

# HERO in TRAINING



ACTIVITY BOOK

STARRING  
PERI & BOBBI!

# Dear Parents,

## Relocating your family is a challenging, exciting and busy time.

The Hero in Training Activity Book, for children ages 6-8, is designed to keep your kids occupied as you prepare for the move, travel, and settle into your new home. These activities help them prepare for the move, learn about making new friends, build their confidence, get excited about their new home, and manage their emotions through this life-changing process.

### Skills for life!

All your child needs is a pen or pencil and colouring crayons, plus a tablet, smartphone or other connected device to access supplementary online resources.

To understand how these activities build life skills, look at the legend below. Match the relevant life skills icon in the legend to the icon at the top of each activity page.

Join the Fan Club to receive more helpful tools and get the chance to win prizes at <https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children>

Once your child has completed the book, check in with them to see what they've learned. The final pages of the book guide you and your child through this process. When you have relocated, bring this book to your local PSP recreation centre and see what surprises await them from the PSP staff!

Share your thoughts with PSP, so we can continue to adapt and improve this activity book for your children. Fill in our online survey.

Yours truly,  
your PSP Team



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/give-us-your-feedback>



*p.s. Get helpful tools and resources to facilitate your move with the MFS Relocation Guide*



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children>



All activity answers can be found here.



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/book-answers>

# Legends

## Building self esteem

### FOCUS SKILL

### ICON

Independence



Learning from mistakes



Teaching others



### FOCUS SKILL

### ICON

Care of environment



Problem solving



Multi-Step planning



## Activity information

### FOCUS SKILL

### ICON

Phone or tablet



May need help  
from a grown-up



### FOCUS SKILL

### ICON

Indoor activity



Outdoor activity



# Hey there!

## Did you ever wonder what it takes to be a Hero?

Are you curious? Well, you're about to find out!

### You are now a Hero in Training!

You're getting ready for a big move, so the timing is perfect! At the end of the book, you'll be stronger, smarter, more confident and ready to make new friends.

Become a Hero by completing each mission in this book. When you finish an activity or mission, scan the QR Code on page 2 to log into the virtual answer section. That's where you'll discover your Hero Skills Score.

Once you've tallied your Hero Skills Score, bring your book to the PSP Recreation building at your new location to show a staff member at the front desk. <https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children>

They may have a surprise for you!

### Hello, there! I'm Bobbi!

I live in Eastern Canada. I moved quite a few times too, just like Peri.  
My favourite food is blueberry pancakes. My favourite activity is basketball. My favourite book is Anne Arrives by Kallie George. My favourite subject is Math. My favorite colour is navy blue. I am also bilingual and I love singing to east coast music.  
You are also probably wondering why my name is Bobbi. I am named as a tribute to PSP Manager Roberfa (Bobbi) Howard Muir who was known for her leadership skills, her sense of humour and love of sport.



### Hi! My name is Peri!

I live in Western Canada, and I too had to move around from time to time. My favourite food is spaghetti. My favourite activity is painting. My favourite book is Stand Like a Cedar by Nicola I. Campbell. My favourite subject is History. My favorite color is Army Green. I am bilingual and I love dancing to country music.  
You are probably wondering why my name is Peri. I am named after the branch that PSP is founded by.

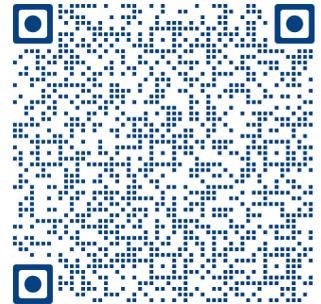
# MISSION 1

## Mission Possible: Welcome to the Fan Club



### Shhh... it's a secret

Your mission: if you choose to accept it, is to become your very own Hero like Bobbi and Peri! Learning this secret handshake is your initiation into the secret fan club! As you work through this book, you'll use your superhero skills - and learn many more, to help you on your journey to your new home! If you'd like to connect with other military kids, try Peri and Bobbi's secret handshake with them, or find someone in your community who knows it, too! There may be more heroes living in your community than you know!



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>



PREPARE



# All about me!

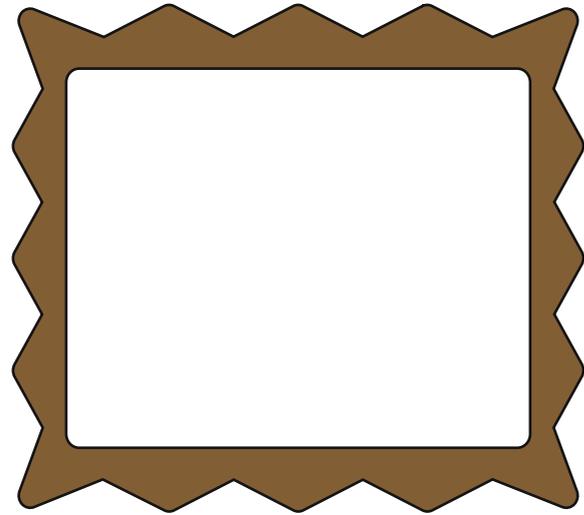


My name is:

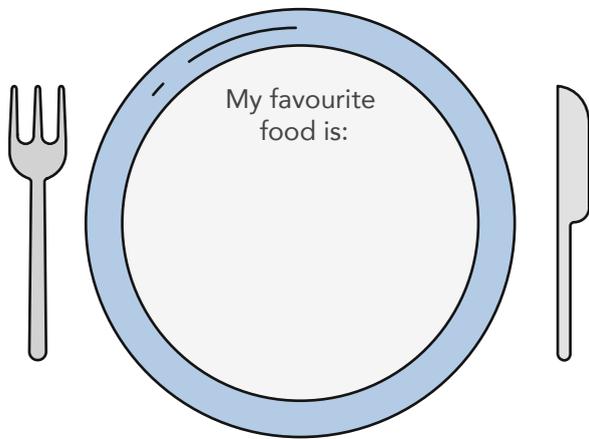
I am \_\_\_\_\_ years old and

I live in \_\_\_\_\_

I am moving to \_\_\_\_\_



## My Family



My favourite food is:



My favourite activity is:



