

This book

includes
topics
like ...

Being Polite, Generous, Truthful,
Behaving Well, Being Helpful, Calm.
Persistent, Clean, Be Patient,
Being Peaceful, Safe, Mindful, Honest,
Sorry, Discerning,
Being Different,
Be Kind, Alert,
Friendly, and so
much more...





Be Polite

Hello, little heroes! Being polite means using your kind and friendly words and actions to make others feel happy and respected. Just like how superheroes are always friendly and helpful, when you're polite, you can brighten someone's day. Saying 'please' when you ask for something and 'thank you' when you receive it shows that you appreciate others. Using 'excuse me' when you need someone's attention and 'sorry' when you make a mistake helps build strong and caring friendships. So, remember, being polite is your special superpower for spreading joy and friendship everywhere you go!



*good manners will take you far,
don't forget...*

...those magic words



thank you :: sorry :: please
pardon :: excuse me

Take-a-break



Listen to music through headphones.



Lay down on the cushions or bean bag.



Use a fidget toy from the Calm box.



Cuddle a stuffed toy.



Read a book.



Lie on your back and do some mindfulness.



Sit down and do some deep, calming breathing exercises.



Use a sensory tub.



Do some colouring in.



Do some drawing on paper or a whiteboard.



Play a game on the tablet.



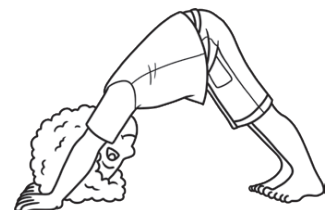
Have a drink of water.



Blow some bubbles.



Go for a walk.



Do some yoga moves



Be Persistent

DON'T GIVE UP

Making mistakes is totally okay and actually a super-duper way to learn new things! Even superheroes like our friends in capes make mistakes sometimes. That's how they discover their amazing powers! So, if you make a mistake while drawing, playing, or trying something new, don't worry. Just remember,

mistakes are like stepping stones on the path to becoming a super expert. Keep trying, and you'll see how awesome you become. You have got this!

Try, try and try again!



Keeping our bodies clean



Hand Hygiene

Sweat

Another word for sweat is perspiration. Sweat itself doesn't smell, but it can make your body begin to smell when you get sweaty. Physical activity makes you sweat the most.



Toilet Hygiene

Remember it is really important to use toilet roll when you've been to the toilet and don't forget to flush.

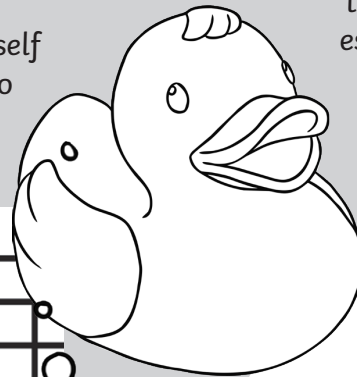


Clothing Hygiene

Remember to change your socks and underwear every day. Remember to put the dirty ones in the dirty washing basket!

Body Hygiene

It is important to keep your body clean by showering or taking a bath regularly. It is especially important to wash our bodies after exercise as this can make our bodies sweat!



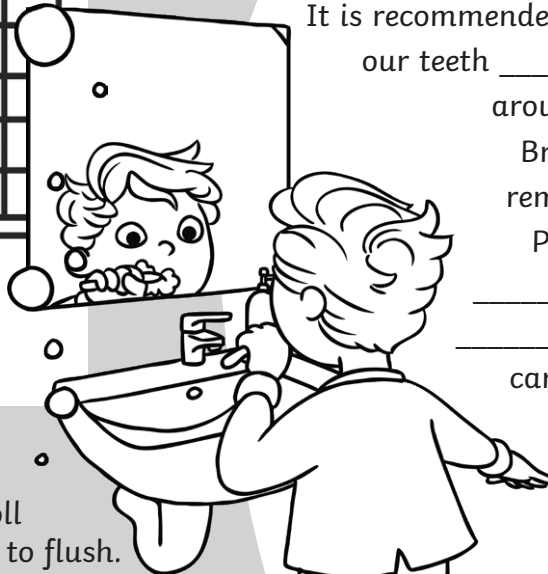
Dental Hygiene

Fill the missing words in. Use the word bank below.

It is recommended that we brush our teeth _____ a day, for around 2 _____.

Brushing properly removes _____.

Plaque can cause _____, _____, _____, disease and can even make our teeth fall out!



