the activity book / life in general.

A large, empty rectangular box with a thin blue border, intended for adults to write comments about the previous activity or their experience using the activity book or life in general.

Emotional Dice Reflection



Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

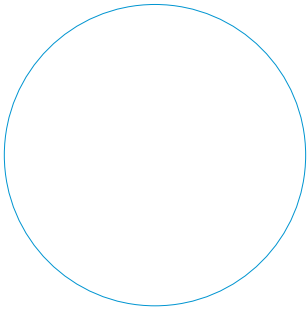
3. What ideas or thoughts came up when doing this?

4. What activity do you want to try from this book?

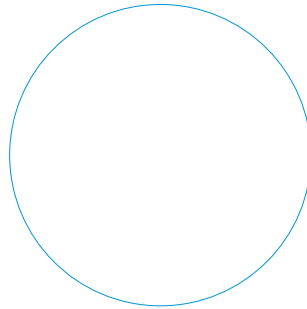


Emoji Emotions

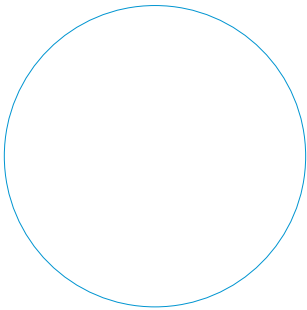
Draw the emotions on the face below.



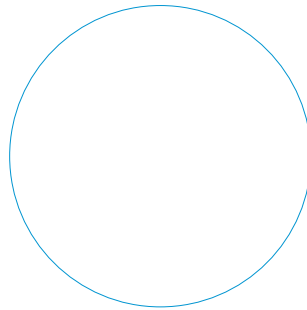
I'm Happy



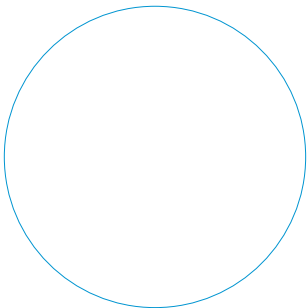
I'm Sad



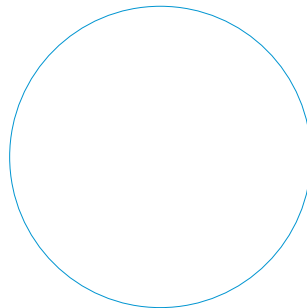
I'm Sleepy



I'm Afraid



I'm Angry



I'm Frustrated

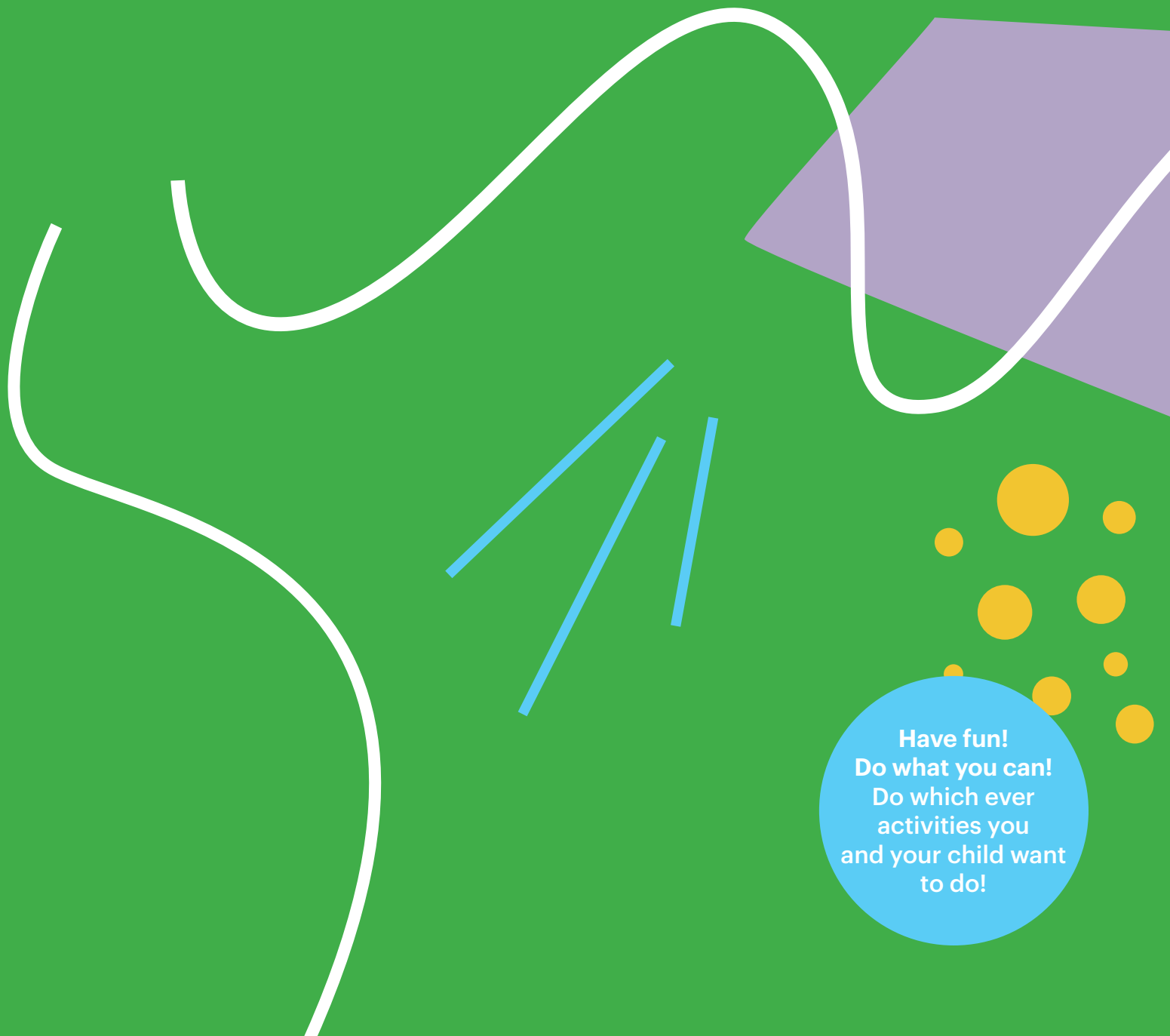
A space for adults to add comments about the previous activity / their experience using the activity book / life in general.

A large, empty rectangular box with a thin blue border, intended for adults to write comments about the previous activity or their experience using the activity book or life in general.



Part 3:

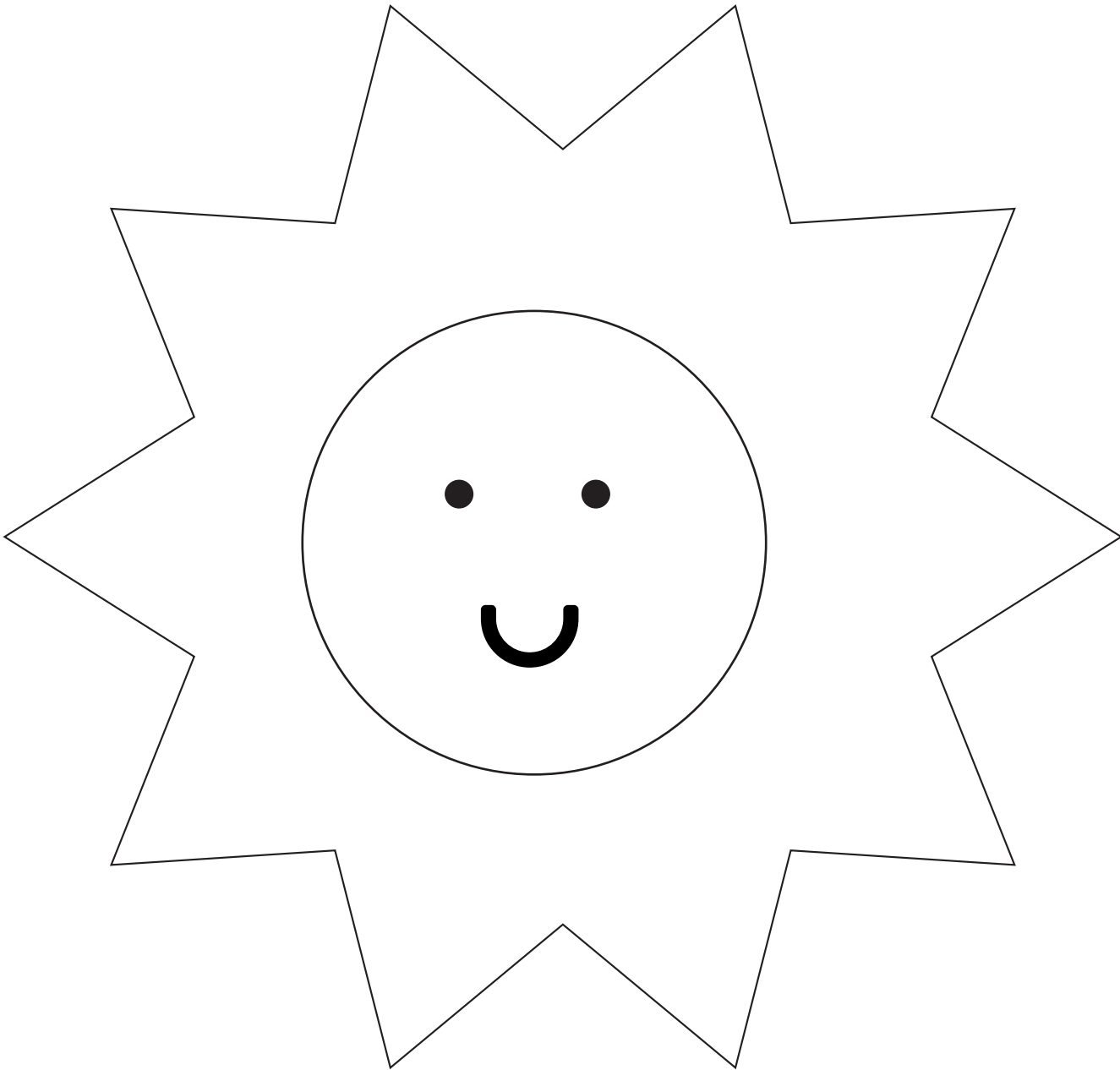
Well-being



Have fun!
Do what you can!
Do which ever
activities you
and your child want
to do!

