

Du Good

The Journey Begins

Activity Book



Vincent Schweit



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Chapter 1

Meet Du

Meet Du [do] he's a Quokka [kwaa-kuh]. They're known as being the happiest animals on earth because of their smiles!

However, Du's smile has been fading away lately. He's beginning to believe the judgments that others say about him are true. Then, Du opens his eyes to see a treasure chest containing a single book!

Let's take this journey with Du and start by showing him how we smile!

Activity

Let's help Du find his smile. Write five things that make us smile, and let's smile while writing them!

- 1.
- 2.
- 3.
- 4.
- 5.

Chapter 2

Call me GO!

Right before Gary Owl (or, as they call him, GO) swoops in, Du opens the book and sees a picture of a bear holding one hand under its chin. Under the bear reads “Think Good” and the next page has one sentence that reads, “Be our own Biggest Fan!”

Du wants to be his own Biggest Fan, but he is setting his own limits! Lucky for Du, GO knows someone that can help!

Activity

Currently, Du is setting his own limits, and is not sure how we can “Be our own Biggest Fan” yet. Let’s help Du by sharing what we believe it means to “Be our own Biggest Fan”!

- 1.

Chapter 3

“Hey little homie...”

Du meets an elephant named Ernie and begins learning about how Self-Love comes from within, and how we can be present when we practice meditation!

Activity

Let's show Du what we know about Self-Love! Write two things that we Love about ourself!

- 1.
- 2.

Let's show Du how we meditate by breathing in and out, focusing on each breath, while counting down from 10.

Chapter 4

“Be our own Biggest Fan!”

Du meets a monkey named Meek, and learns more about how we can “Be our own Biggest Fan”.

Du learns that we control the thoughts in our mind, and that we can always choose to Love ourself! Meek shares his goal of playing baseball with 3P, and shows Du how we can encourage ourself like we would a friend!

Activity

Meek shared one of his goals that he used to be scared to say. Let's share one of our goals with Meek and Du.

- 1.

Chapter 5

Quokka Giraffe?

Du sees the kids that called him fat in the forest! As they begin making fun of Du, he sees a flower that reminds him of what he learned from Ernie and Meek.

Then Du shares the story he thought of that made him laugh and to create a different outcome. What can we think about that's too funny to be true?

Activity

Let's create and share one story with Du, that we think is too funny to be true!

- 1.

Think Good



Think with Encouragement and Love for ourself
and others!

Be Our Own Biggest Fan!