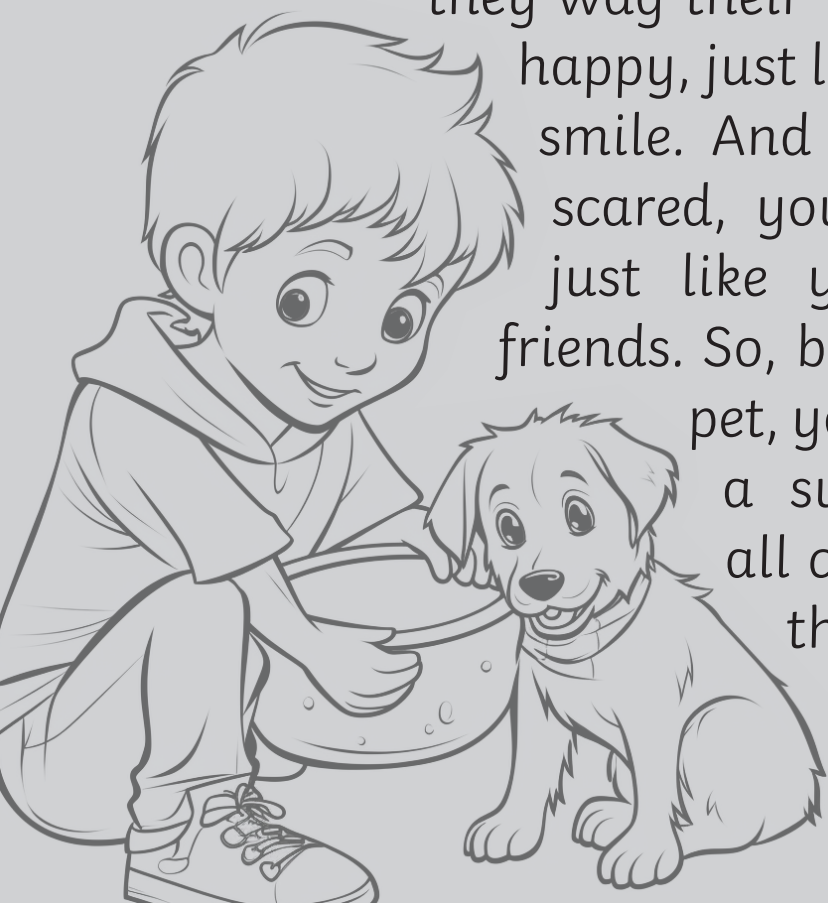
gum plaque
twice toothache
cavities minutes



Be a Bubby

Hey there, little animal lovers! Taking care of your pet dog is like being a superhero for them. When you feed your pet, give them water, and cuddle with them, you're learning to be kind and responsible. Just like how superheroes help people, you're helping your furry friend. You're also learning to understand their feelings. When

they wag their tails it means they're happy, just like when your friends smile. And when they're sad or scared, you can comfort them, just like you would for your friends. So, by taking care of your pet, you're practicing being a super-duper friend to all creatures. How cool is that?