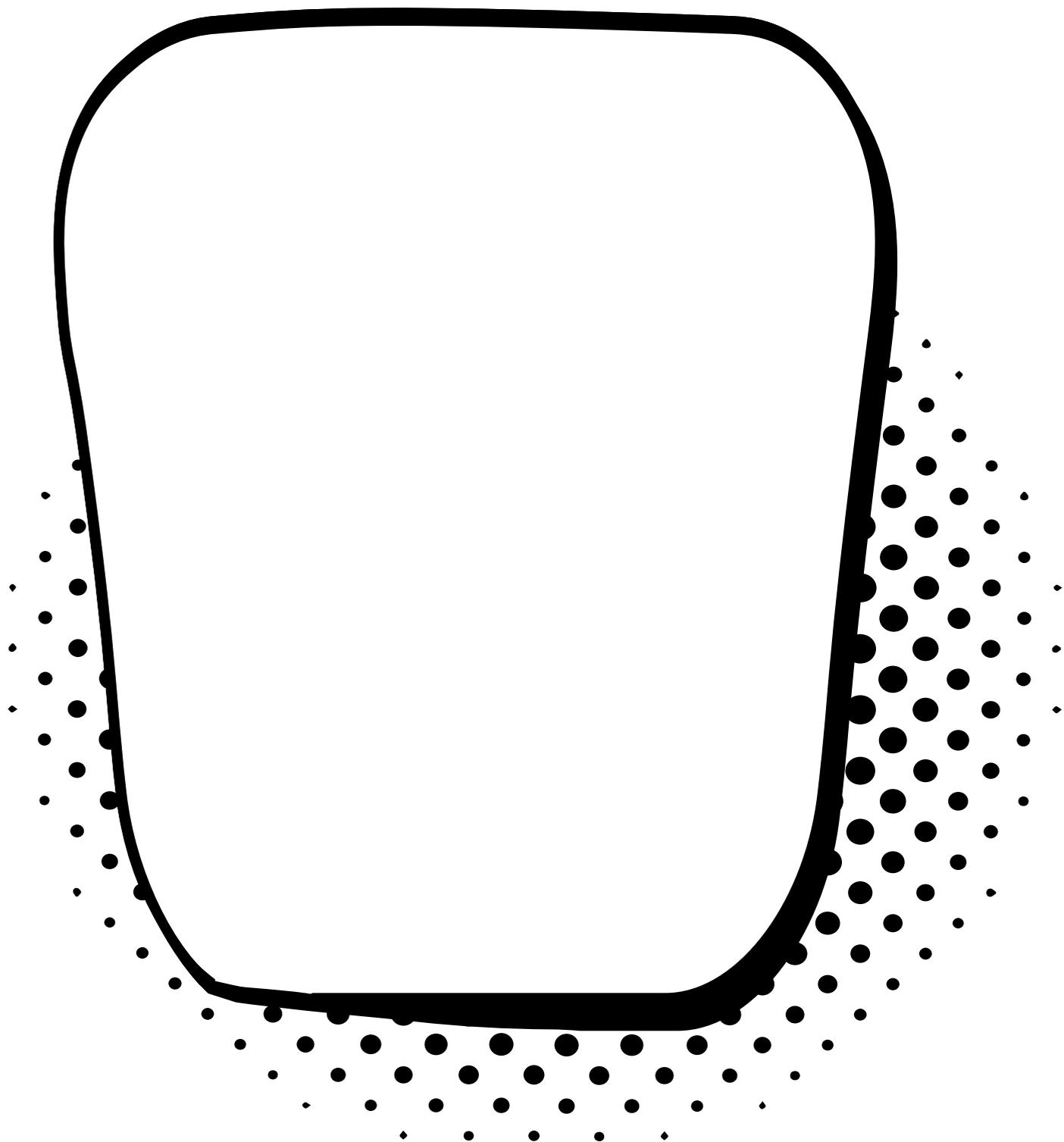
My favourite book is:



My favourite subject is:

# Sketch Yourself:

Draw a self-portrait and include things you like to do, your favorite colours, a game you like to play, or anything else that describes you in your drawing



# MISSION 2

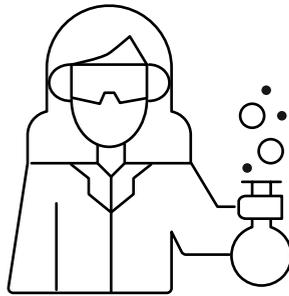
## Find your superpower

What are the things you like to do?

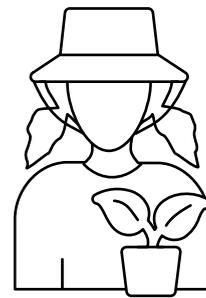
Look at the pictures below. Colour the things you like to do.



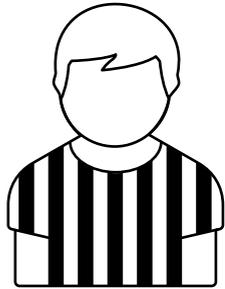
Yoga and meditation



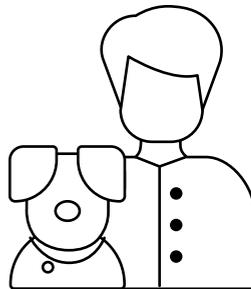
Science



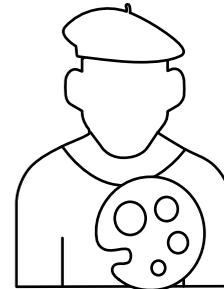
Taking care of plants or a garden



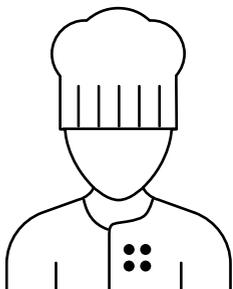
Sports



Taking care of animals



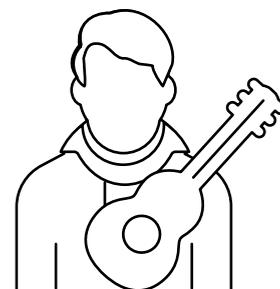
Art



Cooking and baking



Speaking or singing



Music



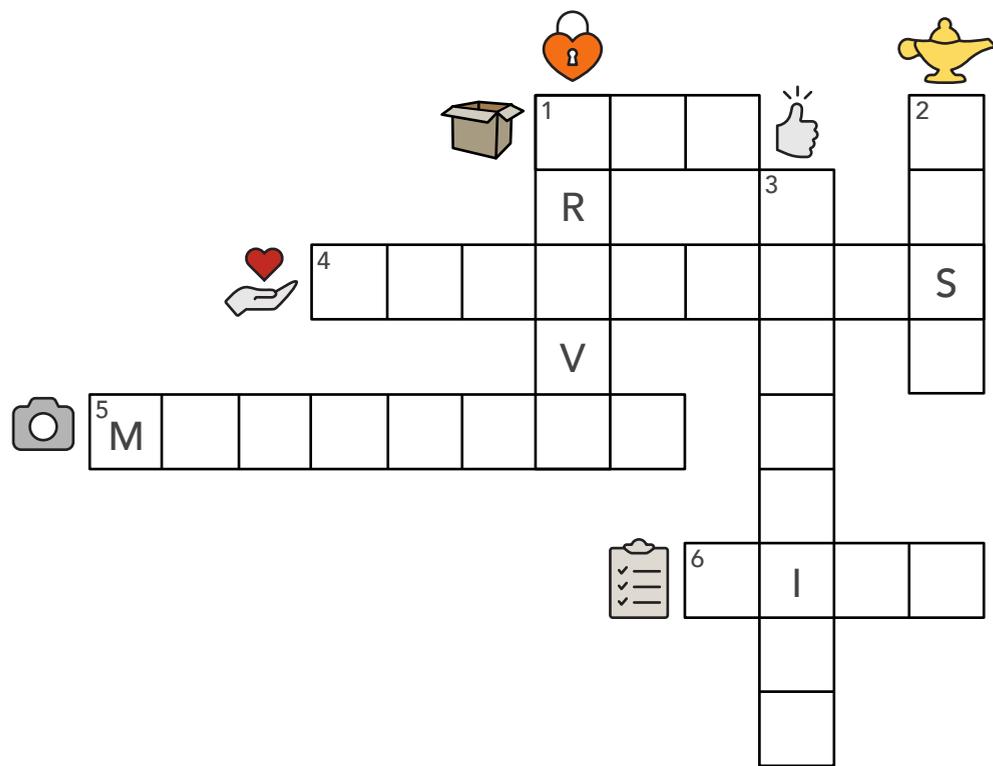
# MISSION 3

## Be prepared



### Crossword puzzle

Help Bobbi solve this puzzle! Use the picture clues to complete the crossword puzzle.  
Hint: Each picture gives you an idea to help with your family's move.