Sunshine Breathing

1. Color the outline of the sun. As you color up the ray of sun, breathe in through your nose.
2. As you color down, breathe out through your mouth.
3. Finish coloring the sun by repeating steps 1 and 2.



Sunshine Breathing Reflection



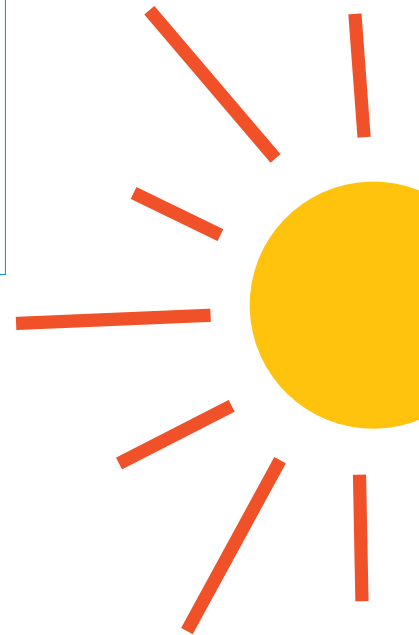
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

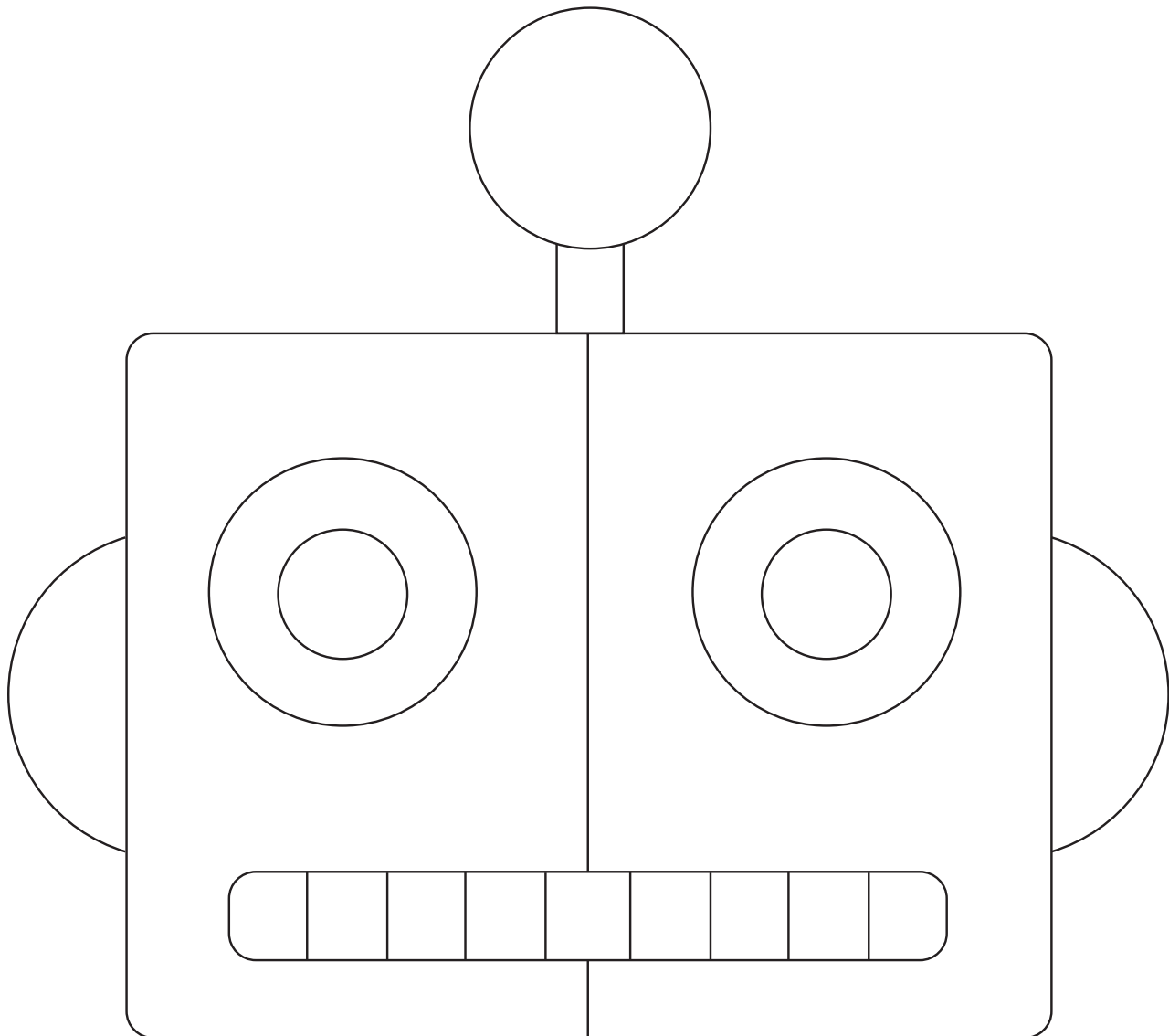
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Sad? Feeling down? Give Ren the Robot's method a try...

1. Whisper "beep boop" to yourself
2. Repeat 3 to 10 times



Ren the Robot Reflection



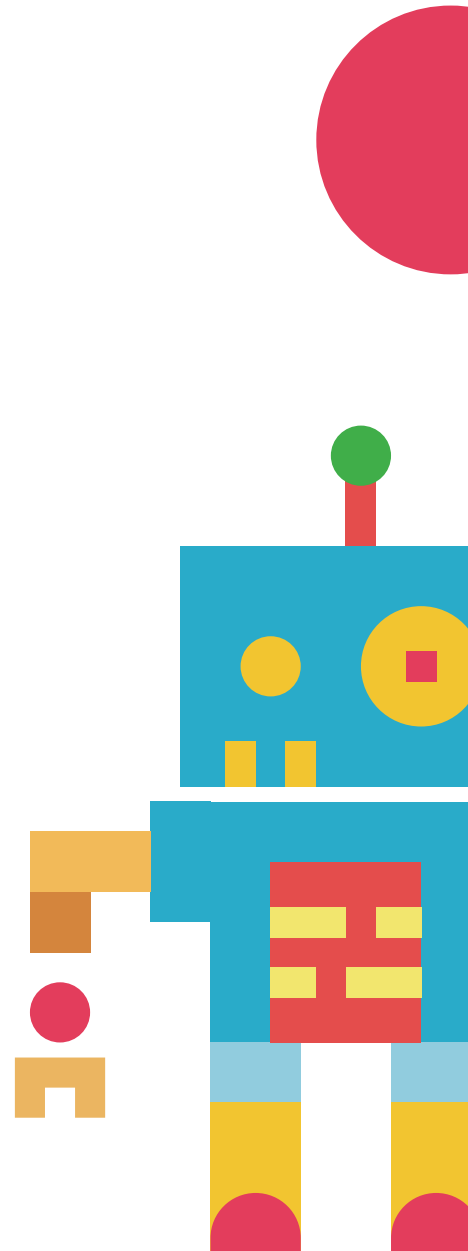
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

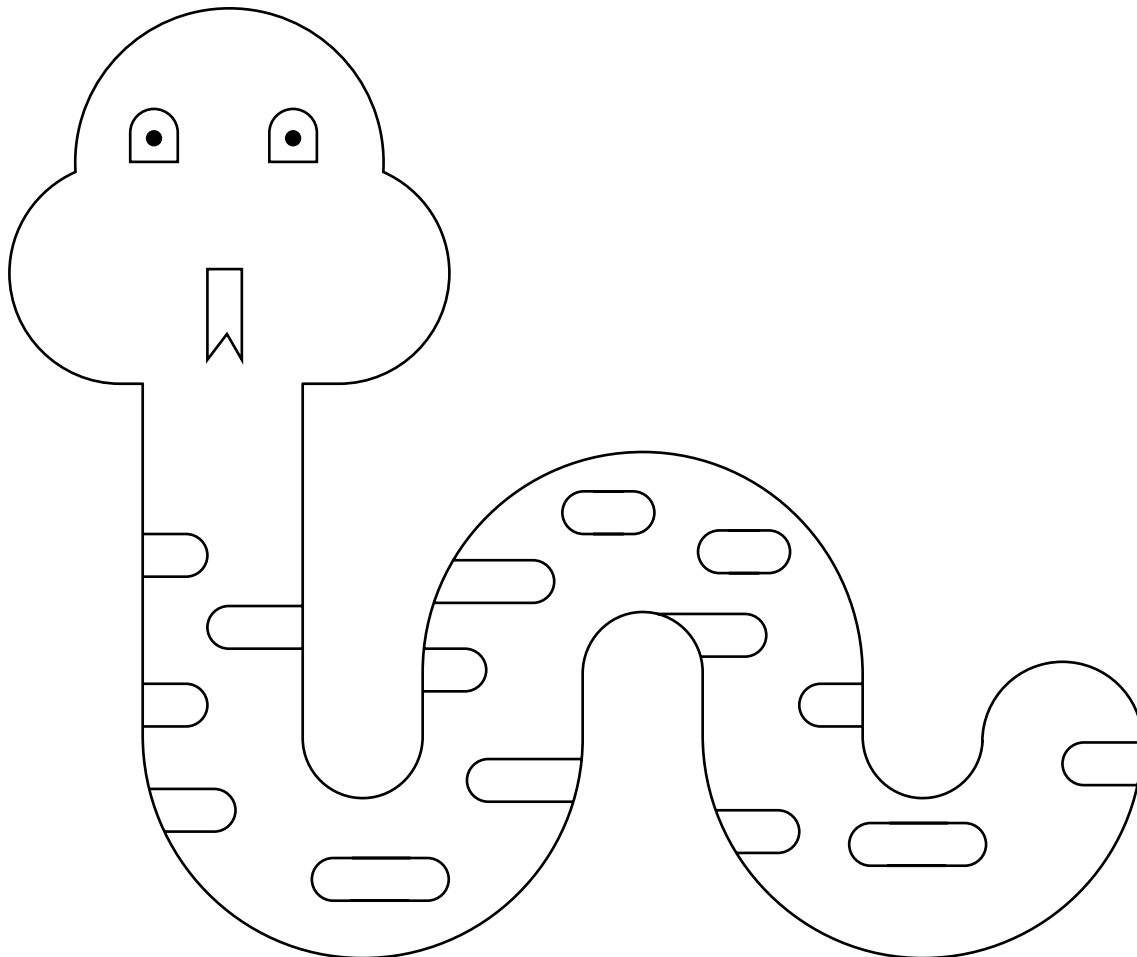
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Stressed? Why not try what Samantha the Snake does?