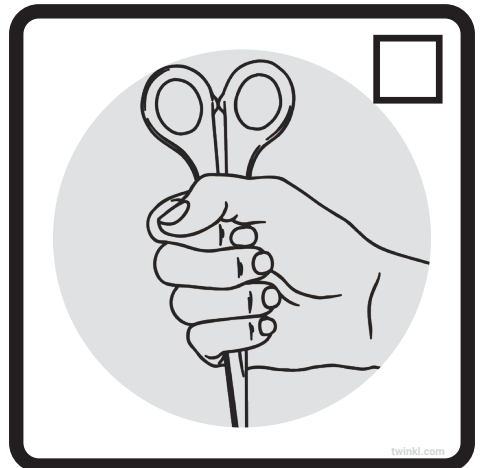
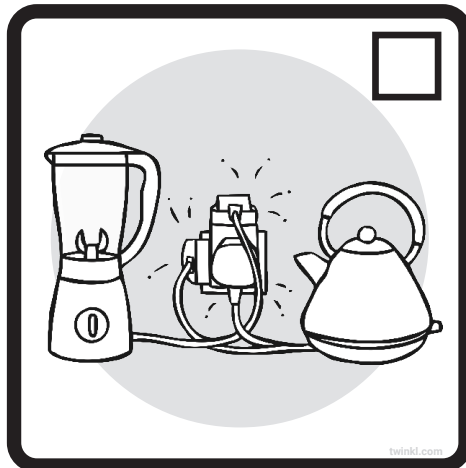
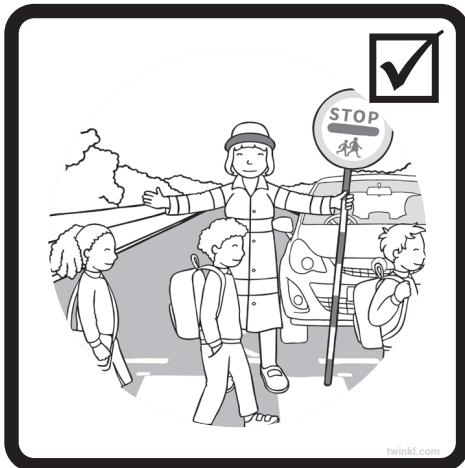
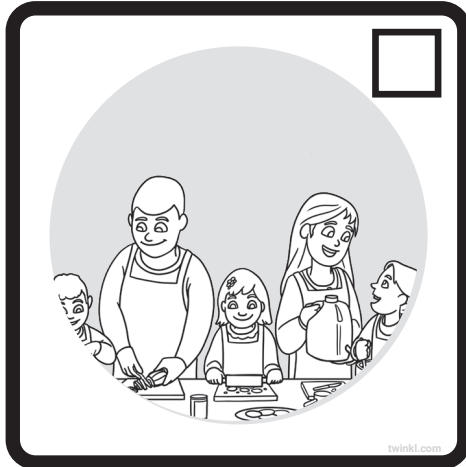
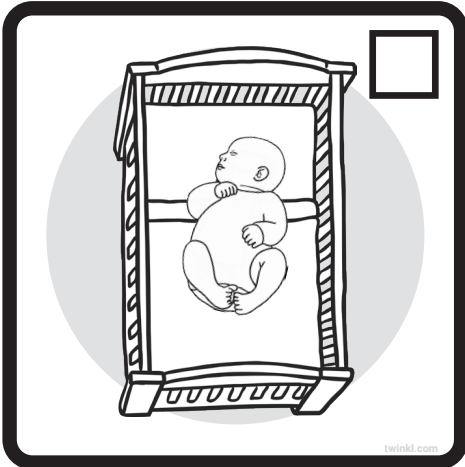
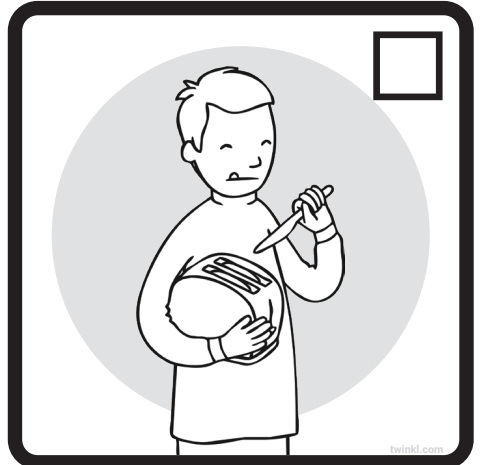
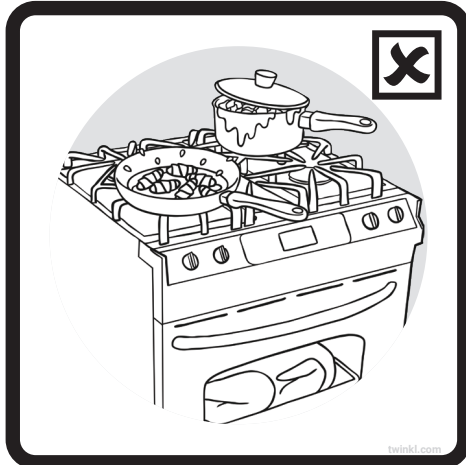
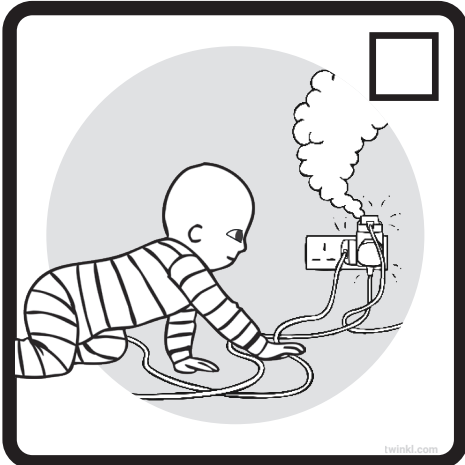
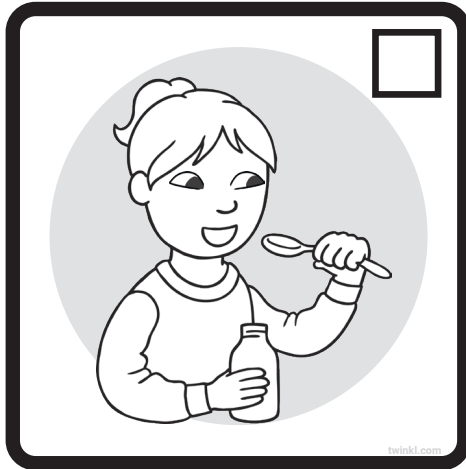
Be Alert

