

FOR YOUNGER PLAYERS

AGES 7-11



HELLO  HOW ARE YOU?



THINK

(CHILD FRIENDLY QUESTION)

TRUE OR FALSE: It is good to watch tv or play on a tablet before bed because it makes you tired.

ANSWER: False. The screens on tv's, tablets, phones and computers make it harder to get a good night's rest. Avoid screens 1 hour before bed.

THINK

(CHILD FRIENDLY QUESTION)

Physical activity is good for your mental health. Which one of these activities is considered physical activity?

- a) Riding your scooter
- b) Playing hockey
- c) Raking leaves
- d) All of the above

Answer: d) All of the above

THINK

(CHILD FRIENDLY QUESTION)

If you are feeling really sad or stressed, what should you do?

- a) Keep it to yourself
- b) Yell and scream
- c) Talk to a parent about how you feel
- d) Don't think about it

Answer: c) Talk to a parent or trusted adult about how you feel

THINK

(CHILD FRIENDLY QUESTION)

TRUE OR FALSE: You should not talk about mental health because it is embarrassing.

ANSWER: False. We all have mental health, just as we all have physical health. It is ok to talk about it!

THINK

(CHILD FRIENDLY QUESTION)

Who said this:

“A friend is one of the nicest things you can have and one of the best things you can be”

- a) Albert Einstein
- b) Winnie The Pooh
- c) The Prime Minister of Canada

Answer: b) Winnie The Pooh

THINK

(CHILD FRIENDLY QUESTION)

TRUE OR FALSE: It is ok to leave people out because they have a mental health issue?

ANSWER: False. Having a mental health issue is for your brain just like a broken leg is for your body. you wouldn't leave a friend out just because they are healing from a broken leg.

THINK

(CHILD FRIENDLY QUESTION)

TRUE OR FALSE: When you have good mental health it means you don't feel worried or stressed during tough times.

ANSWER: False. We all feel worried or stressed at times. Having good mental health means you can deal with tough times in good ways.

THINK

(CHILD FRIENDLY QUESTION)

Who is most likely to have a mental health issue?

- a) Poor people who haven't gone to school
- b) People with stressful jobs
- c) Seniors
- d) None of the above

Answer: d) None of the above.
Anyone from anywhere can have a mental health issue.

THINK

(CHILD FRIENDLY QUESTION)

**Can you say
“hello, how are you”
in a different language?**

THINK

(CHILD FRIENDLY QUESTION)

TRUE OR FALSE: You can have many friends and be lonely, or no friends and not be lonely.

ANSWER: True. Anyone can feel lonely regardless of how many friends or family members they have.

THINK

ACT



HELLO  HOW ARE YOU?

(CHILD FRIENDLY QUESTION)

Invite a classmate who is sitting alone to come play with you and your friends.

ACT

(CHILD FRIENDLY QUESTION)

**Have you met the kids
in your neighbourhood?
Next time you are out with
your parents say hello and
introduce yourself!**

ACT

(CHILD FRIENDLY QUESTION)

**What are some activities
that make you feel good?
(Example, reading, sitting in
the park, playing soccer)**

**Make sure you have time
to do the things you love!**

ACT

(CHILD FRIENDLY QUESTION)

**Is there a senior in your
neighbourhood that could
use a hand with their
yard work?**

**Ask your parents if you could
offer to help.**

ACT

(CHILD FRIENDLY QUESTION)

Think of someone in your life who you think might be feeling lonely. What is one thing you can do the next time you see this person?

ACT

(CHILD FRIENDLY QUESTION)

Get together with a friend and come up with some of your own ideas on how you might make your school or local park more welcoming.

ACT

(CHILD FRIENDLY QUESTION)

Invite the kids in your neighbourhood to walk around the block or come outdoors and play a game in your local green space.

ACT

(CHILD FRIENDLY QUESTION)

Have you tried getting around by an active mode of transport (by bike, walking, scooter, longboard)?

If yes, what did you like about it?

If no, why not? Would you consider giving it a try?

ACT

(CHILD FRIENDLY QUESTION)

THIS IS FOR EVERYONE!
Ten jumping jacks!

ACT

(CHILD FRIENDLY QUESTION)

**Everyone take a moment,
close your eyes and take
three deep breaths**

ACT

(CHILD FRIENDLY QUESTION)

Take a minute and stretch!

**Whatever has you feeling
tense, stretch it out!**

ACT

(CHILD FRIENDLY QUESTION)

**Jump 10 times in the air
or do 10 squats!**

ACT

(CHILD FRIENDLY QUESTION)

Ask a senior in your neighbourhood what their hobbies are. You may be surprised at what you have in common.

ACT

(CHILD FRIENDLY QUESTION)

THIS IS FOR EVERYONE!
Crab Walk for 30 Seconds!



1



2

ACT

(CHILD FRIENDLY QUESTION)

THIS IS FOR EVERYONE!
Downward Facing Dog Pose
for 30 Seconds!



ACT

(CHILD FRIENDLY QUESTION)

THIS IS FOR EVERYONE!

Warrior Pose for
30 Seconds!



ACT



ENGAGE

HELLO HOW ARE YOU?

**What is one thing
you should do this
week and one thing
you want to do
this week?**

ENGAGE

**What are three
words a friend would
use to best describe
your personality?**

ENGAGE

**What's your biggest
pet peeve?**

ENGAGE

**What makes
you smile?**

ENGAGE

**What is your favorite
book, movie, or t.v.
show and why?**

ENGAGE

**What do you do
to relax?**

ENGAGE

**What is your
favorite place to visit
in Edmonton?**

ENGAGE

**If you could do any
job of your choosing,
what would it be
and why?**

ENGAGE

**What is one subject
you want to know
more about?**

ENGAGE

**What is your favorite
thing to do on a
sunny day?**

ENGAGE

**If you could change
one thing in the
world what would
it be?**

ENGAGE

**If you could transport
yourself into the
past, where would
you go?**

ENGAGE

**What is one of
the nicest things
someone has done
for you?**

ENGAGE

**What do you wish
you did more of?**

ENGAGE

What skill, talent or accomplishment are you most proud of?

ENGAGE

**Share a time, when
someone said or
did something
that made your
day better.**

ENGAGE

**What do you
think makes a
great neighbour?**

ENGAGE

**Are you a
friendly neighbour?**

How?

ENGAGE

**What is the best way
to start your day?**

ENGAGE

**Name an activity or
place that you go
when you are feeling
overwhelmed or
stressed.**

ENGAGE



COMMITMENT

HELLO HOW ARE YOU?

Use the blank space to write
down one action you drew
for a take-away.

COMMITMENT

GAME TOKENS