1. Take a deep breath in
2. Hold your breath
3. Put your tongue on the roof of your mouth and teeth
4. Breath out through your mouth while making a hissssssssing sound
5. Repeat 3 to 5 times



Samantha the Snake Reflection



Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

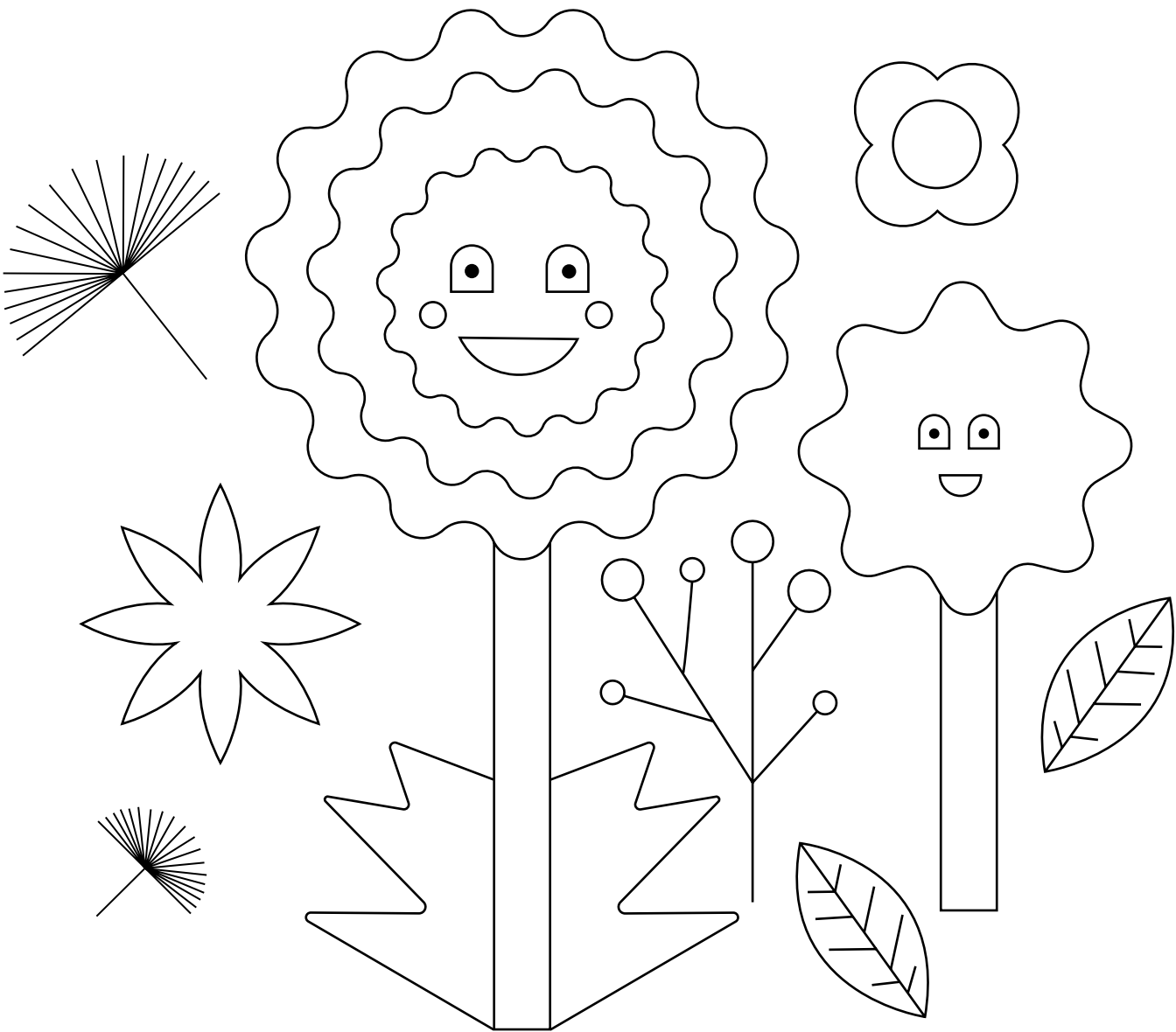
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Want to relax? Stop and smell the flowers with Daliyah the Dandelion

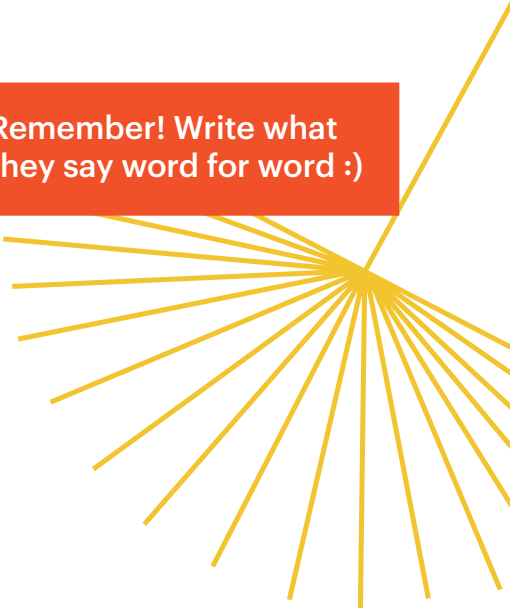
1. Hold your finger up to your nose
2. Pretend your finger is a flower
3. Inhale through your nose to smell Daliyah
4. Blow out through your mouth like you are blowing on a puffy dandelion.



Daliyah the Dandelion Reflection

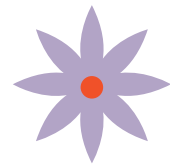


Remember! Write what they say word for word :)

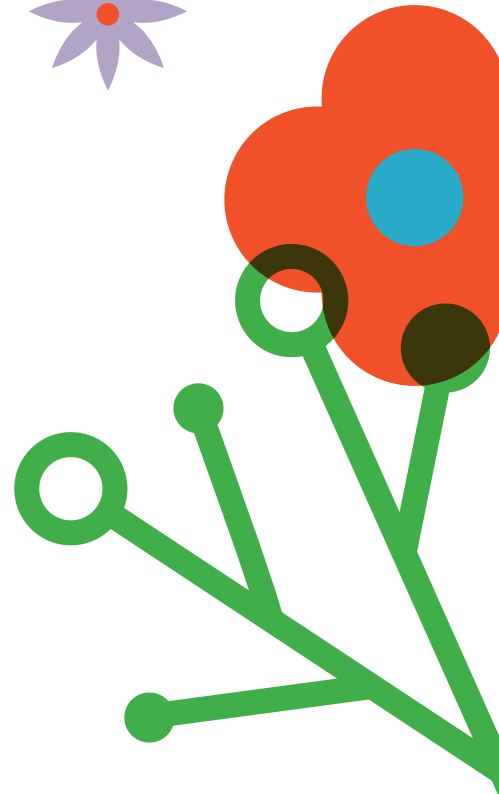


1. What was your favorite part?

2. How did you feel during the activity?



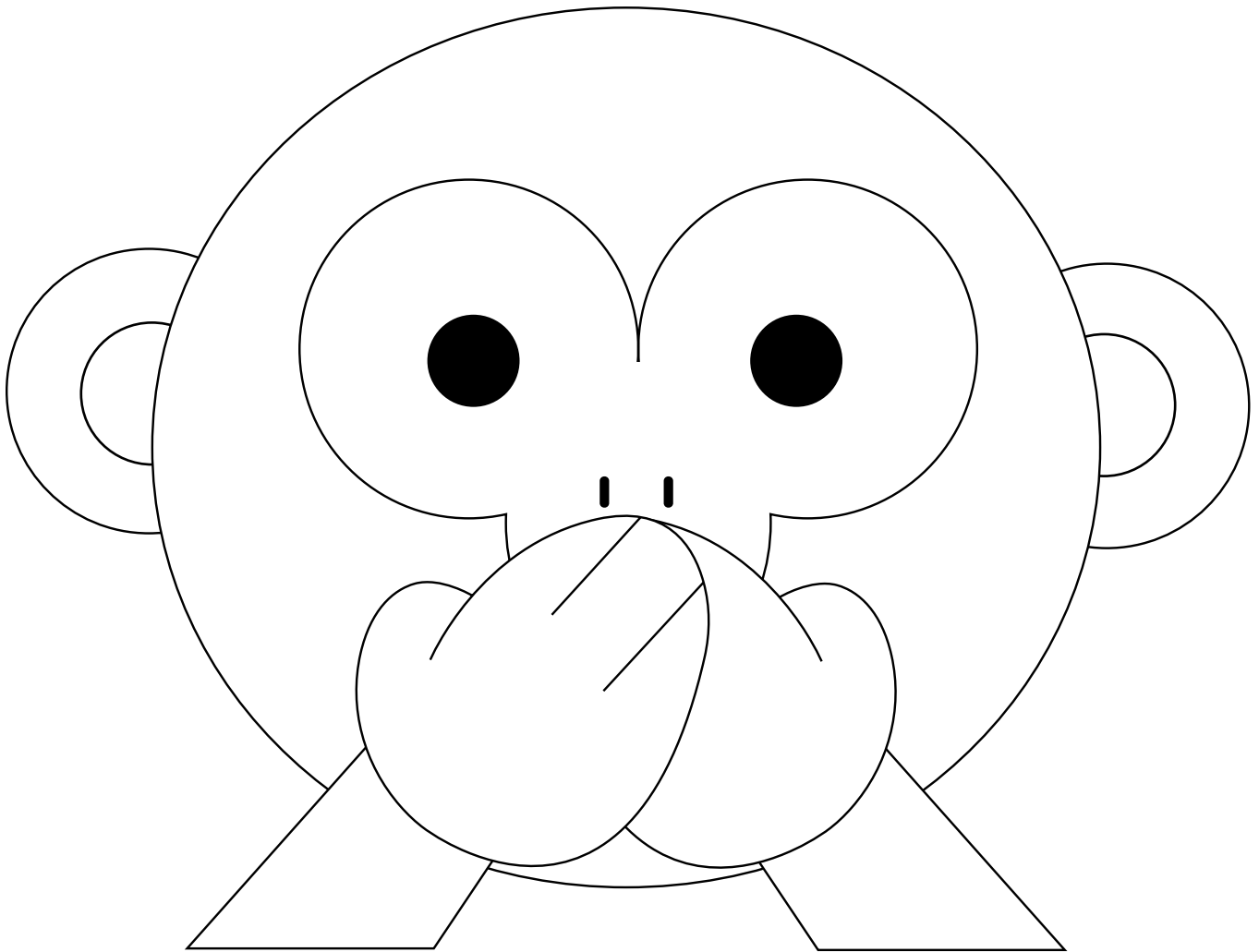
3. What did you think about during the activity?



