

Amicus Kids
Activity Book

MIND & BODY

By Maarit Harden and Steph Muldoon



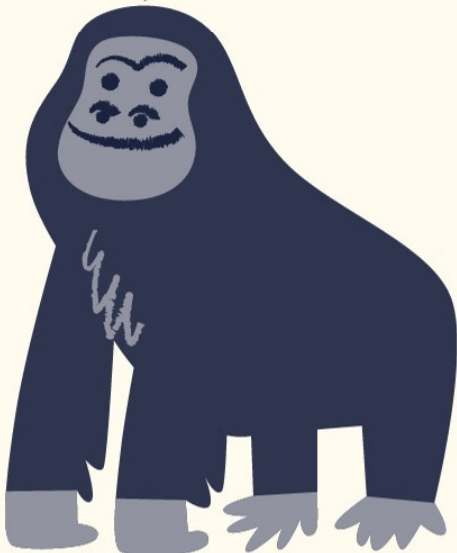
Who does this book belong to?



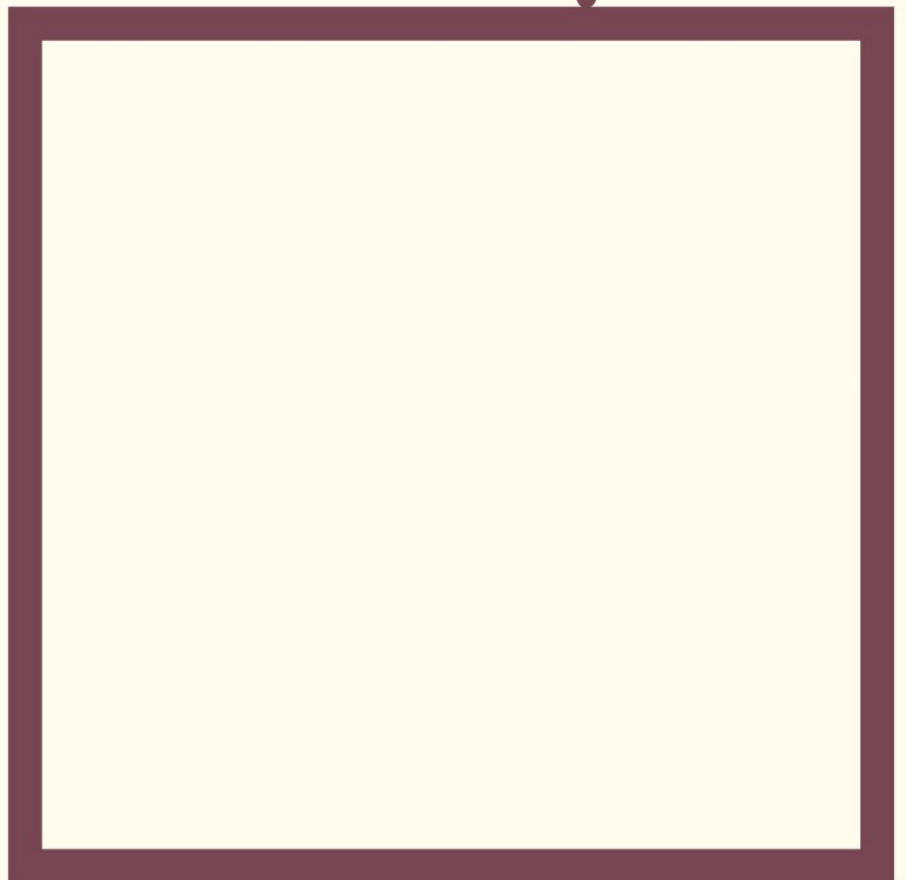
Name:

Date of Birth:

CAN YOU DRAW A
PICTURE OF YOURSELF
USING LOTS OF
COLOURS?