#### Down Words:

**1. SECRET WORD**

If you have found this secret word, go to page 38 to know what to do with this secret word.

**2. WISH**

Make a wish on what new and fun thing you would like to try at your new home. It can be an activity or it can be to visit a special place or it could be an art project to decorate your new room.

**3. POSITIVE**

Stay positive.

#### Across Words:

**1. BOX**

Identify your bedroom moving box with words or a drawing.

**4. DONATIONS**

Put aside toys that you do not play with anymore, put them in a special box to donate to kids in need.

**5. MEMORIES**

Take photos of your old house and bedroom.

**6. LIST**

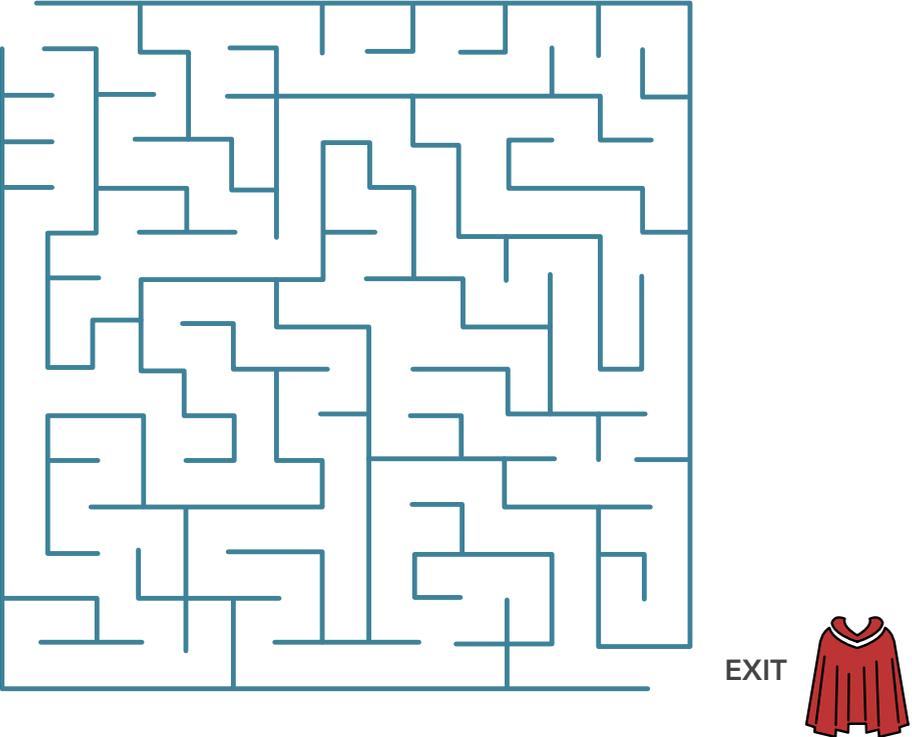
Make a list of 5 things you would like to bring in the car with you.

# Bobbi's maze

Bobbi is packing important things to take on her journey.  
Help Bobbi find her hero cape to put in her suitcase.



ENTER 



EXIT 

When Bobbi was packing she noticed she had a lot of old capes, some she doesn't wear anymore. She also has toys that were fun when she was a kitten, but they no longer interest her. Bobbi decides to donate these things to help others in need, knowing another young kitten may enjoy them.



Look around your bedroom?  
What do you need to pack  
and bring with you?



What could you give away so someone  
else can enjoy them for a while? Draw one  
thing to keep and one item to donate.



# MISSION 4

Get good sleep,  
keep a healthy mind



## Sleep wordsearch puzzle

Can you find Peri's favourite bedroom items in the wordsearch?

S	P	D	V	B	O	K	M	E	P	N	W	B
R	A	Z	Z	J	K	D	B	D	I	K	T	P
F	J	N	N	P	P	R	Z	V	C	B	E	F
G	A	L	I	B	I	E	K	N	T	F	D	J
P	M	J	G	G	O	L	R	M	U	I	D	F
P	A	B	K	S	H	B	L	I	R	V	Y	P
G	S	S	R	E	H	T	B	O	E	R	B	I
A	C	A	L	M	U	V	L	I	W	J	E	B
H	T	Y	T	M	H	D	C	I	S	Z	A	E
S	B	L	A	N	K	E	T	D	G	S	R	G
D	I	P	P	I	N	K	H	M	R	H	V	L
X	U	D	Q	N	Z	U	B	S	T	C	T	O
O	C	C	R	H	Q	U	O	G	K	D	O	N

BLANKET



BOBBI



NIGHTLIGHT



PICTURE



TEDDY BEAR



PILLOW



PERI



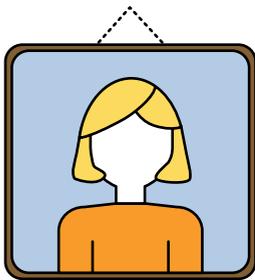
STARS



PAJAMAS



# Make your own picture frame



Scan the QR Code to learn how to make a picture frame for your new bedroom. What picture will you put in the frame? How about a photo of your pet, your parents, your friends, or anything that puts a smile on your face?



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>



# Have a toothbrush dance party with Peri and Bobbi!

- Gather your family
- Get your fun and craziest pyjamas on
- Put on some music. Scan the QR Code to find a fun music video
- Turn up the volume
- Meet up in the bathroom
- Grab your toothbrushes
- Dance and sing
- Try Peri's and Bobbi's' new dance move



# It's story time!

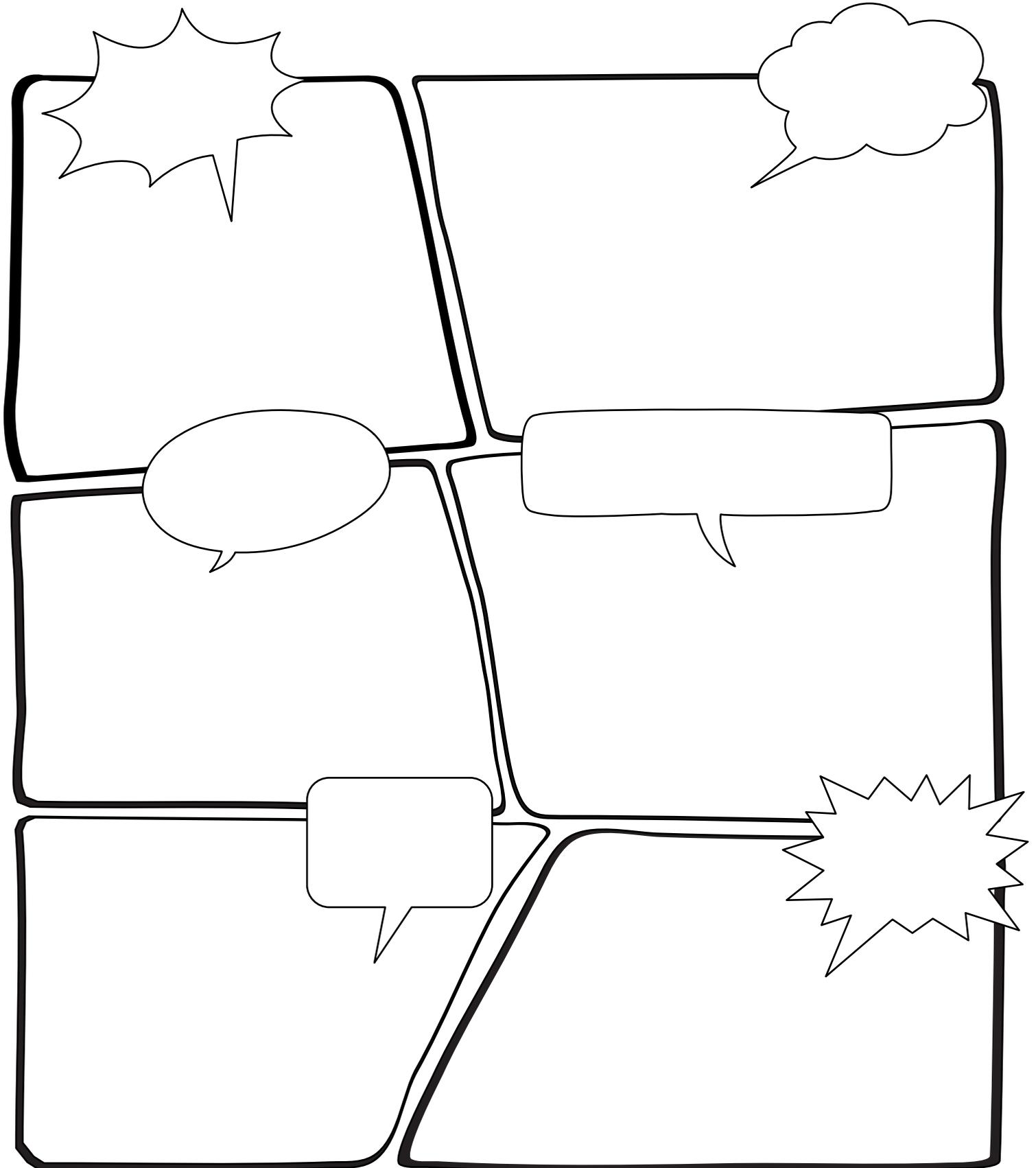
Scan the QR Code to follow along with the story.