4. Would you do this again? What would make it better?

Angry? Frustrated? Try what Morrison the Monkey does...

1. Take a deep breath in
2. Hold your breath
3. Close your mouth and cover it with your hands
4. Yell as loud as you can with your still mouth closed
5. Repeat 3 times



Morrison the Monkey Reflection



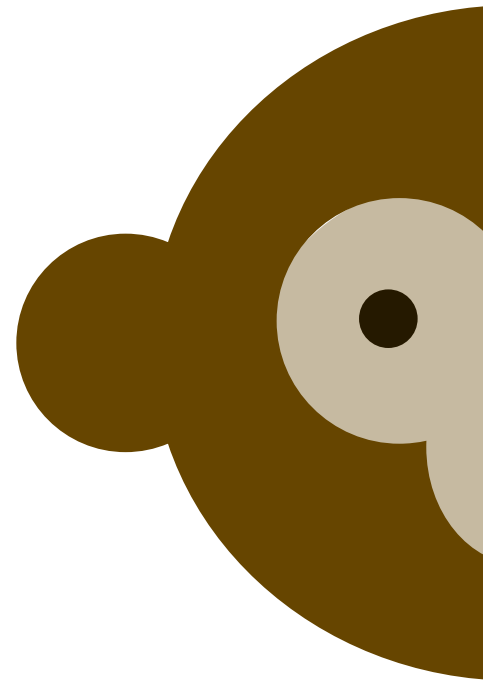
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

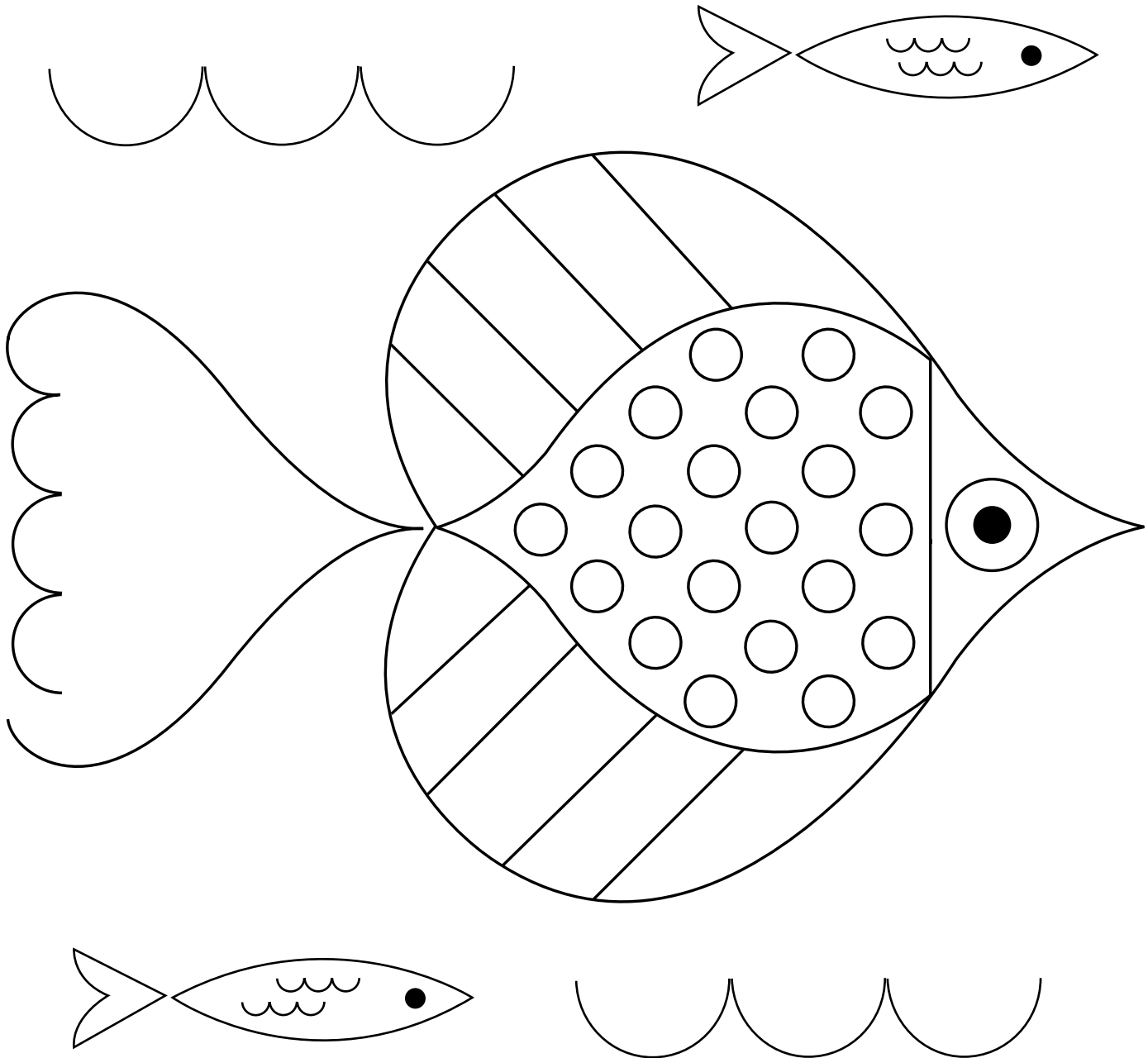
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Mad? Furious? Give Farad the Fish's little trick a try to cheer up!

1. Say bubbles in your angriest voice
2. Repeat 3 to 5 times



Farad the Fish Reflection



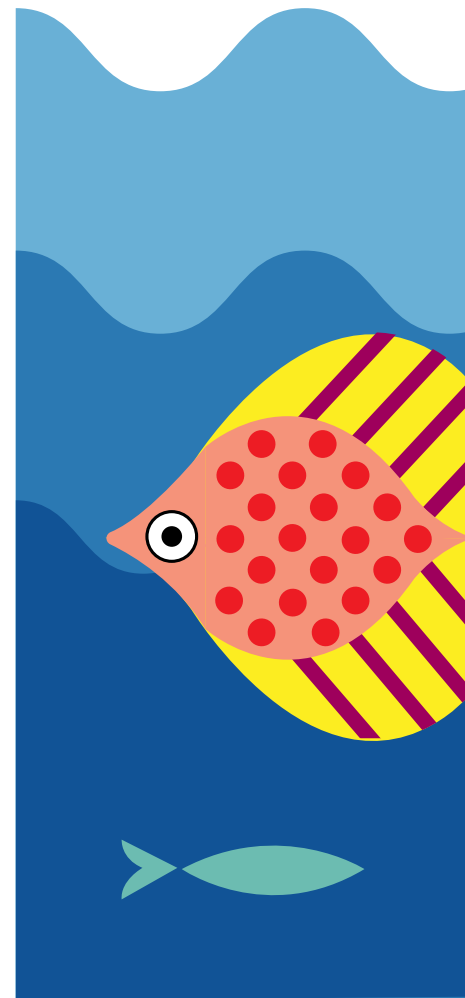
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