A Picture of Me

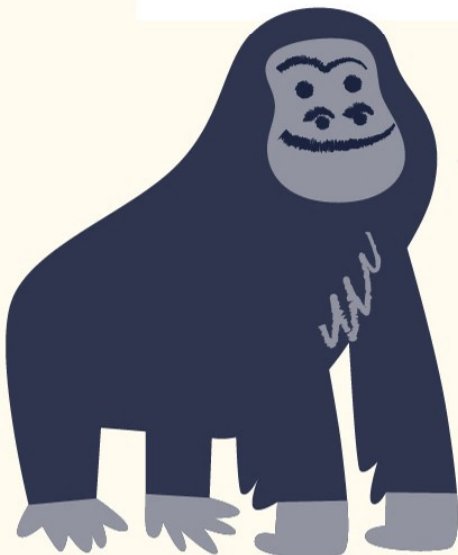




Word Search

Parts of the Body

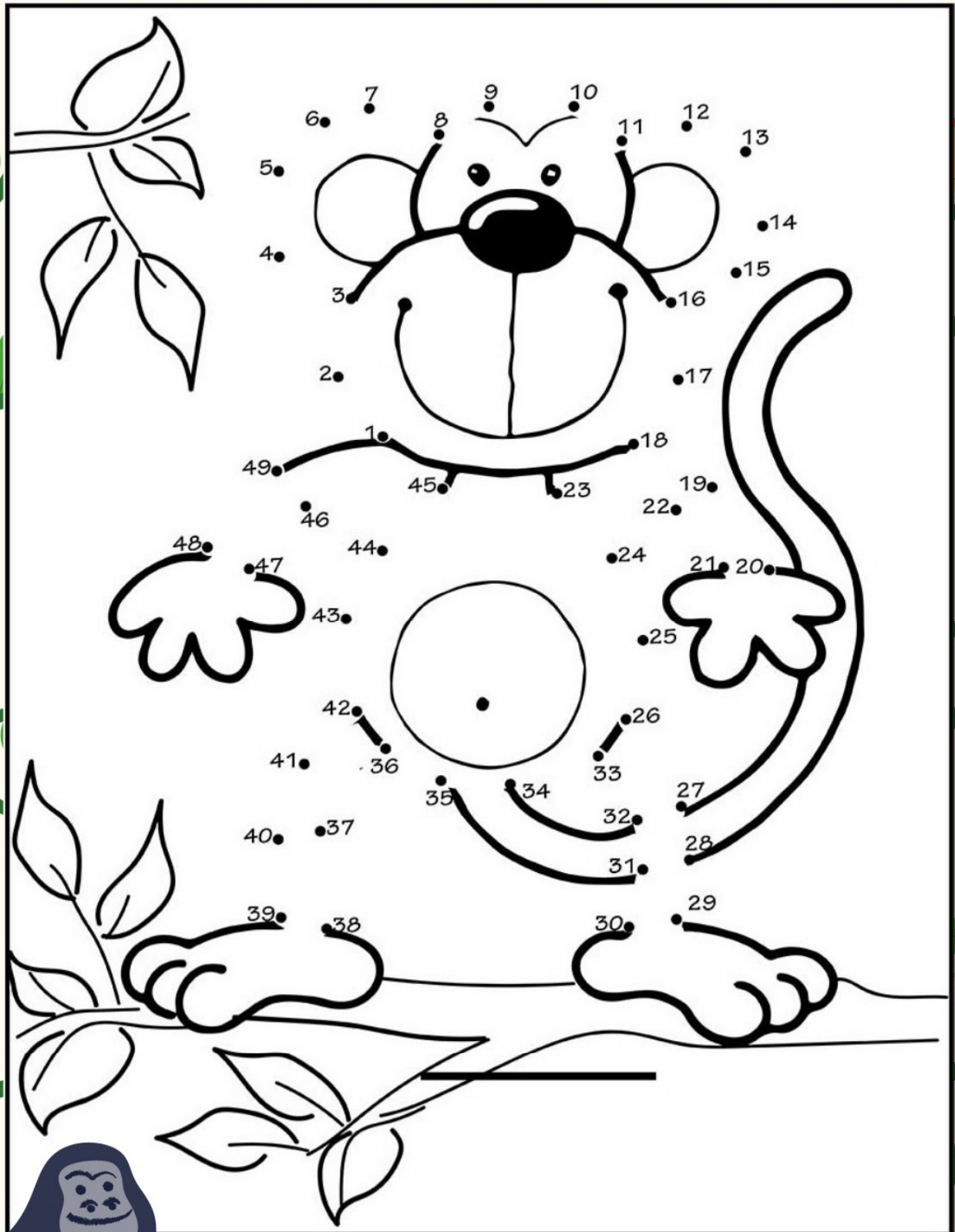
F B V W Z Z B I D O
I X M K D E F L H S
N B K O T O E S A Y
G O A U U J J E I L
E L D Y J T R H R V
R M E V F Y H C B V
S A F G E X P E E N
T V R A S Q M A Y O
A T M M C O P R E S
F W D K S E R S S E



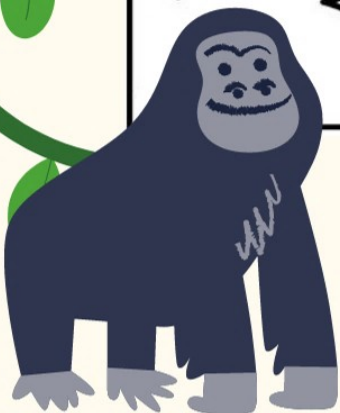
CAN YOU FIND THESE WORDS?

FINGERS ARMS NOSE MOUTH
TOES HAIR FACE EYES
LEGS EARS

Connect the Dot's

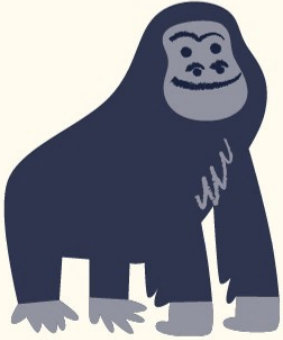


WHAT ANIMAL DID YOU FIND?

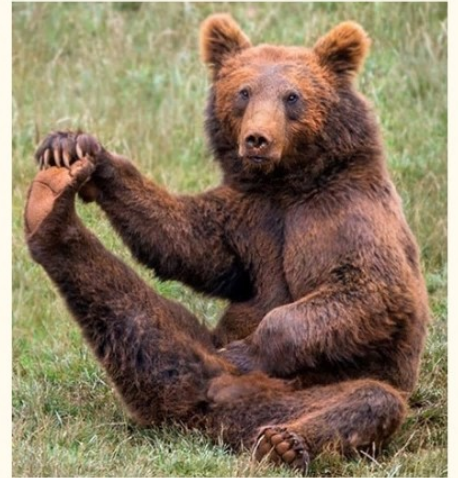
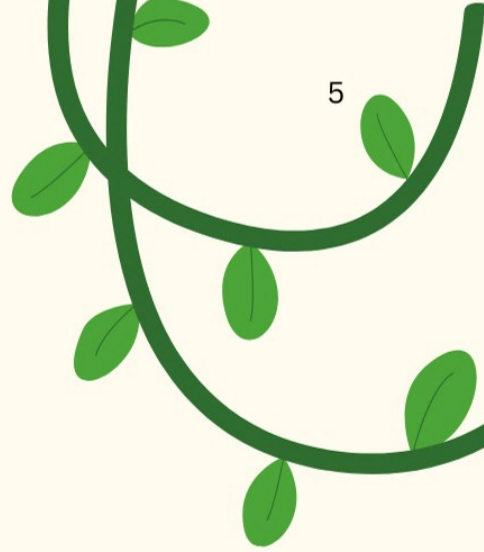


Jungle Stretch

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CAN YOU COPY SOME OF MY
JUNGLE FRIENDS AS THEY
STRETCH THEIR BODIES?



DRAW YOUR OWN JUNGLE STRETCH BELOW!



