

Listen & Rate! - Part 1

Listen to each song. Circle a rating from 1 to 5, then tick how it made you feel.



1. Fill Up Drink Up

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



2. Small Steps

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



3. One Day One Choice (Special Version)

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



4. One Small Step

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



5. What You Eat Dictates What You Become

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



6. Sugar Slump

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



7. Droopy and Loopy

My rating: 1 2 3 4 5

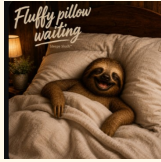
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me

1 = Not my favourite 3 = It was okay 5 = I love it!

Name: _____

Listen & Rate! - Part 2

Listen to each song. Circle a rating from 1 to 5, then tick how it made you feel.



8. Fluffy Pillow waiting

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



9. Cooking Together Nutty style

My rating: 1 2 3 4 5

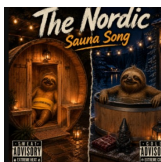
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



10. Nutty Label Logic

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



11. The Nordic Sauna Song

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



12. The Heat Sauna Song

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



13. Bounce

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



14. Hello H2O

My rating: 1 2 3 4 5

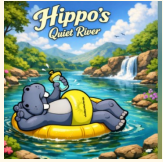
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me

1 = Not my favourite 3 = It was okay 5 = I love it!

Name: _____

Listen & Rate! - Part 3

Listen to each song. Circle a rating from 1 to 5, then tick how it made you feel.



15. Hippo's "Quiet River"

My rating: 1 2 3 4 5

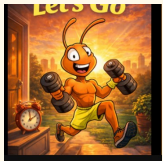
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



16. Wholesometarian "The Song"

My rating: 1 2 3 4 5

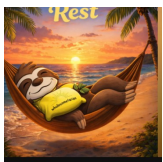
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



17. Let's Go

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



18. Rest

My rating: 1 2 3 4 5

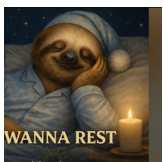
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



19. Know What's Best

My rating: 1 2 3 4 5

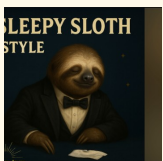
I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



20. I Wanna Rest

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me



21. Sleepy Sloth Style

My rating: 1 2 3 4 5

I felt: ☐ Happy ☐ Energetic ☐ Calm ☐ Not for me

1 = Not my favourite 3 = It was okay 5 = I love it!

Name: _____

Character Detective!

Circle, tick, or write an answer. There are no grades here!

1. Match each saying with its Wholesometarian character.

"Hello H2O"

Character: _____

"Let's Go"

Character: _____

"Know What's Best"

Character: _____

"I Wanna Rest"

Character: _____

2. Which song makes you want to...

Drink more water?

Song: _____

Dance, bounce or play?

Song: _____

Try a nutritious food?

Song: _____

Relax or get ready for bed?

Song: _____

3. Which song made you smile or laugh?

Song: _____

4. Did any song teach you something new?

☐ Yes

☐ Not yet

Name: _____

My Music Awards!

Every answer is YOUR choice. Be the judge!

My favourite song overall

My pick: _____

The song I would play again

My pick: _____

Best song for singing along

My pick: _____

Best song for moving around

My pick: _____

Most relaxing song

My pick: _____

Funniest song

My pick: _____

My favourite cover artwork

My pick: _____

Which character is your favourite?

If you could change ONE thing about any song, what would it be?

Name: _____