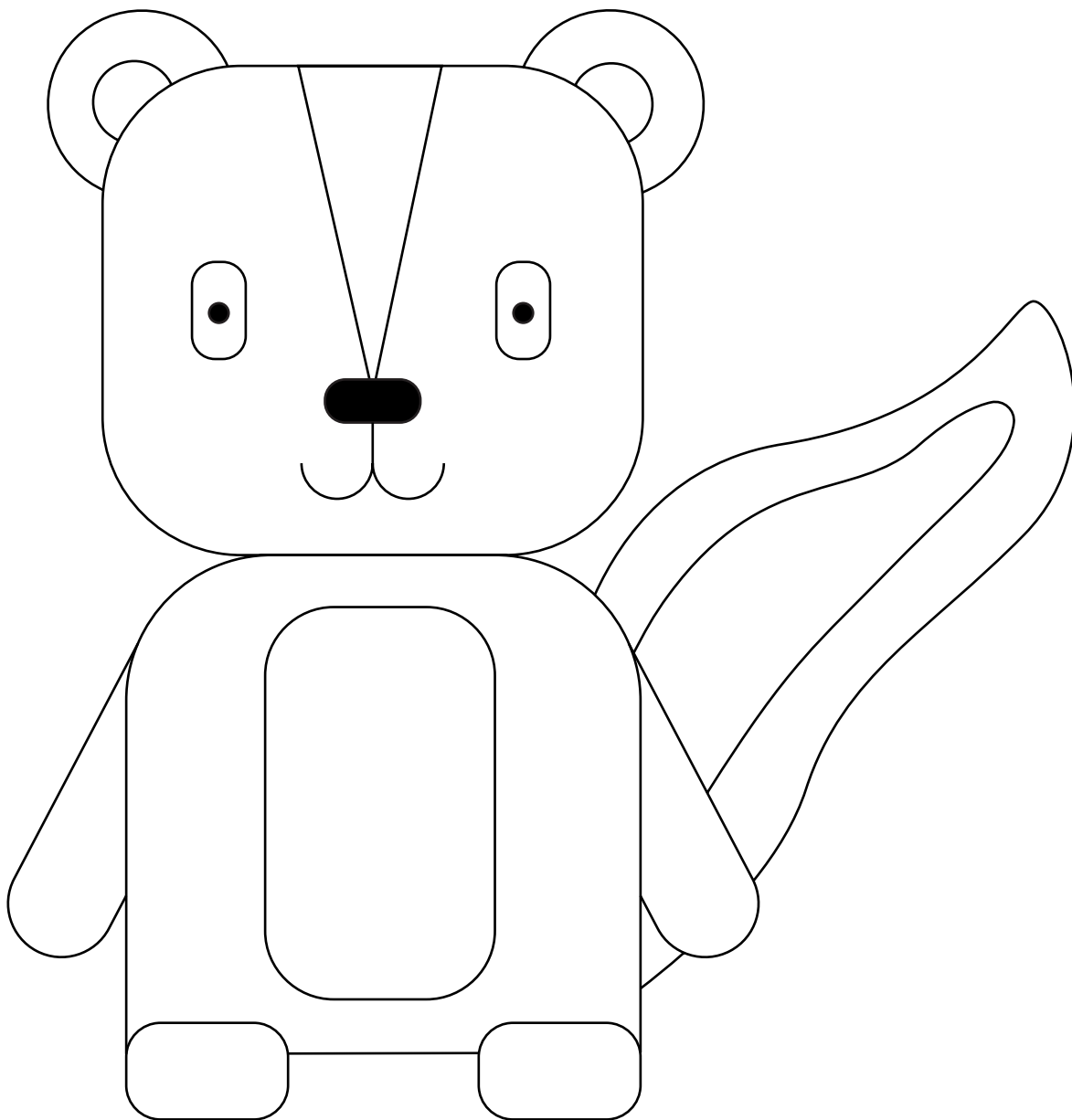
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Want to cheer up? Why not try Skylar the Skunk's special trick...

1. Plug your nose
2. In a deep voice say "sneep snap"
3. In your deepest voice say "boop de doop"
4. Repeat 3 times



Skylar the Skunk Reflection



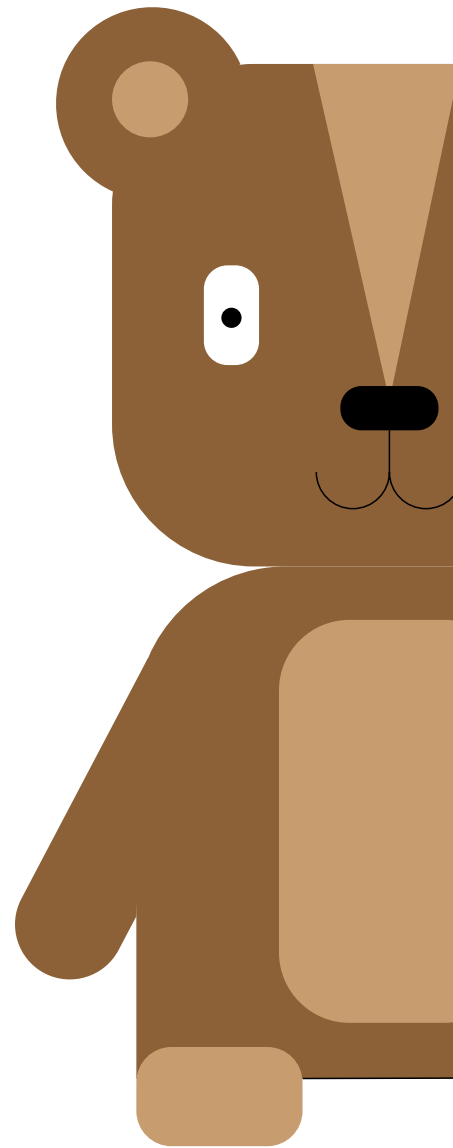
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

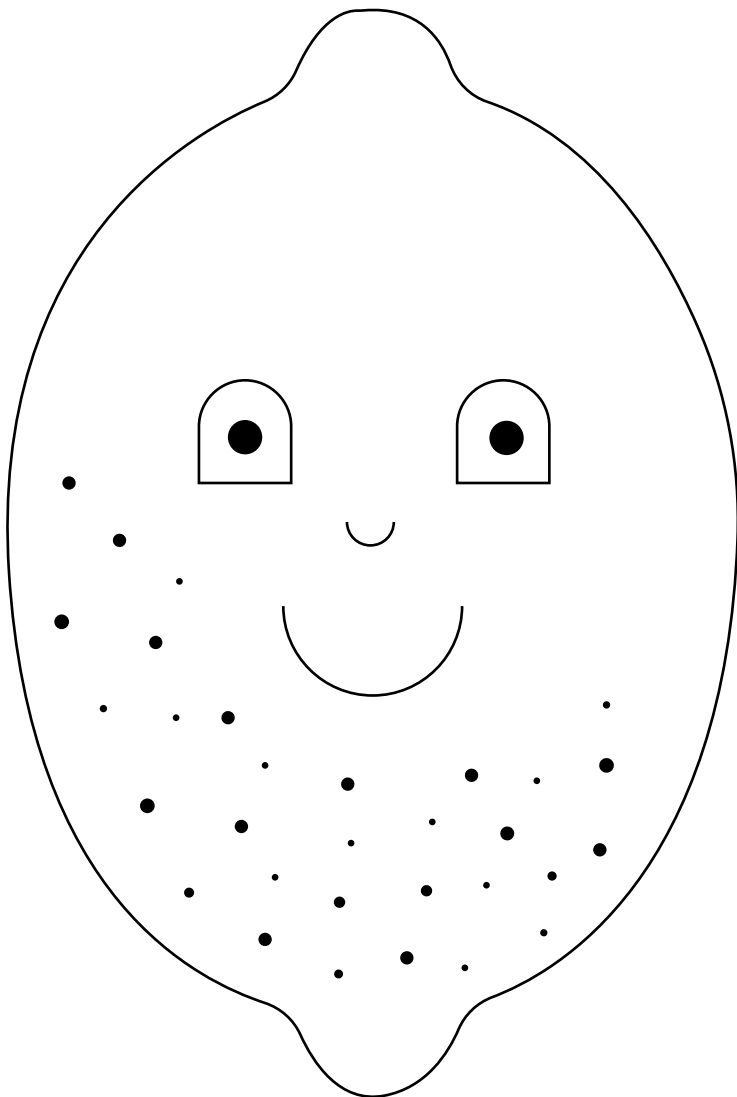
3. What did you think about during the activity?

4. Would you do this again? What would make it better?



Lamar the Lemon is feeling full of juice. Why not help him out?

1. Pretend you have Lamar in your one hand
2. Squeeze Lamar to get the juice out
3. Squeeze even hard to get the last bit of juice
4. Now drop Lamar
5. Repeat but try to squeeze Lamar tighter
6. Repeat but use your other hand



Lamar the Lemon Reflection



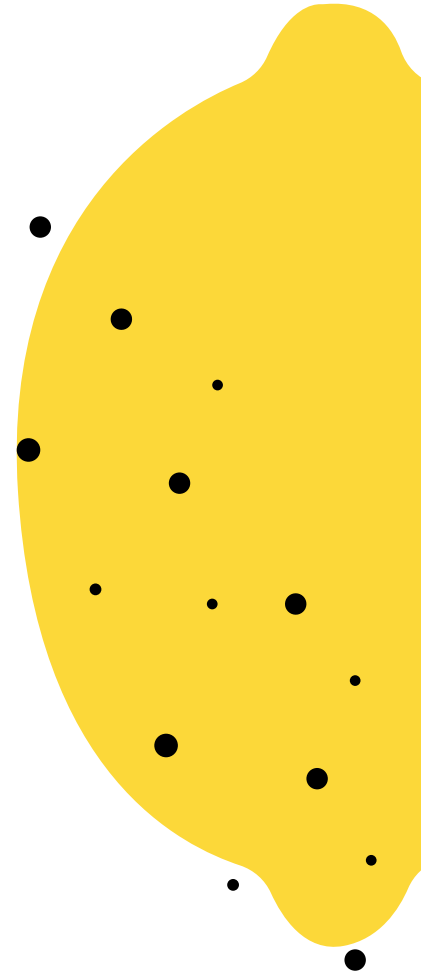
Remember! Write what they say word for word :)

1. What was your favorite part?

2. How did you feel during the activity?

3. What did you think about during the activity?

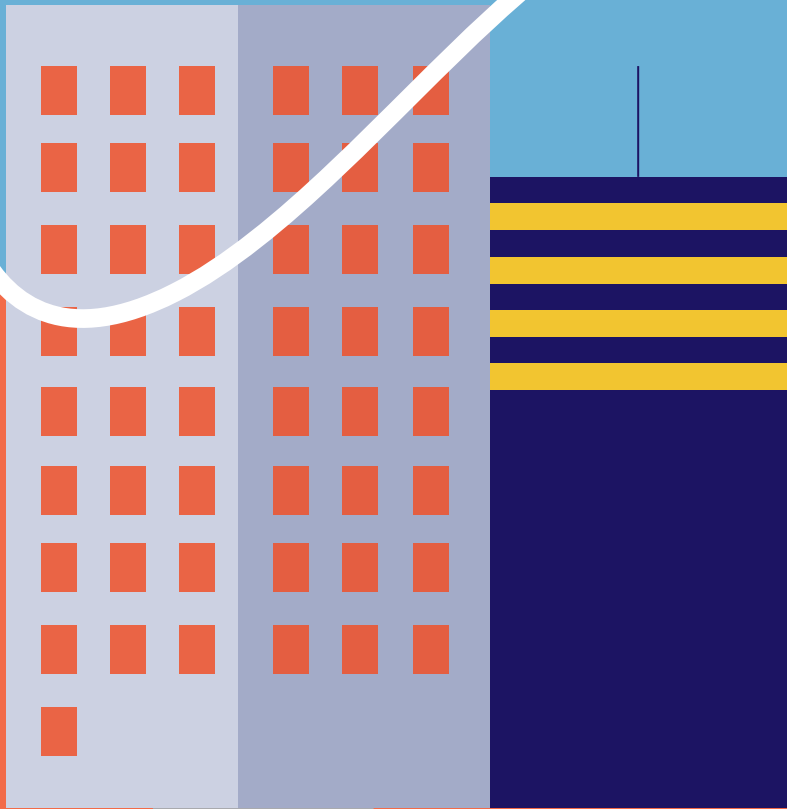
4. Would you do this again? What would make it better?