Match the Emotion

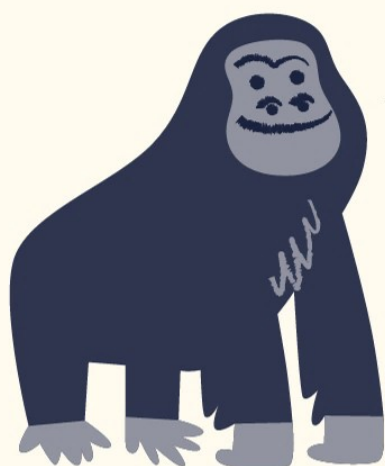
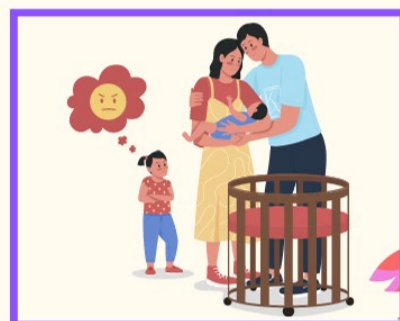
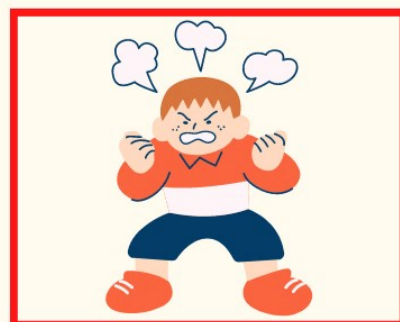
Happy

Sad

Angry

Jealous

Disgust



EMOTIONS CAN BE TRICKY!
IF THIS ACTIVITY FEELS A
BIT HARD, TRY MATCHING
THE COLOURED BOXES!



Growing Together Game

7

CHOOSE A FRIEND, FAMILY MEMBER OR TOY TO PLAY WITH.

CHOOSE ONE OF YOU TO BE THE SEED.

THE SEED NEEDS TO CROUCH DOWN INTO A BALL WHILE HOLDING THEIR LEGS TO THEIR CHEST TO BEGIN.

THE OTHER PLAYER MUST HELP THE SEED GROW BY USING THE GROW KIT BELOW.

SEED GROW KIT

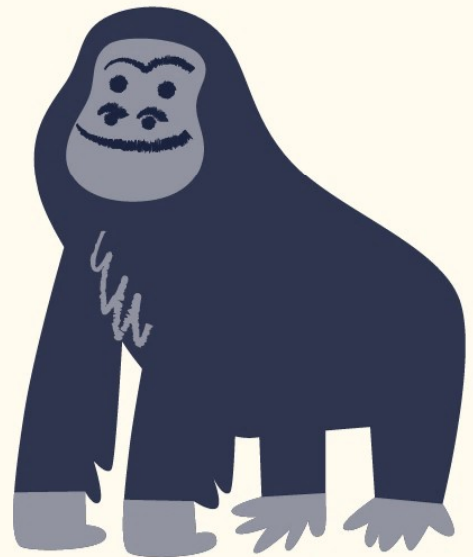
SHOW YOUR SEED
SOME KIND ACTIONS
LIKE A HUG OR
BLOW A KISS

TELL YOUR
SEED YOU LOVE
THEM

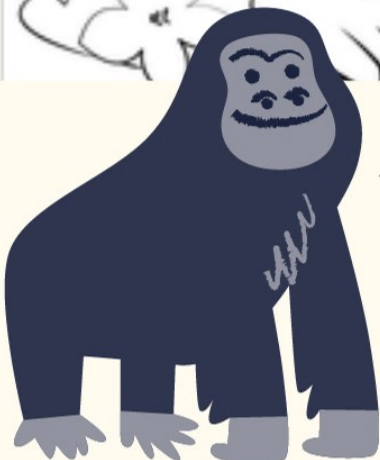
GIVE YOUR SEED SOME
KIND WORDS

ASK YOUR SEED IF
THEY NEED ANYTHING.
MAYBE SOME WATER?

MAKE SURE YOUR SEED IS
COMFORTABLE. SOME PILLOWS OR
BLANKETS MIGHT BE REQUIRED.



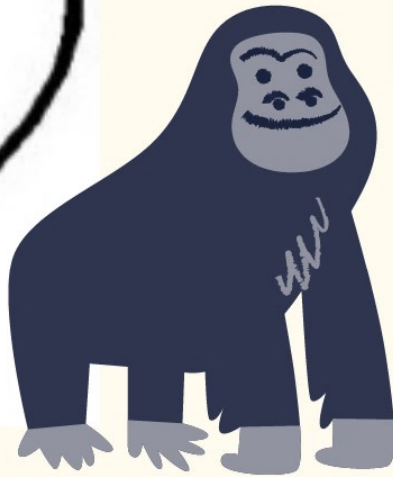
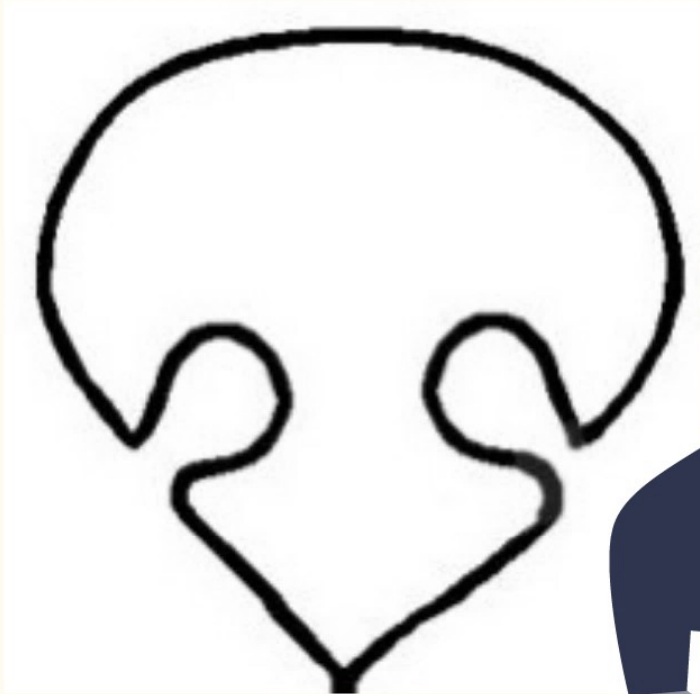
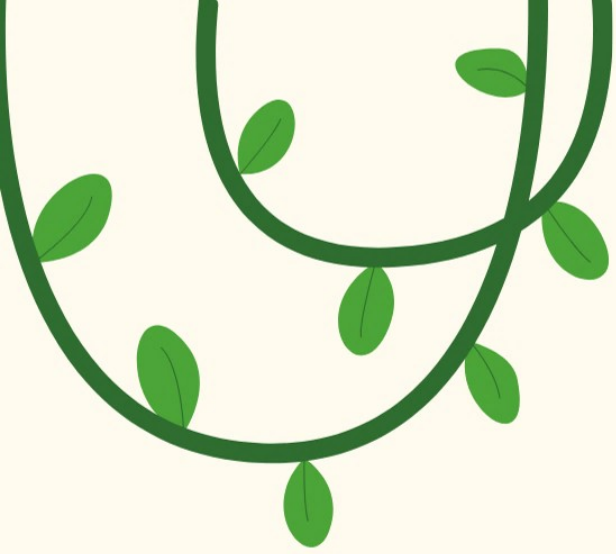
Colour in George



IS THAT ME? I LOOK AMAZING!
DID YOU KNOW GORILLA NOSEPRINTS ARE AS
UNIQUE AS HUMAN FINGERPRINTS!