# Create your own Hero bedtime story

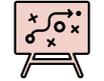
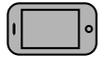


Use these blank comic book pages to create a Hero bedtime story.  
Make someone in your family the main character.



# MISSION 5

## Be kind to yourself and others



### Make a gift - put on your cooking apron



Parents: Scan the QR Code to access the Canada Food Guide recipe for tips.

### Let's cook some Oat and pumpkin no bake-bites!

Prep time: 10 minutes (plus one-hour freezing time)

Cook time: 0 minutes Servings: 18 (makes 36 bites)

#### INGREDIENTS

- 750 ml (3 cups) rolled oats
- 250 ml (1 cup) pure pumpkin puree
- 250 ml (1 cup) natural almond or peanut butter or non-nut alternative
- 125 ml (½ cup) maple syrup
- 5 ml (1 tsp) cinnamon
- 7 ml (½ tbsp) vanilla extract

#### DIRECTIONS

In a large bowl, add all ingredients and mix well. Using one tablespoon per bite, roll the mixture in your hand to form 1-inch balls and place on a baking sheet. Cover and freeze for one hour before eating! Don't forget to clean the kitchen!

Use this QR code or visit <https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos> to see all the resources and videos for these fun-filled activities.



### A great snack – or a great gift!

Keep some bites to have a homemade snack when you're traveling OR make a gift package for a special person in your life, like a friend, a teacher or a camp counsellor.

### Wrap it up

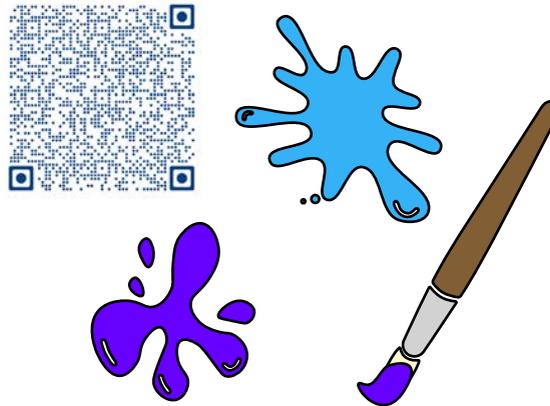


Bobbi has a gift-wrapping idea for you! Scan the QR Code to watch a video and learn how to make your own fancy gift box.

# Leave your trace: Geocaching!

Geocaching is like a BIG treasure hunt!  
Here's how to paint a rock and leave your trace for others to find.

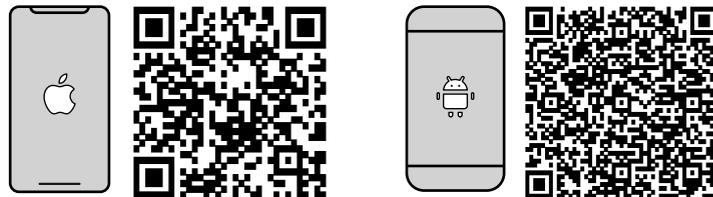
1. Scan the QR Code and follow the video instructions to learn how to paint your own rock.



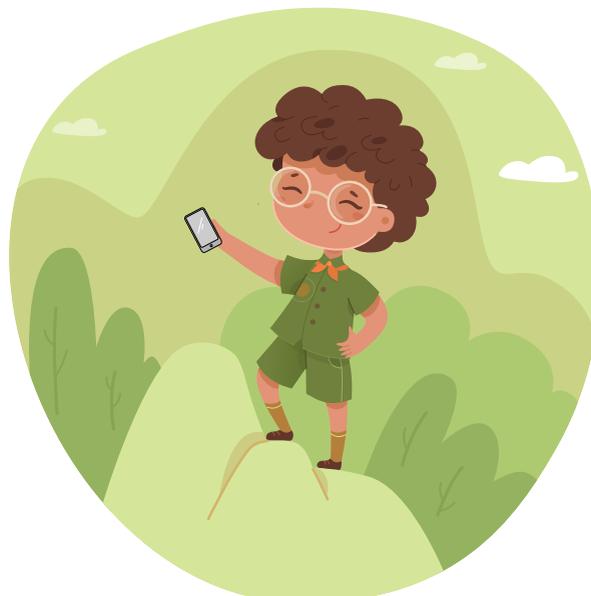
<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>



2. Download this app to start geocaching. Hide your painted rock and enter the coordinates in the geocaching app for others to find.



3. Connect to the geocaching app from anywhere to find other people's hidden treasures.



# MISSION 6

## Find your familiar places



Before you move, draw a picture, write a note, or put a photo of your favourite locations in each box. When you arrive at your new house, try to find similar "familiar places". It's a scavenger hunt in your new town!

Is a new family moving into your old house? Why not cut out the Before section and leave it behind as a welcome present for the new family moving in.