A space for adults to add comments about the previous activity / their experience using the activity book / life in general.

Part 4:

People & Places



Have fun!
Do what you can!
Do which ever
activities you
and your child want
to do!



Caregivers can also fill out section 4
by imagining the life of your baby/child.

Draw yourself in your favorite place.

A large, empty rectangular box with a thin blue border, intended for drawing. It occupies most of the page below the title.

Reflection



Remember! Write what they say word for word :)

What did you draw in the box?

How did drawing this space make you feel?

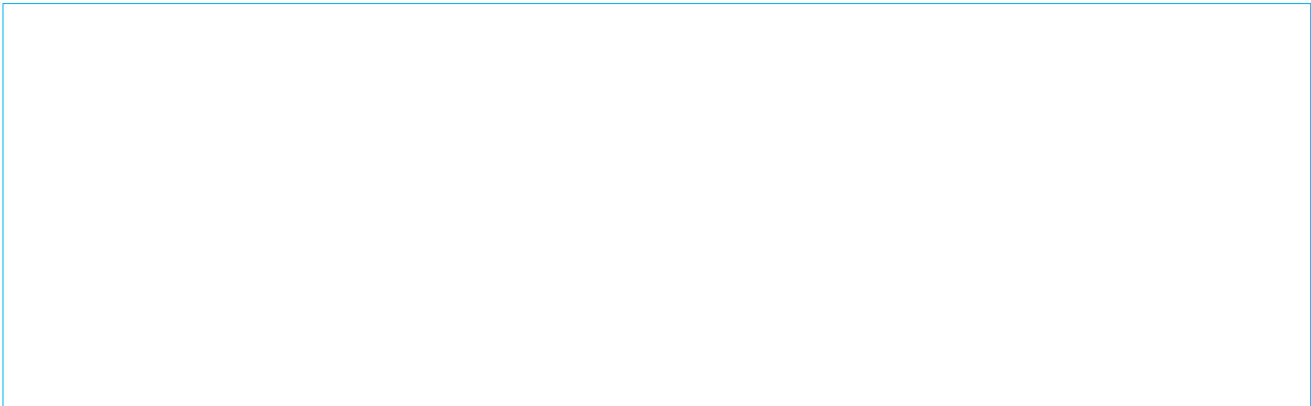
Why is this your favorite space?

What else do you want to say about this drawing or place?

Draw your hero.



They are my hero because



Reflection



Remember! Write what they say word for word :)

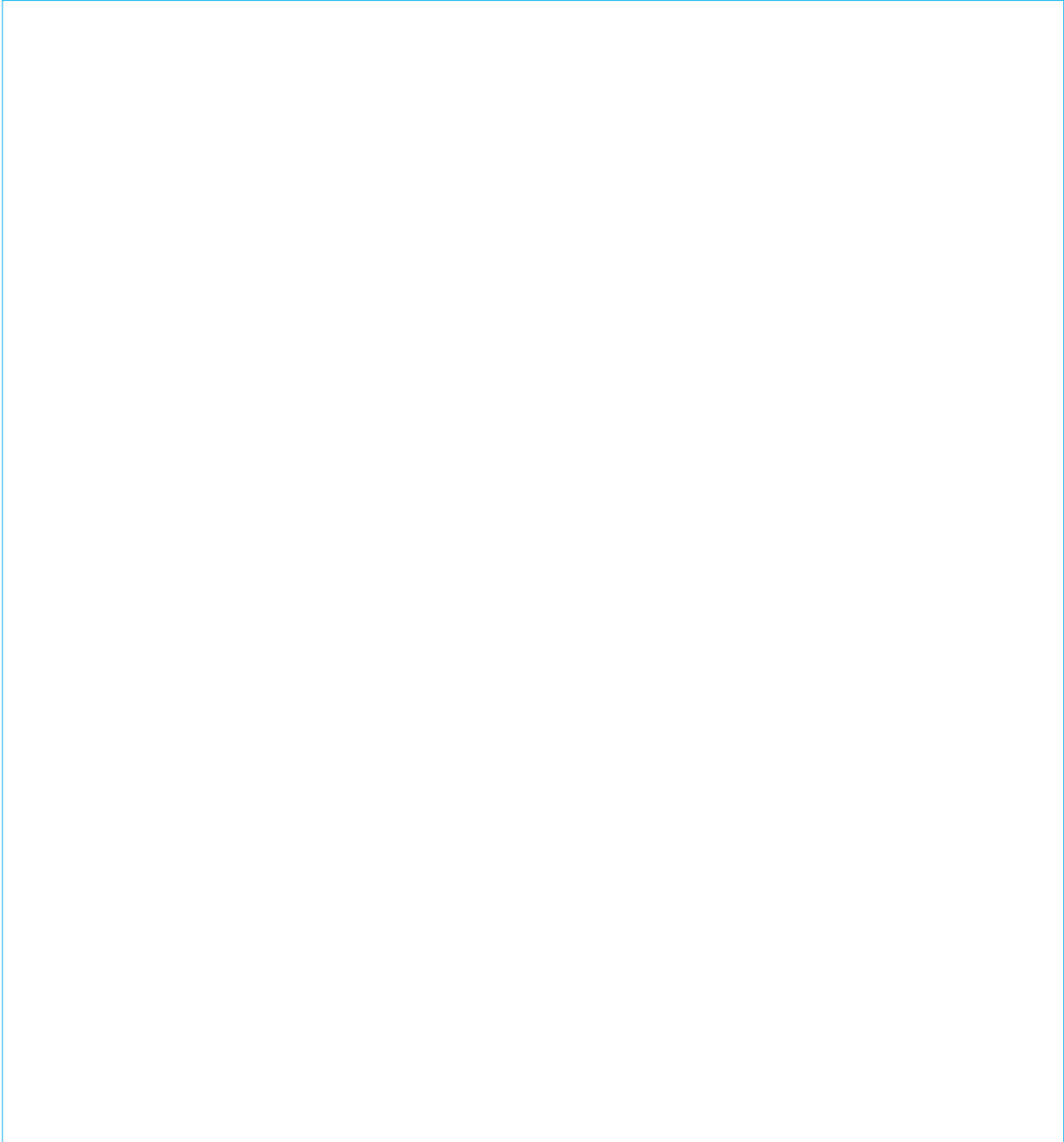
What did you draw in the box?

How did drawing your hero make you feel?

What is your favorite thing about your hero?

What else do you want to say about your drawing or hero?

Draw who lives with you.



Reflection



Remember! Write what they say word for word :)

What did you draw in the box?

How did this activity make you feel?

What is your favorite thing about each person in your drawing?

What else do you want to say about this drawing?

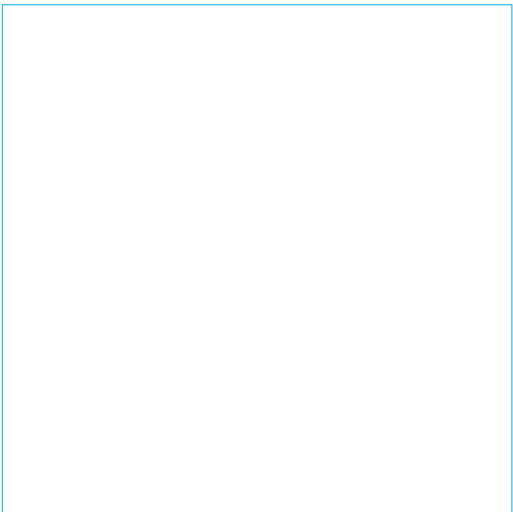
Draw the person or thing that makes you feel:



Safe



Happy



Healthy

Reflection



Remember! Write what they say word for word :)