Unique Fingerprints

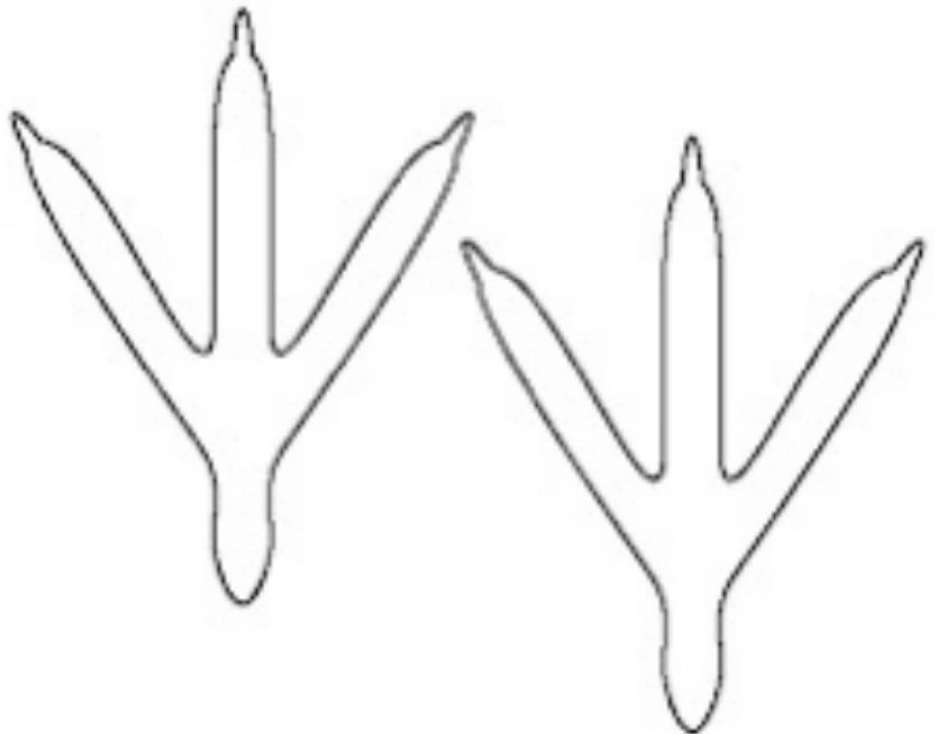
9



CAN YOU USE
YOUR UNIQUE
FINGER PRINTS
TO DECORATE
MY NOSE?



YOU CAN USE
PAINT OR INK
TO MAKE YOUR
PRINT!



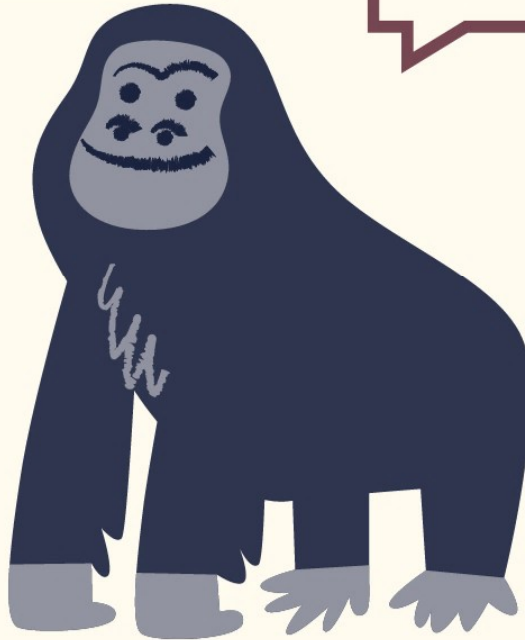
When I Feel Angry

I RUN
OUTSIDE!

I TAKE SOME
DEEP
BREATHS!

I TALK TO A
GROWN UP
ABOUT HOW I'M
FEELING!

I SHOUT AS
LOUD AS I CAN
INTO MY
PILLOW!



I DRAW HOW I'M
FEELING!

I SCRUNCH UP A
PIECE OF PAPER
OR RIP IT INTO
TINY PIECES!

Looking in the Mirror



ONE OF MY FAVOURITE THINGS TO DO WITH A MIRROR IS MAKE FUNNY FACES! THEY ALWAYS MAKE ME GIGGLE, EVEN WHEN I AM FEELING UPSET.

STAND IN FRONT OF A MIRROR AND MAKE SURE YOU CAN SEE YOUR FACE.

PRACTICE YOUR EMOTIONS AND SEE WHAT IT LOOKS LIKE WHEN YOU'RE FEELING HAPPY, SAD, ANGRY OR DISGUSTED.

SAY THE FOLLOWING TO YOURSELF IN THE MIRROR

I AM SMART

I AM KIND

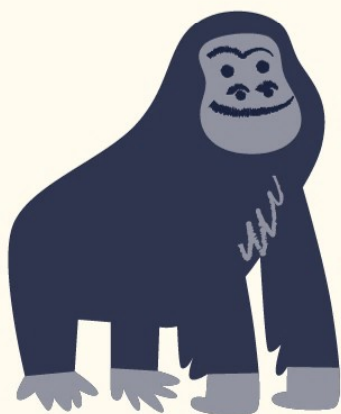
I AM BRAVE

I AM FUNNY

I AM ME AND THAT'S THE BEST THING I CAN BE!



