



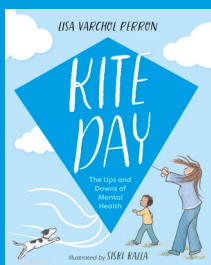
LISA VARCHOL PERRON

KITE DAY

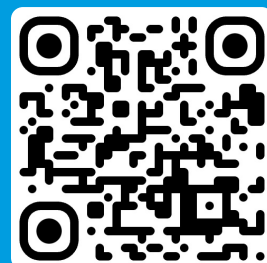
The Ups and
Downs of
Mental
Health

Activity
Pack

Illustrated by *SISKI KALLA*



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Have Your Own Kite Day

Here's a fun activity for you to create your own kite!

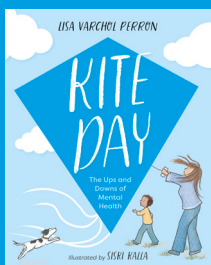
What you will need

- Cereal box (or any thin, sturdy cardboard)
- Scissors
- Markers, crayons, or paints
- String or yarn
- Tape or glue

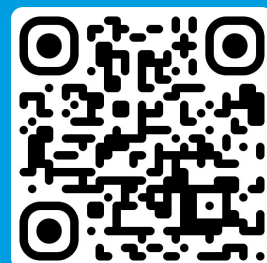


How to make your kite

1. Draw a big diamond shape on your cereal box (or thin, sturdy cardboard)—use a ruler if you need to. This will be the kite's main body.
2. Carefully cut along the lines of the diamond kite shape. Ask a grown-up for help if needed!
3. Use bright colors to decorate your kite—you can even add stickers or drawings to make your kite look amazing!
4. Cut some string or yarn to create a tail for your kite—the length of this string will decide how high the kite can fly. Tape or glue this tail to the bottom of the kite!
5. If you're indoors, pretend to fly the kite! Or, if it's a nice day outside, take your kite outside and watch it soar in the wind!



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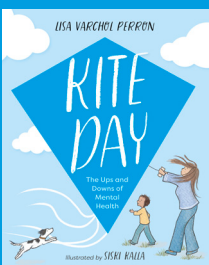
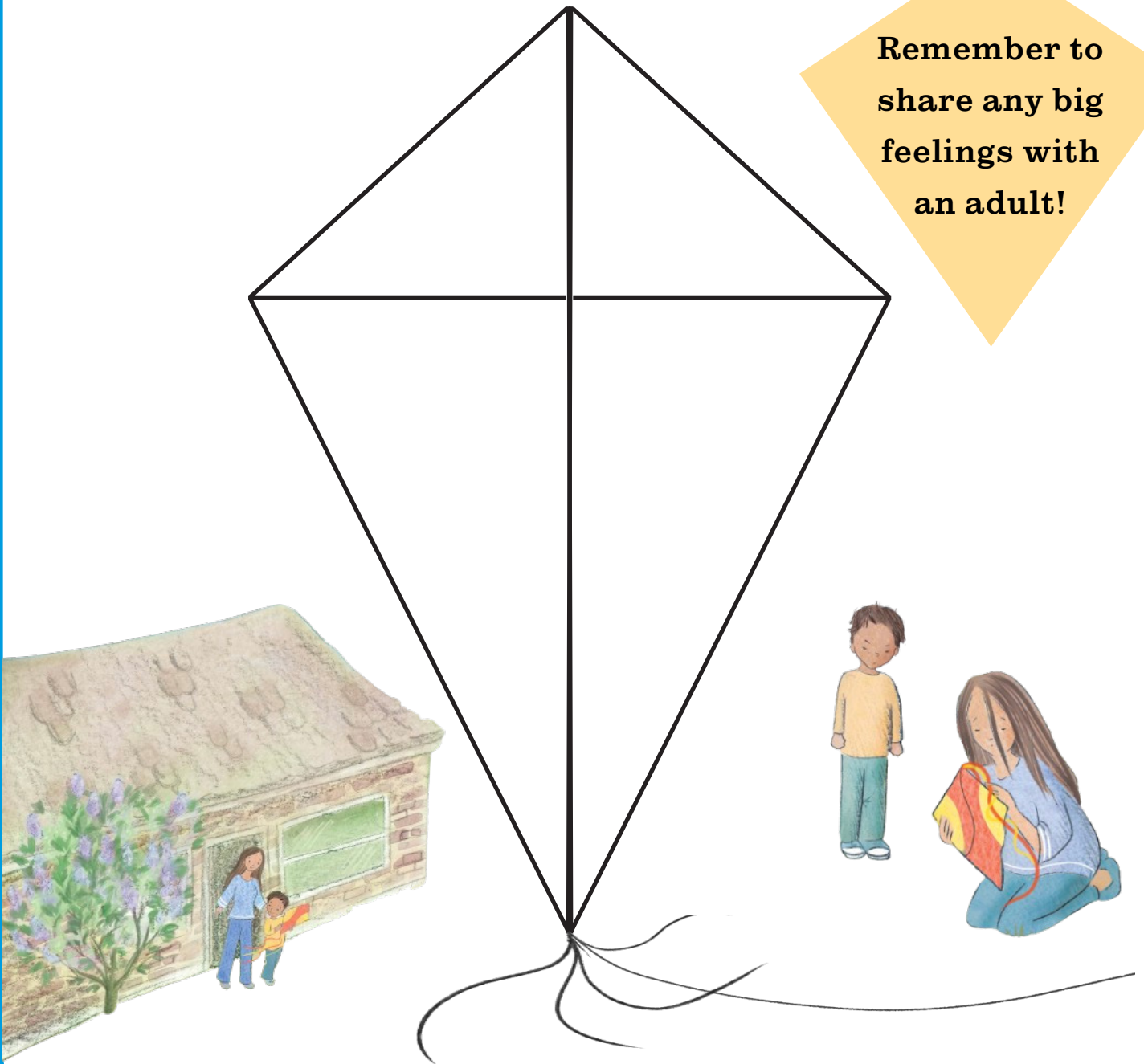




Match Your Emotions To Your Kite

Colour in the below kite to match how you feel. Use different colours, patterns, drawings or textures.