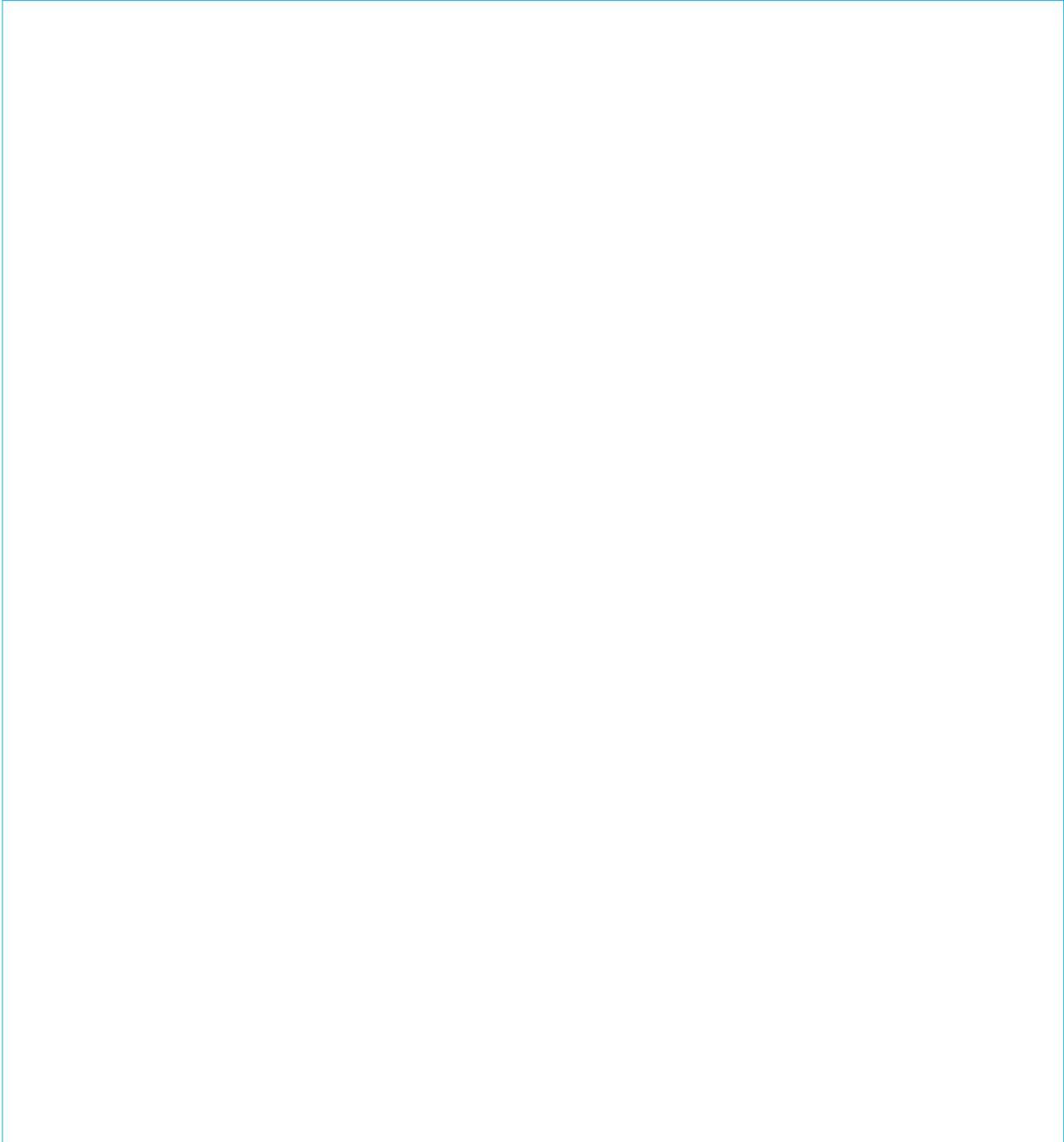
Who did you draw in each box?

How did this activity make you feel?

Why do these things make you feel safe, happy, and healthy?

What else do you want to say about your drawing?

**Draw you and your best friend
playing together.**



Reflection



Remember! Write what they say word for word :)

What did you draw in the box?

How did this activity make you feel?

What is your favourite thing about your best friend?

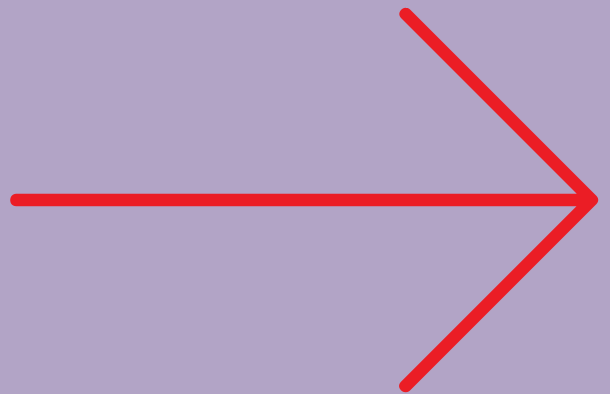
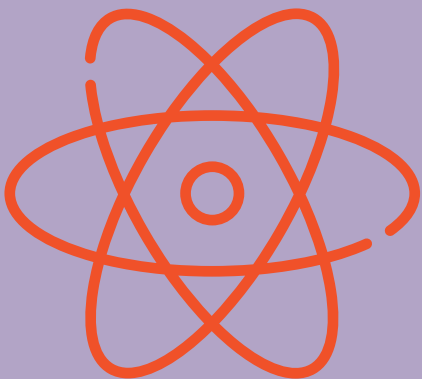
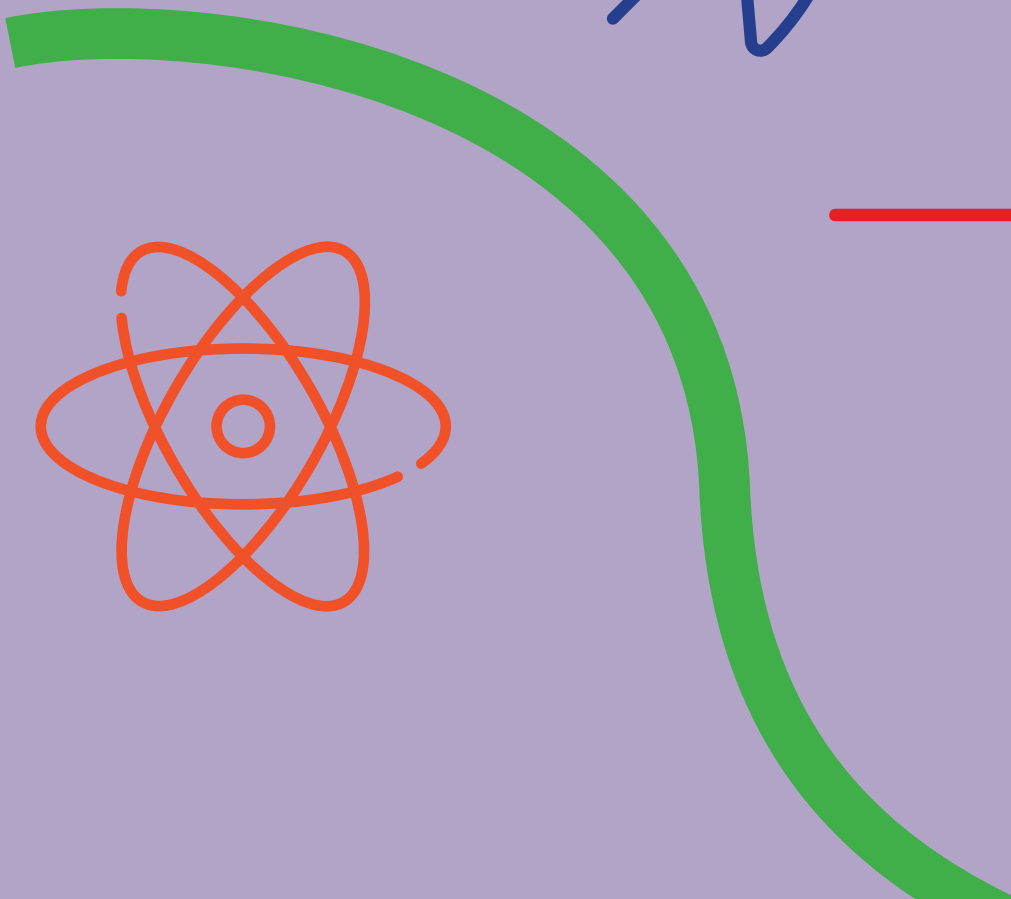
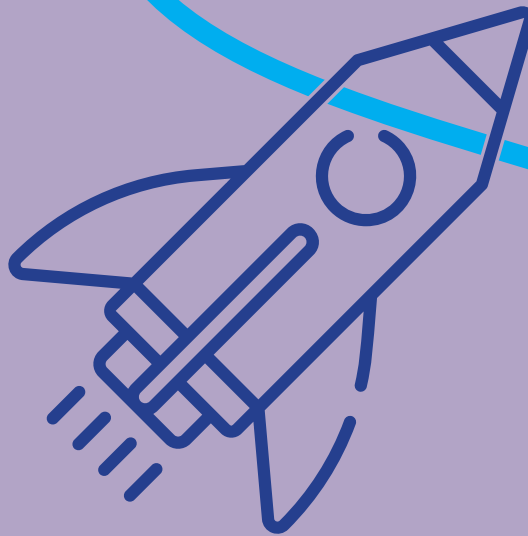
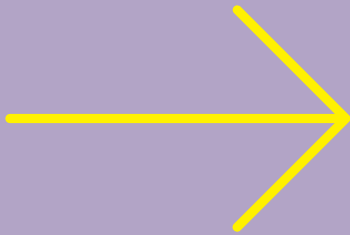
What else do you want to say about your drawing?

A space for adults to add comments about the previous activity / their experience using the activity book / life in general.

A large, empty rectangular box with a thin blue border, intended for adults to write comments about the previous activity or their experience using the activity book or life in general.

Part 5:

Future



**Have fun!
Do what you can!
Do whichever
activities you
and your child want
to do!**

Draw what you hope the future will be.



Reflection



Remember! Write what they say word for word :)

What is going on in your picture?


What was fun about drawing this picture?

Why do you think the future will be like this?

What else do you want to tell me about your picture?

What might you be when you grow up:

Draw yourself doing your job in the future.

A large, empty rectangular box with a thin blue border, intended for a drawing of the user's future job.

Reflection



Remember! Write what they say word for word :)

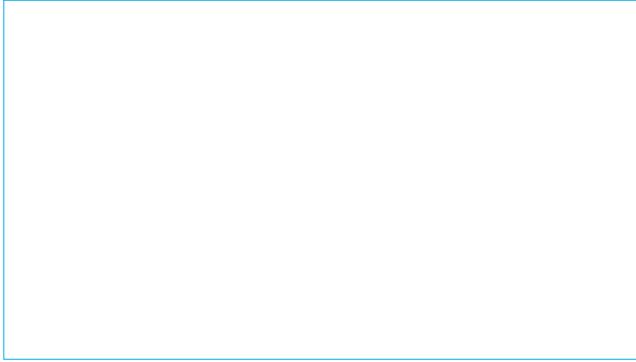
What is happening in your picture?

How did this activity make you feel?