Word Scramble



DID YOU KNOW THAT YOU HAVE SEEN ALL OF THESE SCRAMBLED WORDS? THEY ARE ALL WORDS FROM THE BOOK! IF YOU'RE HAVING TROUBLE FINDING A WORD TRY FIND THE PAGE NUMBER!

ENUGLJ _____

PAGE 5

PAGE 3

DOBY _____

WROG _____

PAGE 7

PAGE 6

HPAYP _____

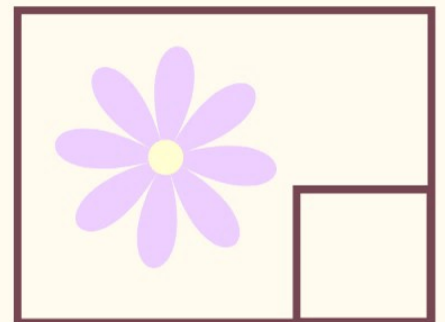
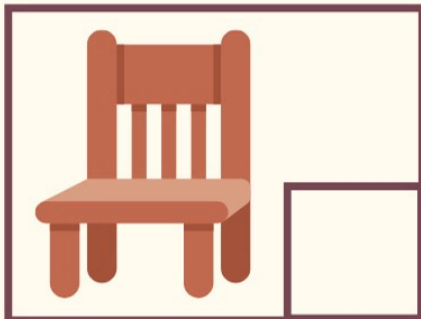
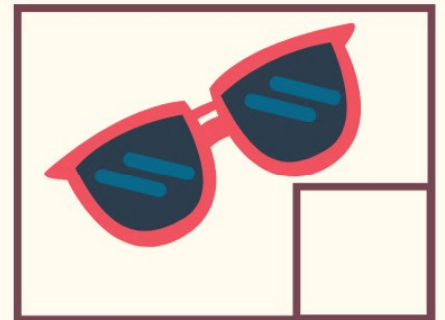
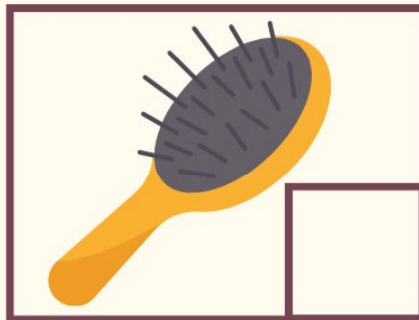
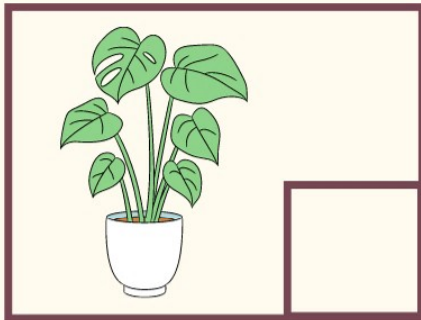
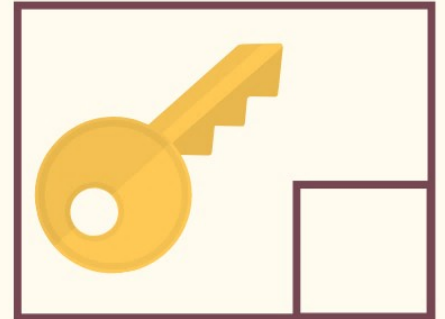
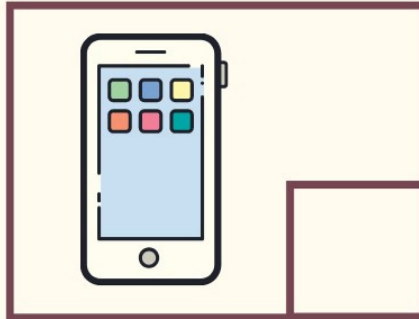
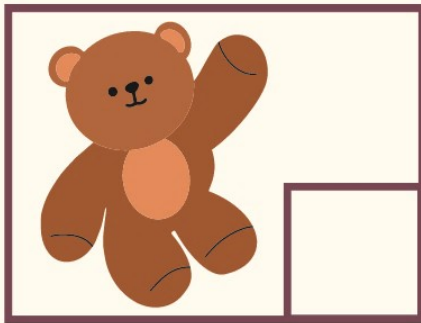
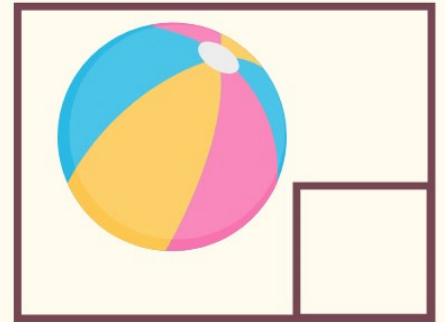