Remember to
share any big
feelings with
an adult!



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Drawing Activity: The Four Seasons

Below are four boxes – one for each season. Draw a picture in each box to represent the season. For example, you could draw snowflakes for winter.

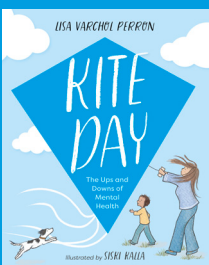
Then write a few words about how that season makes you feel under your drawings. For example, “Spring makes me happy because of the flowers!”

Spring

Summer

Autumn

Winter



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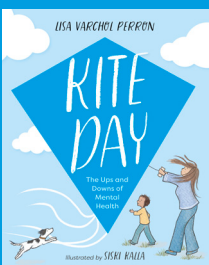
Write A Personal Affirmation

Affirmations are a positive way to remind yourself how amazing you are – especially when you're having a bad day. Here are four examples of affirmations:

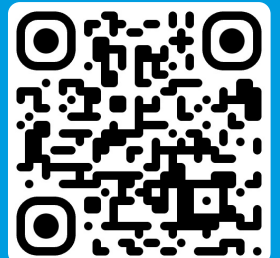
- "I am strong."
- "I am powerful."
- "I am kind."
- "I am loved."



Choose one of the above affirmations or create your own, then write it in the box below. Next, decorate it with different colour drawings, stickers or glitter.



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Stitch Your Own Kite!

Let's learn some simple sewing skills while making a mini kite – just like in the book!

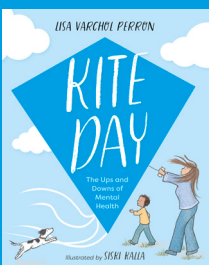
What you will need

- Felt or fabric scraps
- Needle and thread
- Ribbon or yarn
- 2 small sticks or straws



How to make your mini kite

1. Draw two similar size diamond shapes in your fabric, then cut them out.
2. Place the two fabric pieces together and ask your adult to help you stitch them together with your needle and thread. Leave a little opening for the sticks!
3. Slide two small sticks or straws inside to help the kite stand up. Then close the opening by sewing it together with your sticks inside.
4. Tie ribbon or yarn to the bottom to make your kite tail.
5. Hang your mini kite in your room or use it as a bookmark!



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Let's Cook Żurek Soup

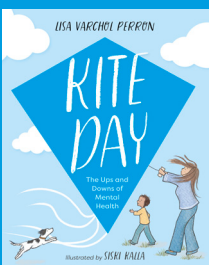
Żurek is a delicious and cozy Polish soup from the story – now it's your turn to make it with an adult!

Ingredients

- 960ml/32oz/4 cups vegetable or chicken broth
- 2 medium potatoes, diced
- 1 small carrot, grated
- 1 garlic clove, minced
- 1 slice sourdough bread, broken into pieces (ideally rye sourdough)
- 1 tbsp white wine vinegar
- 1 small sausage (optional)
- 1 boiled egg (optional), to serve
- Salt and pepper, to taste



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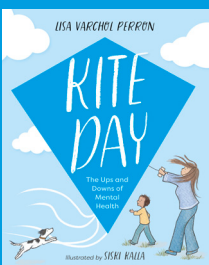
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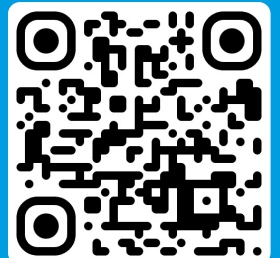


How to make the soup

1. Pour the broth into a large pan and bring to the boil over a medium heat. (Please make sure an adult helps you with this part!) Turn down the heat and simmer.
2. Add the diced potatoes and grated carrot. Cook until soft.
3. Add in the minced garlic (and the sausage slices, if you're using).
4. Stir in the sourdough pieces and a splash of vinegar for the traditional tangy flavor.
5. Simmer for another 5–10 minutes.
6. Ask an adult to help you turn off the heat, then serve your soup in your favorite bowl and add in your favorite toppings!



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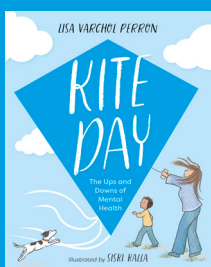
For Caregivers
+ Educators

Questions To Ask A Child About Their Mood

Want to start an engaging discussion with your young people about how they are feeling?

Here are some conversation starters for you!

1. If your mood were a season, which would it be today?
2. What does the kite represent in the book?
3. What's something that usually makes you feel better when you're sad?
4. When you're angry, what can help you feel calm again?
5. What other comforting foods do you enjoy with your family?
6. How do you feel when your parent or guardian is really excited, and then later seems quieter or tired?
7. Who can you talk to if you're concerned about someone you love?
8. Do you think it's okay to have bad days sometimes? How can we take care of ourselves on those days?
9. When someone's mood changes, how can you show them you care?



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