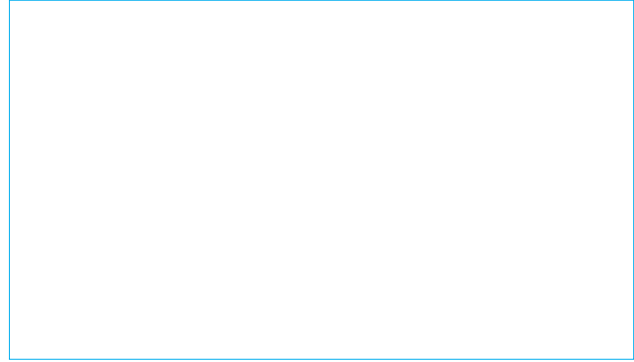
What thoughts came up when you were drawing this?

What else do you want to tell me about your picture?

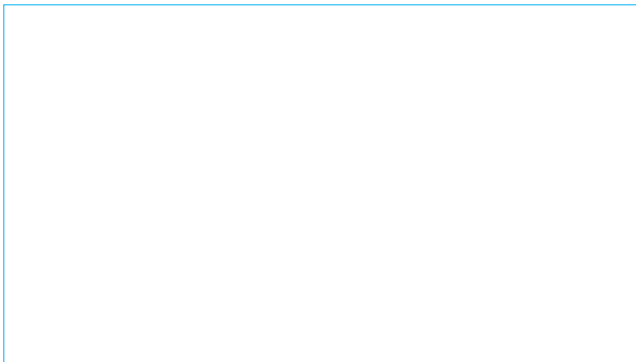
Imagine yourself as an adult. Draw what you do for:



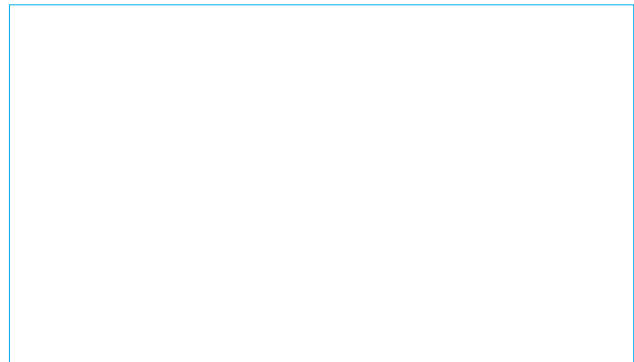
Fun



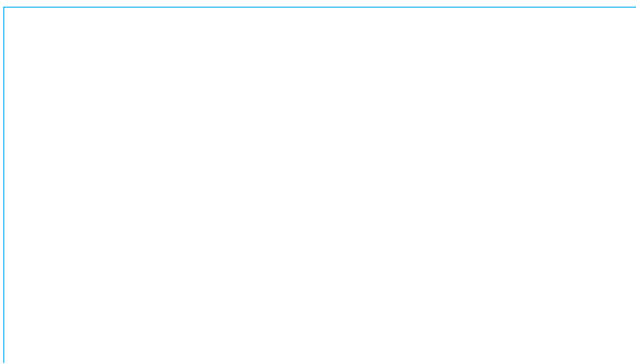
Work



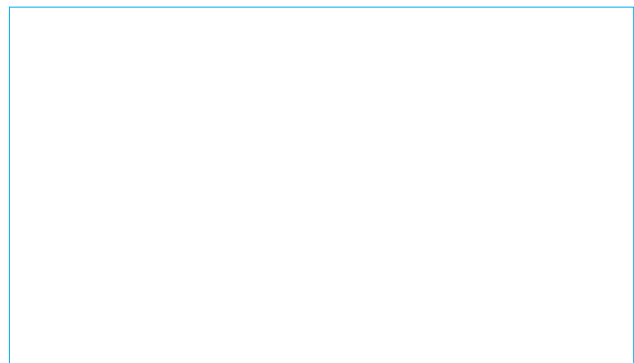
Food



Exercise

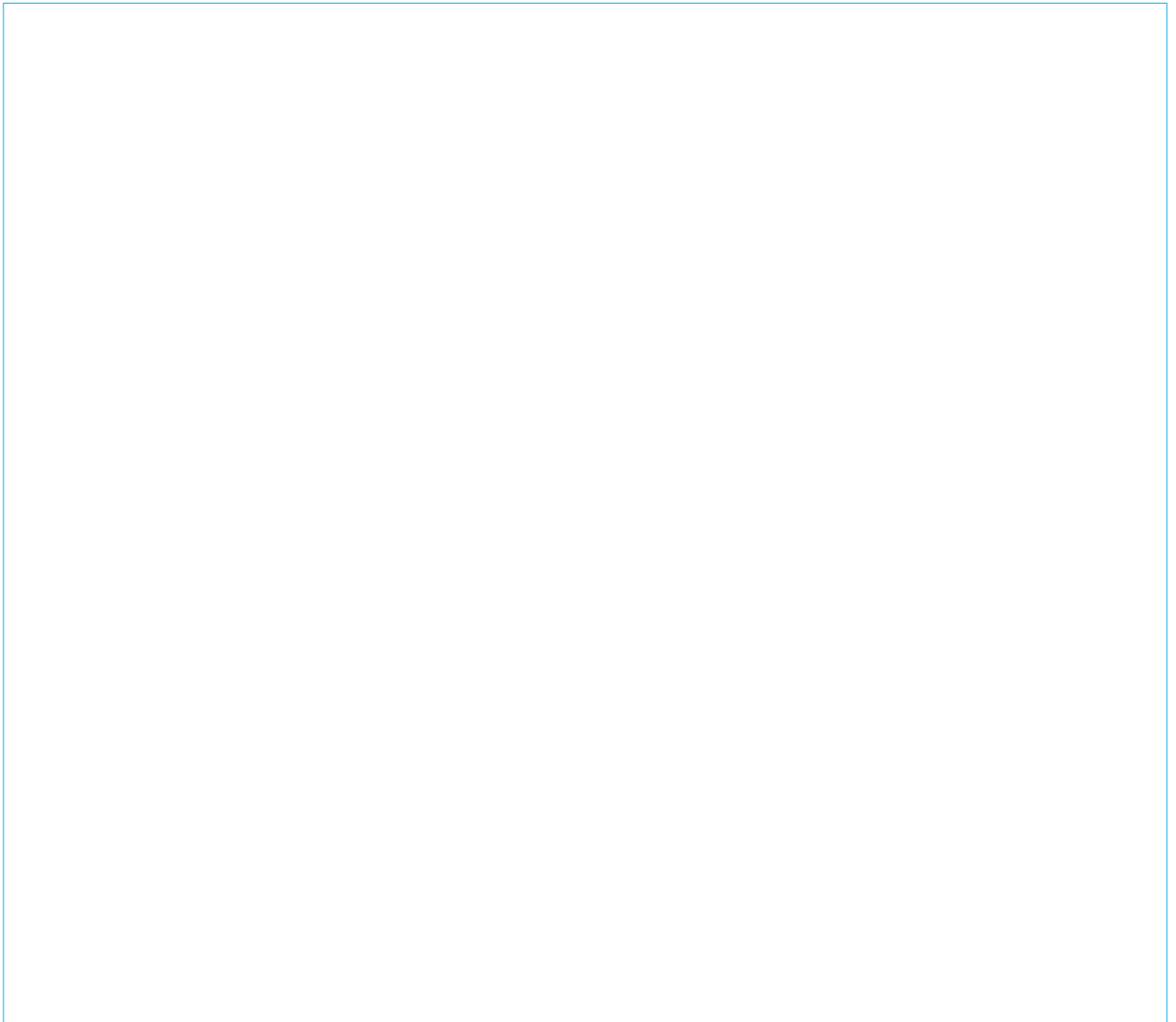


Health

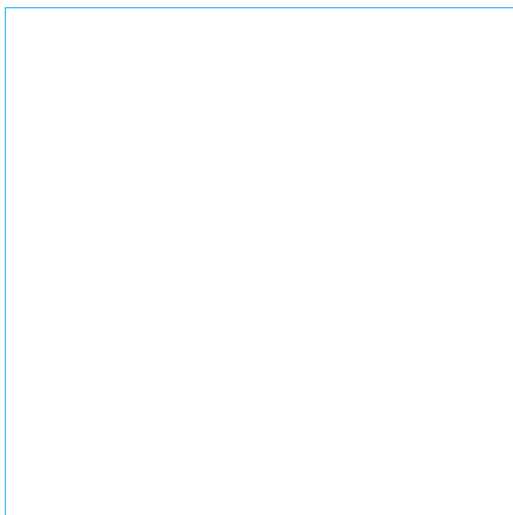
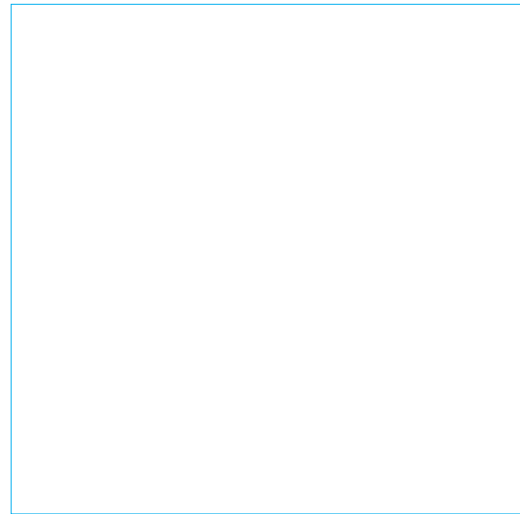


Friends

Either draw your favorite part of school or what you think/hope school will look like in the future.



Draw the 3 things that you think matter most to adults.



Reflection



Remember! Write what they say word for word :)

What is happening in your pictures?

How did this activity make you feel?

What thoughts came up when you were drawing these?

What else do you want to tell me about your pictures?

Draw something that will be important to you when you are an adult.



A space for adults to add comments about the previous activity / their experience using the activity book / life in general.

A large, empty rectangular box with a thin blue border, intended for adults to write their comments or experiences. The box occupies most of the page below the introductory text.