VAREB _____

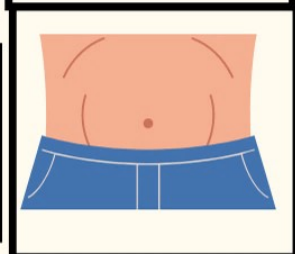
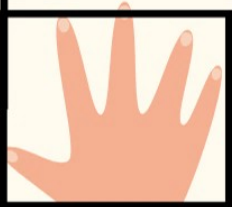
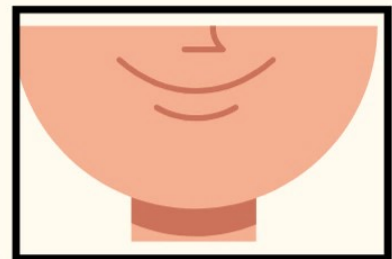
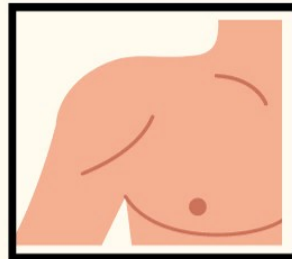
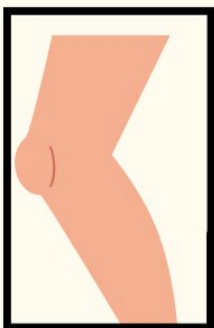
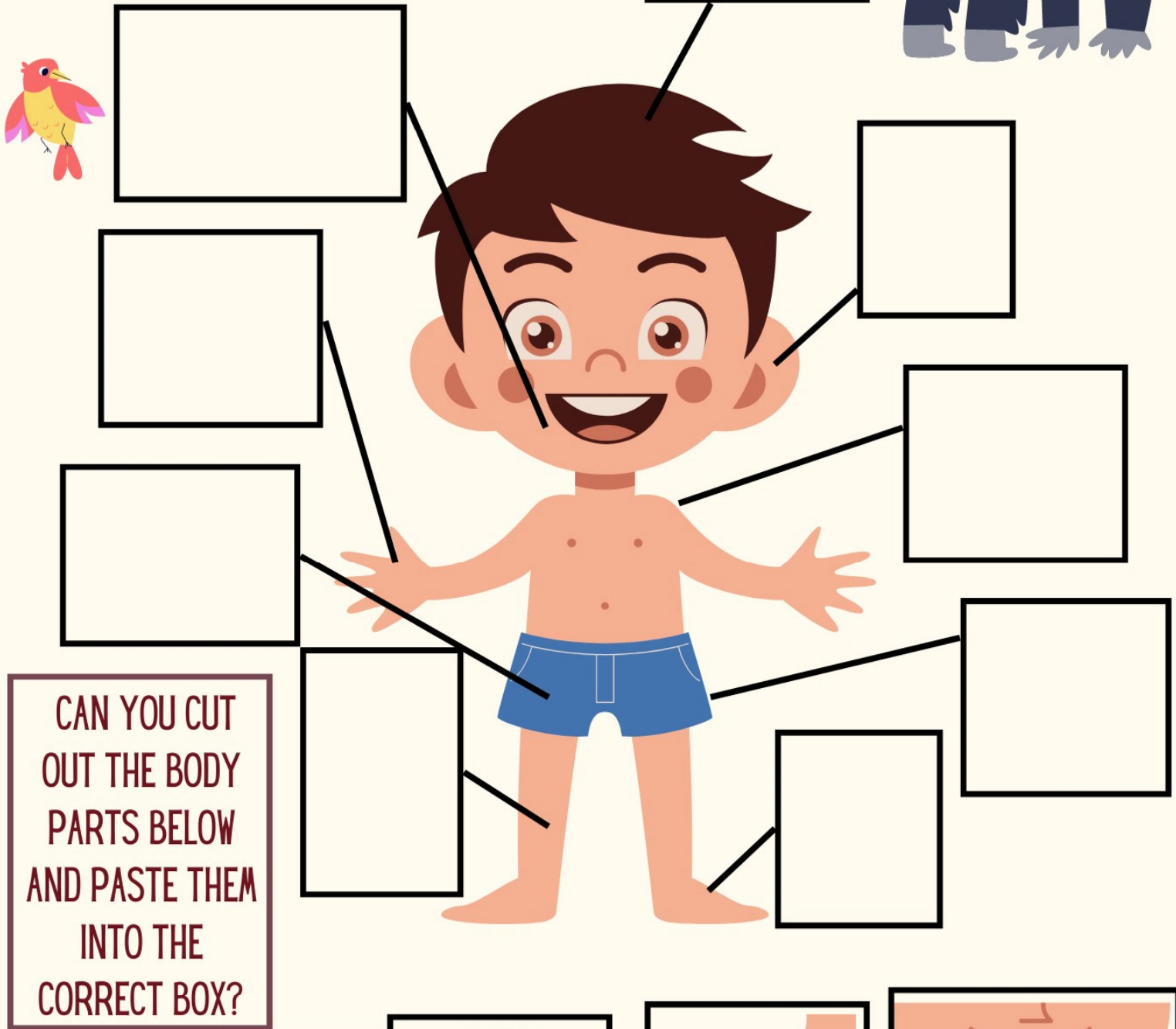
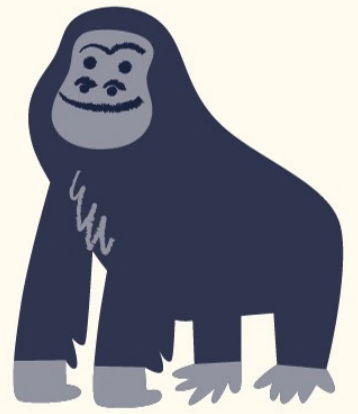
PAGE 11

Scavenger Hunt!

CAN YOU HELP GEORGE FIND ALL THE ITEMS ON THE LIST? MAKE SURE TO TICK THE BOXES AS YOU FIND THEM!

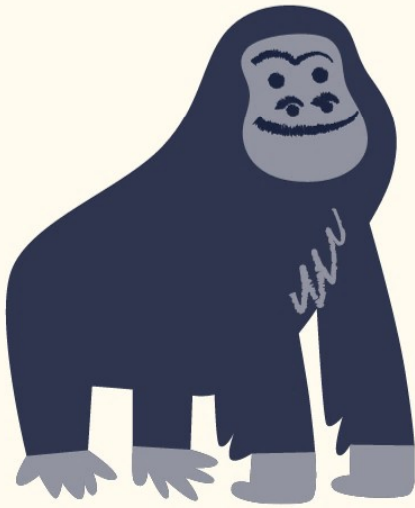


Match the Body Parts



Make Someone Smile!

15



IT FEELS SO GOOD TO MAKE SOMEONE
SMILE! CAN YOU MAKE SOMEONE SMILE
TODAY?

Help a Friend!

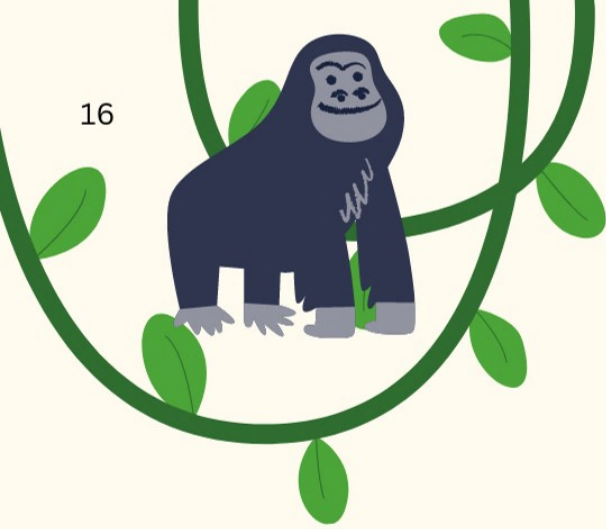
Make a
Card!