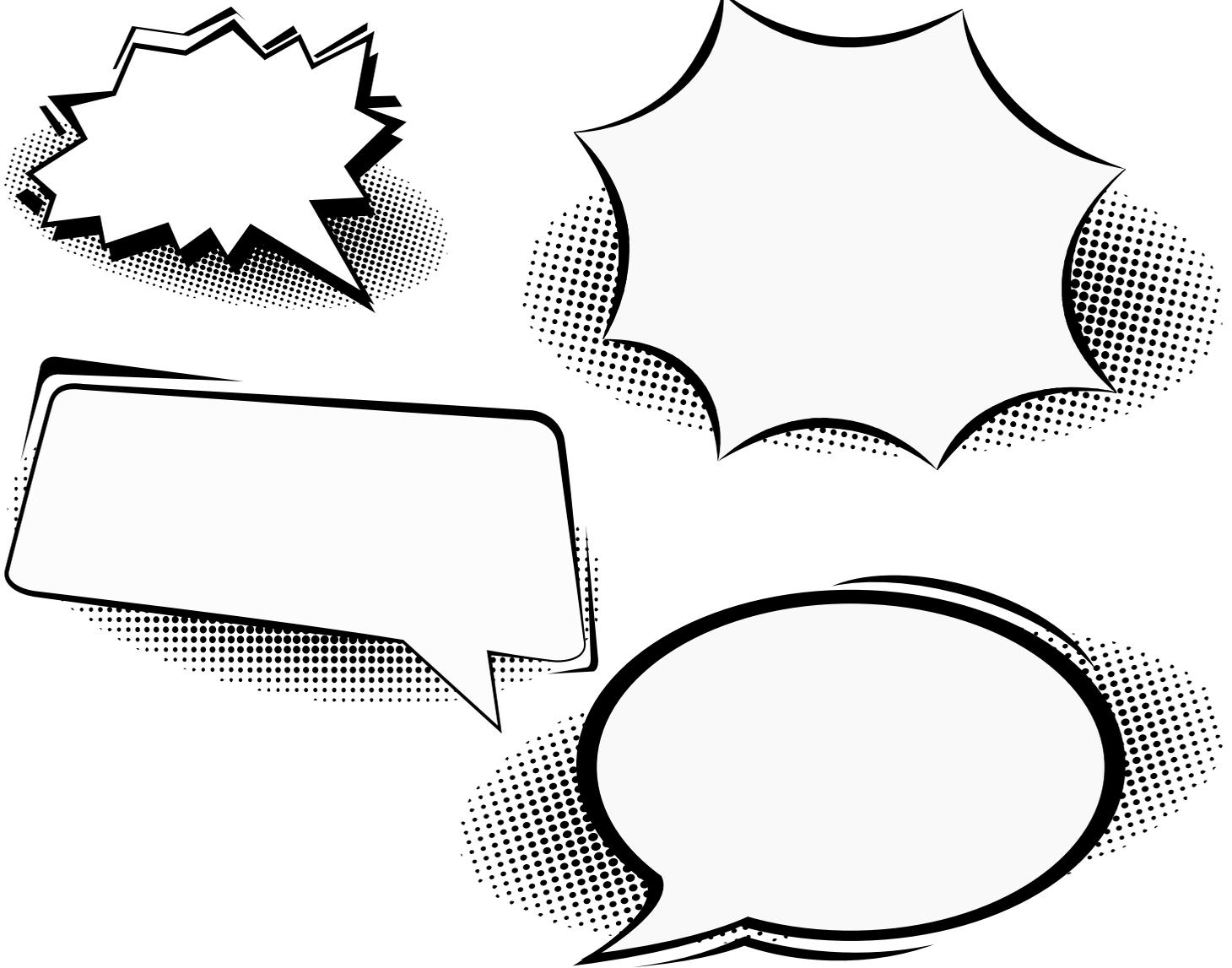
BEFORE			
AFTER			

# MISSION 7

## Make your own Yearbook for memories old and new!

Before you start your journey to your new home, be sure to get as many memories, signatures, and messages from the important people in your life. This could be a teacher, a coach, a swimming instructor, or a friend!

This is a great way to share memories while looking forward to making new ones! Use the text boxes below and ask the people you know to leave their friendly messages!



# ON THE MOVE



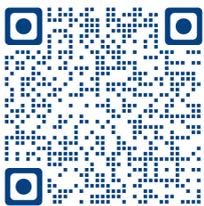
# MISSION 8

## Be resourceful, know your surroundings



Introducing Bobbi's friend Parka, the Parks Canada Mascot. Before you start today's adventure, become a Weather Wiz!

Check out all of Parka's adventures and discover facts about Canada here:



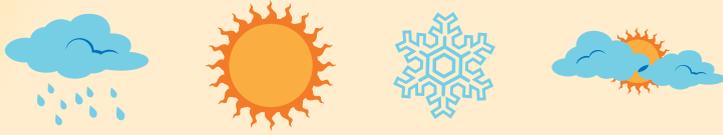
[www.parkscanada.gc.ca/parka-videos](http://www.parkscanada.gc.ca/parka-videos)

### Weather Wiz

Rain or shine Parka is always ready to play. Help Parka prepare for her adventure by **circling** the symbols that match today's weather.



**Check off** the items that you and Parka might need for today's adventure.



# Get up and go with Parka

Have fun exploring the colours in nature with Parka.  
You can also visit the Parka Webpage to try all kinds of activities,  
crafts, and recipes from our Parks Canada friends all over Canada!

[www.parkscanada.gc.ca/parka-home](http://www.parkscanada.gc.ca/parka-home)



## Colours in Nature

Nature has many different colours.  
Look around you and draw things that are  
**green, yellow, blue** and **red**.



How many items did you find for **each colour**?



# Seek and find Peri's hidden gems

Look at this map of Canada. Can you find gems in the pictures below? Draw a line between the gem and the location on the map. Look closely to find locations outside of Canada.

Where are you moving? What's the hidden gem there?

Scan this QR Code and learn more about each gems and their location.

<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/learn-more-about-the-hidden-gems>



  
Yellowknife, NWT

  
Comox, BC

  
Esquimalt, BC

  
Suffield, AB

  
Edmonton, AB

  
Wainwright, AB

  
Dundurn, SK

  
Moose Jaw, SK

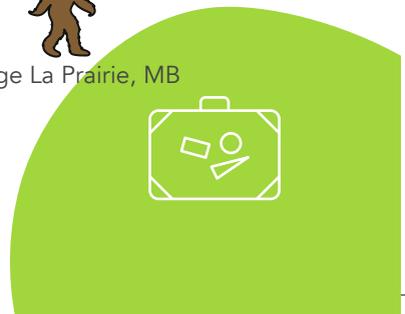
  
Winnipeg, MB

  
Calgary, AB

  
Cold Lake, AB

  
Shilo, MB

  
Portage La Prairie, MB





Europe



United States



Goose Bay, NL



Gander, NL



St. John's, NL



PEI



Halifax, NS



Greenwood, NS



Thunder Bay, ON



Petawawa, ON



Valcartier, QC



Gagetown, NB



Borden, ON



Toronto, ON



Trenton, ON



Kingston, ON



Bagotville, QC



Montreal Region, QC



Meaford, ON



London, ON



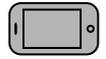
North Bay, ON



National Capital Region, Ottawa, ON

# MISSION 9

## Be fit and aware



### Let's dance

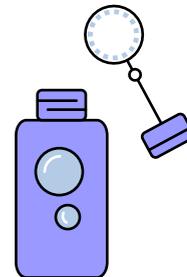
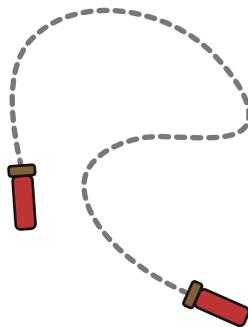
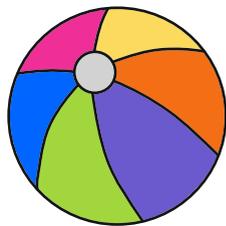
Put on your dancing shoes and learn this dance. Then, teach the dance to someone else. Maybe a new friend?



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>

### Peri's roadside activities

1. Pack a sport kit. Circle the ones you would like to have with you during your travels. Show your parents and pack your sport kit in a special bag.