Hey there, little safety heroes! Being alert means using your superhero senses to keep your home safe. Just like superheroes are always on the lookout for danger, we should be too. Pay attention to things like hot stoves, sharp objects, or tripping hazards. If you see something unsafe, be sure to let a grown-up know. Being alert and careful helps keep you and your family safe, and it's a super way to protect your home. So, remember, safety first, and you'll be a home safety superhero!



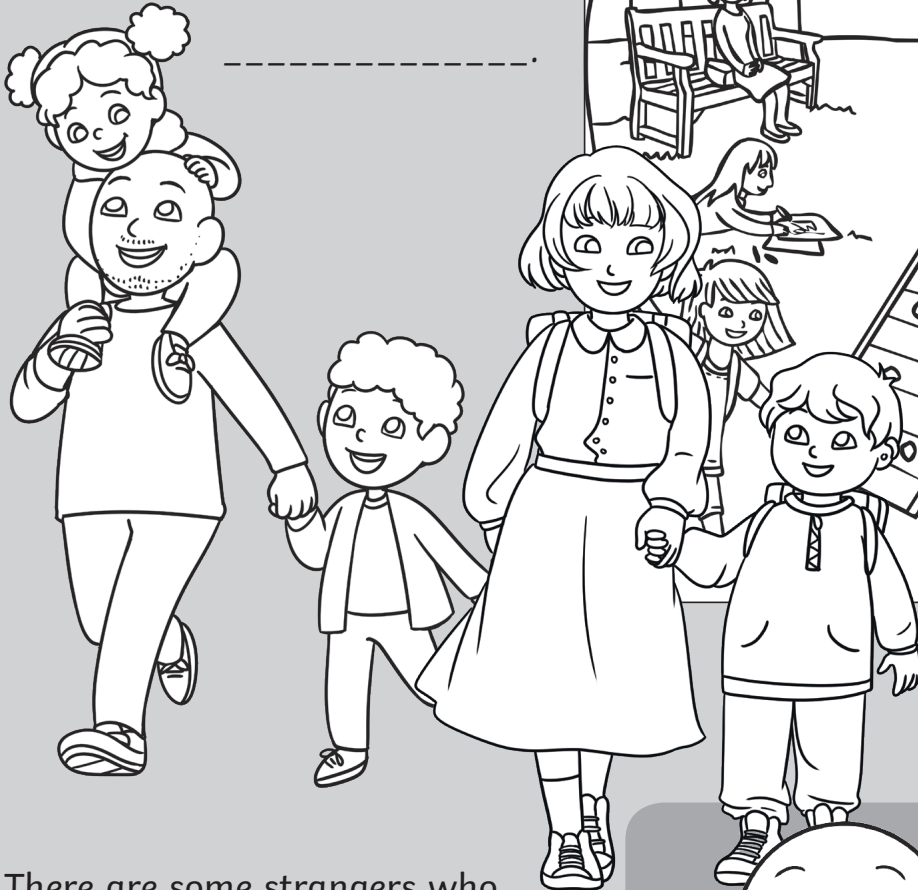
Put a tick in the box of pictures that represent activities that are safe and an 'X' in those which are unsafe.





DEALING WITH Strangers

Sometimes we go out. When we are out, I have to stay with



When we are out, there are lots of people. People I don't know are called strangers.

There are some strangers who are community helpers. Community helpers can help people. These are people I can talk to.

These are people who will help me if I get lost.

Community helpers will wear a uniform and a name badge.

If I am lost, I will look for a community helper. They can help me.



Strangers can be nice.



Strangers can be mean.