Give Someone
a Hug!

Have a
Chat!

Tell a Funny
Joke!

Make a
Funny
Face!



Starfish Breathing

START BY STANDING IN A STARFISH
POSE.
PUT YOUR LEGS APART AND ARMS OUT
TO THE SIDE.

TAKE A DEEP BREATH IN. AS YOU
BREATH IN BRING YOUR ARMS UP
ABOVE YOUR HEAD BEFORE CLAPPING
THEM TOGETHER.

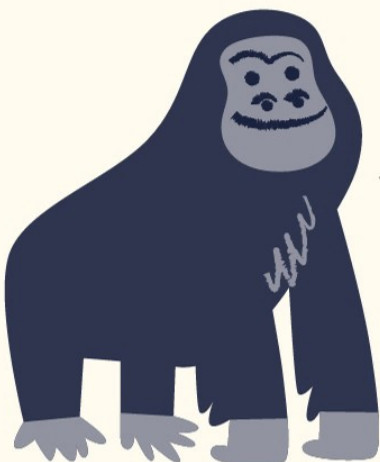
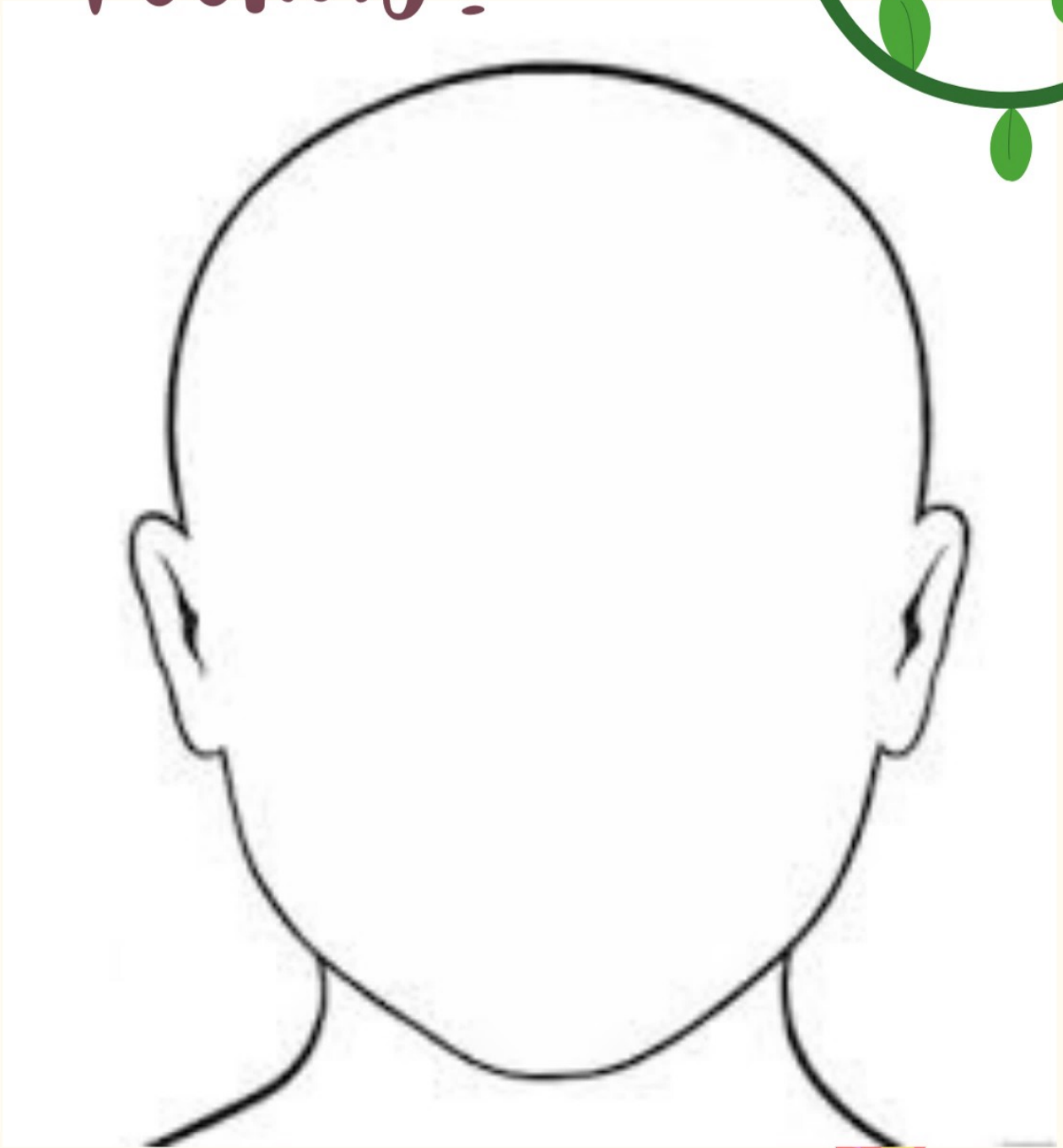
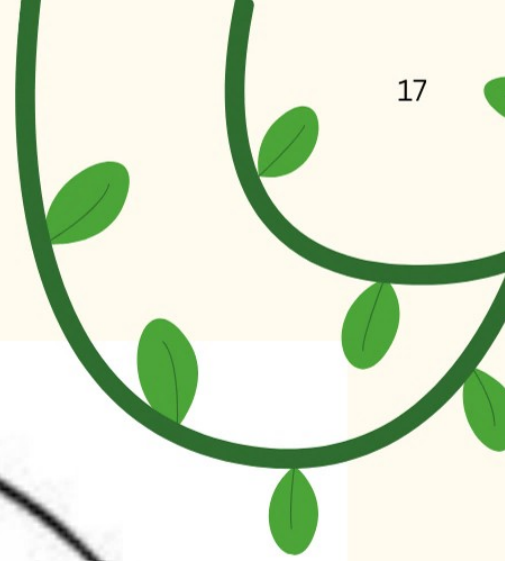
AS YOU BREATH OUT BRING YOUR
ARMS BACK DOWN BACK OUT TO THE
SIDE.