2. At a rest stop? Try these keep-fit challenges, designed by Bobbi and Peri



Star jump



Run as fast as you can



Jump as far as you can



Jump on one leg



Plank for 30 seconds

# Travel bingo

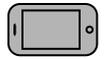
Help Bobbi find these items.

Keep your eyes out the window as you travel to your new home.  
When you see something on your Bingo card, mark it with an X.  
Try to fill the whole card before you get to your destination!



# MISSION 10

## Solve problems



Use your hero powers to solve these puzzles!



### What's missing?

There are four numerical patterns below. Each item has at least one missing number. Enter the missing numbers to complete each pattern. What pattern do you see?

1. 9, 11, 13, 15, 17, \_\_\_\_\_, \_\_\_\_\_
2. 9, 16, 23, 30, 37, \_\_\_\_\_, \_\_\_\_\_
3. 30, 25, \_\_\_\_\_, 15, 10, \_\_\_\_\_
4. 7, 14, 21, 28, 35, 42, \_\_\_\_\_, \_\_\_\_\_

### Help Peri find his friends

We're going on a hike through the forest. Watch this video to find and name Peri's forest friends.



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>



# Addition race

Solve this equation to beat Bobbi's time.



+	2	5	4	1	6
3					
2					
4					
5					
1					

+	1	6	2	5	3
2					
4					
0					
5					
6					

Time:	Score:
-------	--------

Time:	Score:
-------	--------

+	4	7	5	2	3
5					
1					
3					
7					
8					

+	6	2	5	9	0
4					
1					
3					
2					
6					

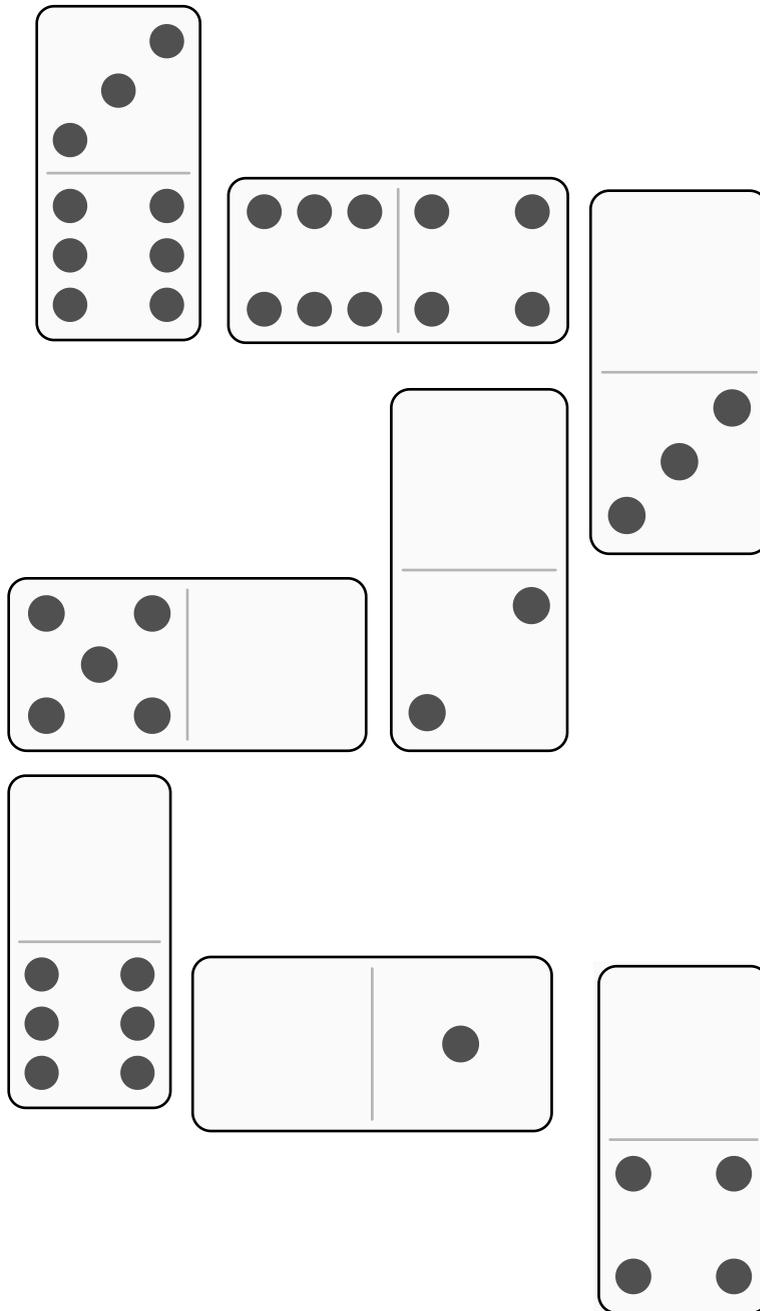
Time:	Score:
-------	--------

Time:	Score:
-------	--------

# Domino puzzle

Peri prepared a Domino trail for you!

Can you help him fill in the blanks? Draw in the correct number of dots on the blank dominoes and match to the ones beside them. Look at the first one to get started.



# Spot the difference

Bobbi is visiting her friend's camping site

Can you spot 12 differences between the two photographs?



# CHECKING IN WITH ME



# Mission 11



## Be creative

### Tell your story with art

Create your own Hero coat of arms just like Peri and Bobbi! Did you know each new Governor General gets to design their own coat of arms? It's like creating a selfie. Try to make your own. What makes you who you are? Write your name or surname in the top banner. Use both legends below to inspire you.

What represents your family

What represents your friends

What represents you

Something you like

- Lucky
- Swimming
- Reading
- Music
- Warmth
- Sports
- Crafts
- Love

### Color ideas and meanings

Choose 2 different colors for your background.

- |                              |                           |                    |
|------------------------------|---------------------------|--------------------|
| Nature and growth            | Power and elegance        | Luxury and mystery |
| Energy and passion           | Professionalism           | Playfulness        |
| Calm, trust and intelligence | Happiness and hope        |                    |
| Warmth and honesty           | Creativity and enthusiasm |                    |