REPEAT 10-15 TIMES



What am I feeling?

17



DO YOU THINK YOU COULD GIVE MY FRIEND SOME FEATURES AND EMOTIONS? WHAT DO YOU THINK THEY ARE FEELING?

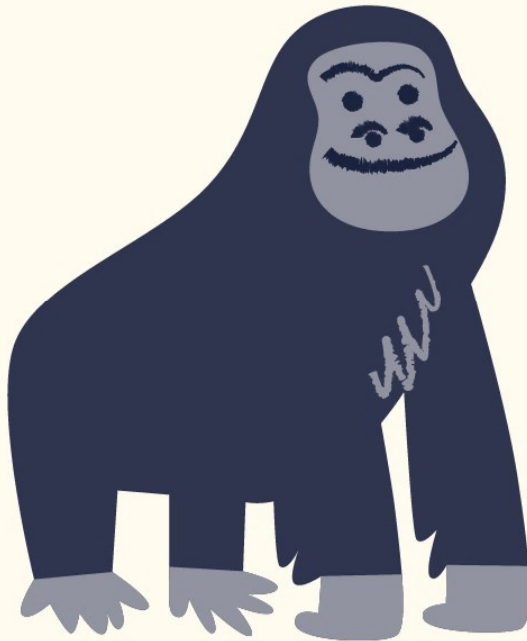
Kind Words

SMART

BRAVE

KIND

FUNNY



CAN YOU THINK OF
SOMEONE WHO
MATCHES THESE
KIND WORDS?
DRAW A PICTURE
OF THEM NEXT TO
THE WORD!



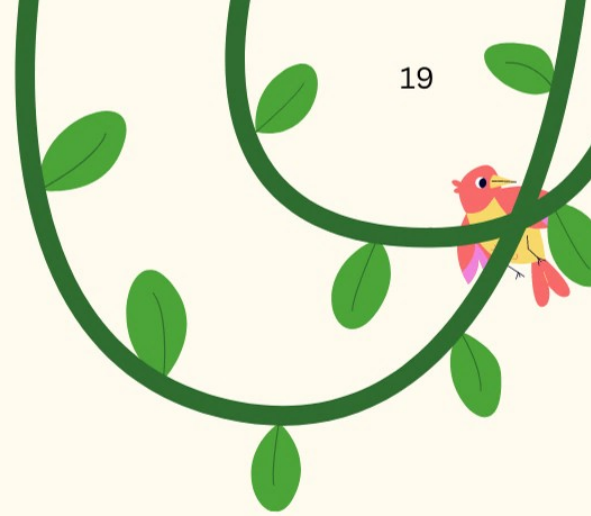
THOUGHTFUL

FRIENDLY

NICE

More Ways to Play!

19



PLAYING GAMES WITH FAMILY AND FRIENDS CAN BE
SUPER FUN!
HAVE A GO AT PLAYING SOME OF THESE FUN GAMES!

Hide and go Seek!

CHOOSE ONE PERSON TO SEEK WHILE
EVERYONE ELSE HIDES.
THE SEEKER COVERS THEIR EYES AND
POSITIONS THEMSELVES WHERE THEY CAN'T
HEAR THE HIDERS.
THE HIDERS HAVE 30 SECONDS TO HIDE AS
THE SEEKER COUNTS TO 30!
NEXT THE SEEKER SEARCHES FOR THE
HIDERS. THE FIRST PERSON FOUND BECOMES
THE SEEKER FOR THE NEXT ROUND.

The floor is Lava!

SET UP AN AREA FULL OF ITEMS YOU CAN
JUMP AND CLIMB ON SUCH AS PILLOWS AND
COUCHES.
WHEN READY SHOUT, "THE FLOOR IS LAVA!"
EVERYONE THEN QUICKLY HAS TO GET OUT
OF THE LAVA AND ONTO THE AREAS SET UP!
NEXT YOU CAN EITHER HAVE THE LAST
PERSON BE A 'LAVA MONSTER' AND TRY
CATCH THE OTHERS OR CONTINUE TO TRY
BALANCING AND NOT FALLING INTO THE
LAVA!

Charades!

EVERYONE WRITE A CHARACTER OR THING
TO ACT OUT ON A PIECE OF PAPER BEFORE
PUTTING THE PIECES INTO A HAT OR BOWL.
EACH PERSON TAKE TURNS CHOOSING A
PIECE OF PAPER THEN ACTING OUT WHAT'S
ON IT.

THE PERSON WHO GUESSES CORRECTLY
GOES NEXT. THIS CONTINUES UNTIL ALL THE
PAPER HAS BEEN CHOSEN.
IF YOU'D LIKE THE GAME TO LAST LONGER,
ADD MORE CHARACTERS/THINGS ON PAPER.



More Resources

[HTTPS://RAISINGCHILDREN.NET.AU](https://raisingchildren.net.au)

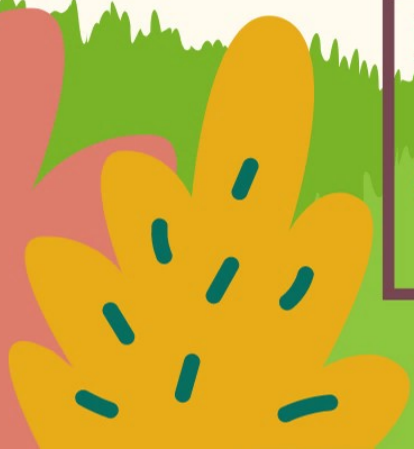
[HTTPS://EMERGINGMINDS.COM.AU](https://emergingminds.com.au)

[HTTPS://HEADSPACE.ORG.AU](https://headspace.org.au)

[HTTPS://WWW.BEYONDBLUE.ORG.AU](https://www.beyondblue.org.au)

[HTTPS://WWW.HEALTHDIRECT.GOV.AU/KIDS-
MENTAL-HEALTH](https://www.healthdirect.gov.au/kids-mental-health)

[HTTP://WWW.REACHOUT.COM](http://www.reachout.com)



DID YOU FIND ALL OF
THE PICTURES OF MY
SPECIAL FRIEND FIFI?
FIFI LOVES TO HIDE!