# Colour, create, be fierce



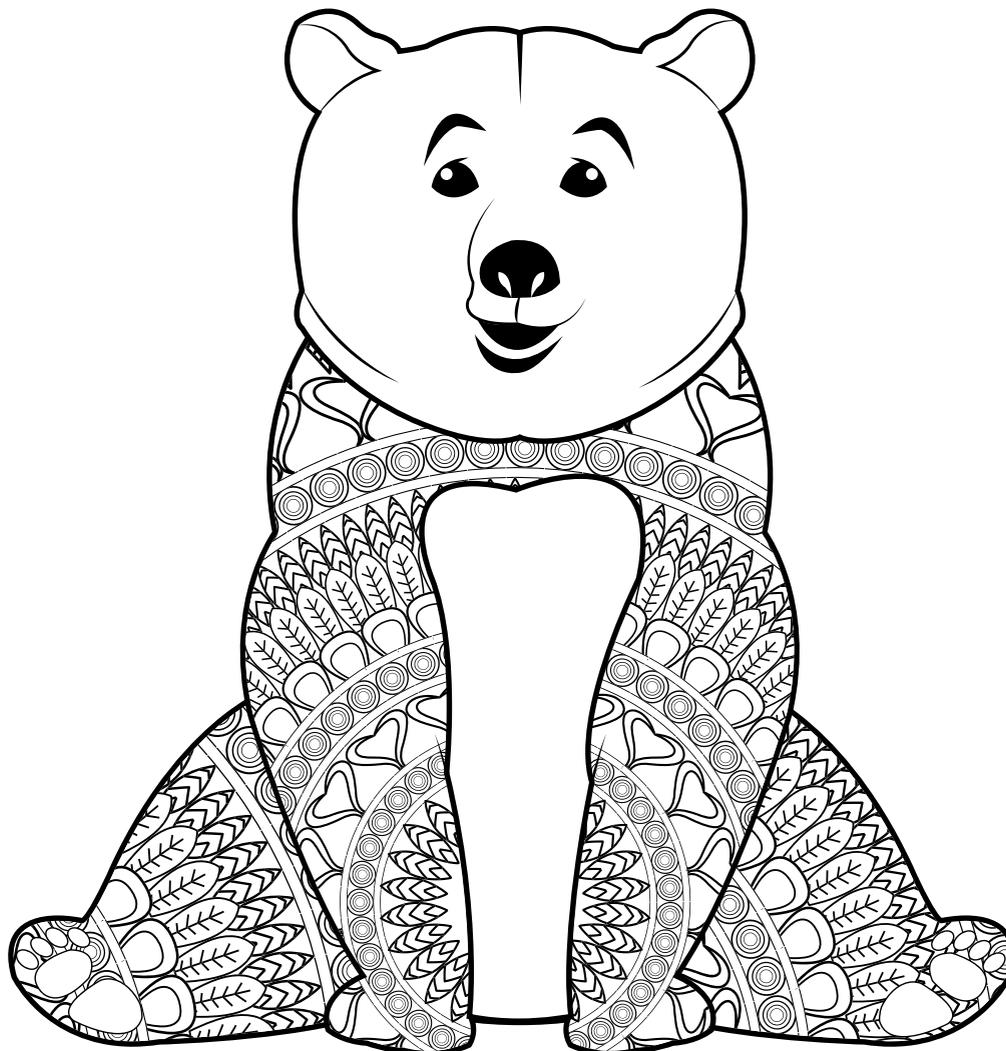
Draw and colour Bobbi's bear friend.

Draw and colour Bobbi's bear friend. Look at the list below for ideas.

Add the things you like in the picture. Colour them. Additional drawing ideas:

A tree • A sun • A bird • Flowers • Stars in the sky

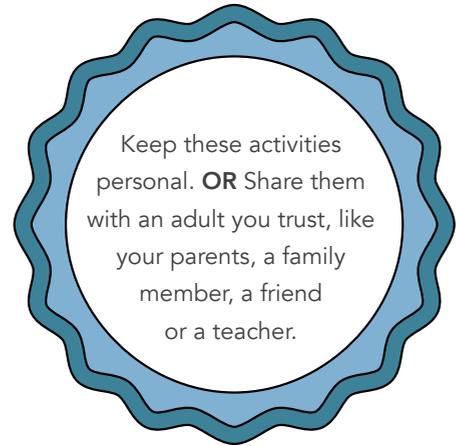
You are  
fierce



# MISSION 12



## Express yourself



### How to get the grumpies out

1. Can you make a grumpy face?  
Maybe a sad face?  
Or maybe an angry face?
2. Is that how you are feeling today?
3. If you are, create your grumpy, sad or angry face.
4. Take a big breath in.
5. Blow out all those emotions.
6. Repeat until you feel better.



### Here's another way you can do it

1. Scrunch up your toes and tighten all your muscles, including your legs.
2. Squeeze your eyes shut.
3. Make your hands into fists.
4. Take a deep breath in.
5. As you let all the air out, loosen up your muscles.
6. Repeat as many times as you like.



# My feeling Zones



Try to find the Zone that best describes your feelings.

Peri and Bobbi have tricks to help you. Read on and complete the section below.

## BLUE ZONE



Pay attention more. Be energized.

How I Look  
Or Act

Needed  
Action

## GREEN ZONE



Keep it up. You are doing great.

## YELLOW ZONE



You need to go back to the green zone.

How I Look  
Or Act

Needed  
Action

## RED ZONE



Use strategies to calm down.

Below are things you can do when you are in a specific zone.

Read them carefully and colour each box based on the zone where they belong.

I can play and enjoy the outdoors.

I can read and study.

I can help a friend.

I can make a list of things that make me feel good, when I'm feeling good, to help cheer me up when I'm not ok.

I can get a drink of water.

I can sit up straight.

I can take a short walk.

I can tell someone how I feel.

I can stop whatever I am doing.

I can step back and think.

I can ask for a break.

I can ask for help.

I can close my eyes and count to 20.

I can take deep breaths.

I can think of a place where I feel safe.

I can write, talk, or draw about what I feel.

# Emotional check in



Follow the trail that Bobby prepared for you.

Try your best to answer the questions.



**START**

How are you feeling out of 10?

\_\_\_ /10

Describe how you're feeling in 3 words:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who can you talk to?

- Parent/guardian
- Sibling
- Other family member
- Teacher
- Friend
- Counsellor
- Someone else

Do you feel like you have someone trusted to talk to about how you feel?

- YES
- NO

Would you like to write about how you feel in a journal? Sometimes writing things down can be just as helpful as talking.

If that person is available, take some time to do a check in with them and maybe do a fun activity to help you work through how you feel.

Use this space to write or **draw** what you are feeling.

**FINISH**

# Be grateful



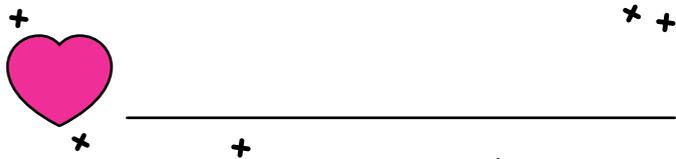
It's always important to feel gratitude, even when things are changing. Use these two boxes to show something you are grateful for before and after your move.

## Before your move.

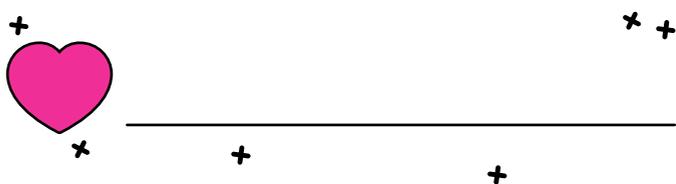
Write or draw something you are grateful for:



This person brought me joy today:



This made me happy today:

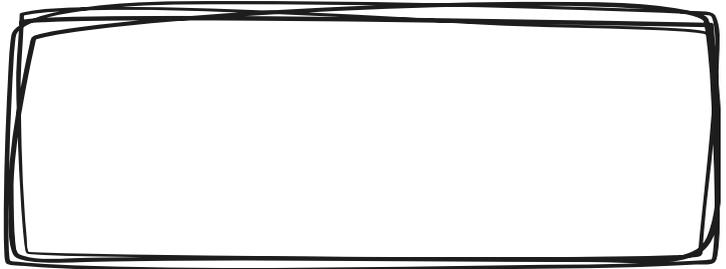


I did this for someone else today:

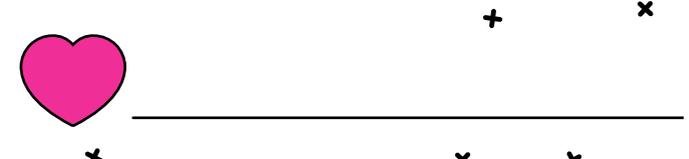


## After your move.

Write or draw something you are grateful for:



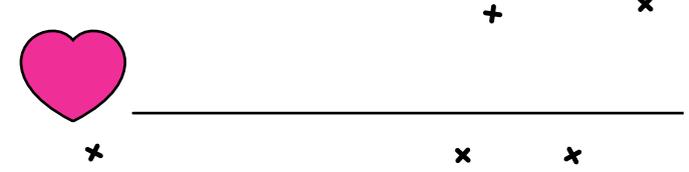
This person brought me joy today:



This made me happy today:



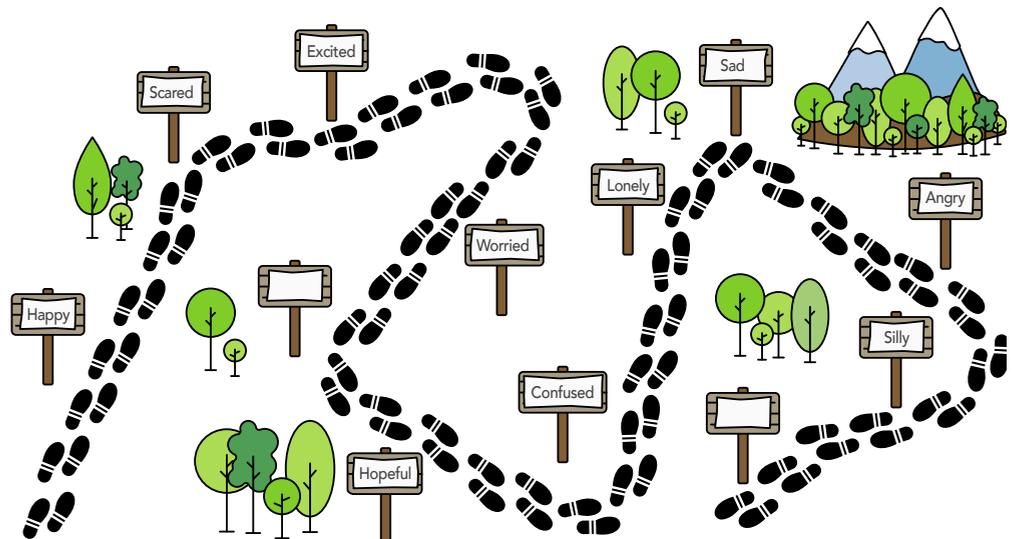
I did this for someone else today:



## How do you feel today?

How do you feel today? Travel through Peri and Bobbi's forest and find the word that matches your feelings. When you find the right word, circle it. Can't find a match? Fill in a word of your own on one of the blank signs.

When you find the right word, circle it. Can't find a match? Fill in a word of your own on one of the blank signs.



# My stay strong plan



Peri has created a plan with some questions just for you.

Read each question. Take time to think about it and fill in the blanks.  
Heroes need plans like these to stay strong.



People I can call or talk to for help:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How I can look after myself:

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My strenghts:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

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What has helped me in the past:

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Advice I would give a friend:

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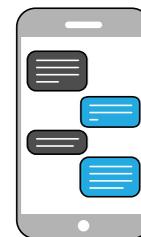
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# Resources

## Kids Help Phone

CFMWS has partnered with Kids Help Phone, True Patriot Love Foundation and Lockheed Martin Canada to launch a crisis texting service for kids from military families living in Canada. Children, youth and young adults from military families can access free mental health and well-being support by texting the keyword CAFKIDS at 686868 for service in English. At this time, the texting service is only available for kids in Canada. Kids from military families who live outside of Canada, can contact the Family Information Line at 00-800-771-17722 to help find regional support for youth.



The Crisis Text Line powered by Kids Help Phone is confidential and available day or night

## Canadian Olympic Club

Join the Canadian Olympic Club, presented by Olympic Education Program. It is an all-access community uniting and rewarding Team Canada fans – it's free. Gain points, rewards and get email updates from your Canadian Olympic Team. The Resource Library offers free, high-quality resources and activities that support physical literacy and sport development.

<https://olympic.ca/olympic-club/>



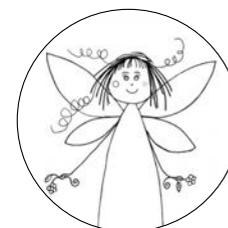
## Fire Prevention and Safety

As you move into your new home it's the perfect time to review escape plans and fire prevention. CFMWS has partnered with National Fire Protection Association and their friend Sparky to help you be fire safe in your new space. <https://www.sparky.org/>  
<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>



## Natasha's Wood Foundation

The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books. These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind. These inventive stories feature a magical forest, fairies, unicorns and dragons – a whole imaginative world just waiting for children and youth to bring it to life.



The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds. These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.



# MAKING FRIENDS



# MISSION 13



## Make a new friend and build your sense of humour

Learn some new jokes with Peri



## Sign up for a new activity

Complete your Hero in Training book.

When you arrive at your new location, go to your PSP Recreation building and share the secret word with a staff member at the front desk. A surprise could be waiting for you.



# Letter mix-up



Unscramble the letters to spell the words correctly.

Keep an eye out for tips and tricks on how to make a new friend.  
Every hero needs a partner!



mlsie

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ays lloeh

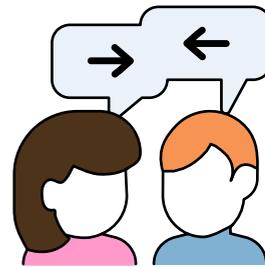
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ksa sotequsin

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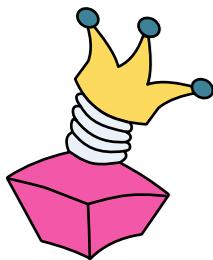
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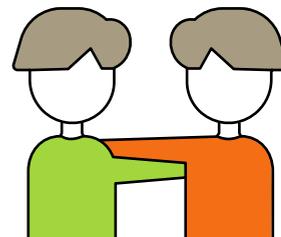
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ejkos

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rdeifn

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# What is a friend?



Peri says, "to have a friend, you must be a friend!"

Draw three ways you can be a good friend.

Three large, hand-drawn circles are arranged on the page for drawing. The top-left circle is outlined in light green with a thick black shadow. The bottom-left circle is outlined in light blue with a thick black shadow. The right circle is outlined in light purple with a thick black shadow. All circles are empty, intended for a child to draw their own ideas.

# Peri and Bobbi's sharing starters

With interesting questions, you can spark some great ideas!

Share your thoughts with a friend and listen to their thoughts, too.

What is your strange talent?



If you could spend the day with anyone, famous or not, who would it be and why?



Would you rather go camping or stay in a fancy hotel? Why?



What was your favourite day ever?



What is something surprising that people may not know about you?



If you could be any animal, what would you be and why?



Cut these out to make yourself a deck of conversation starters.



# More sharing starters!

With interesting questions, you can spark some great ideas!

Share your thoughts with a friend and listen to their thoughts, too.

If you had to eat **one food** every day for a week, what food would you choose?



Is there a time you felt brave?



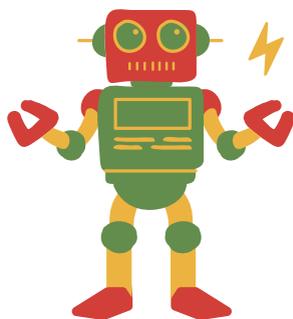
If you could choose a new **subject** to learn at school, what would it be?



If someone gave you **\$100** and you had to spend it that day, what would you spend it on?



If you could choose any **superpower**, which one would you choose?



What is your **favourite scent**? It could be a food smell, outdoors, a perfume...



Cut these out to make yourself a deck of conversation starters.



# MISSION 14

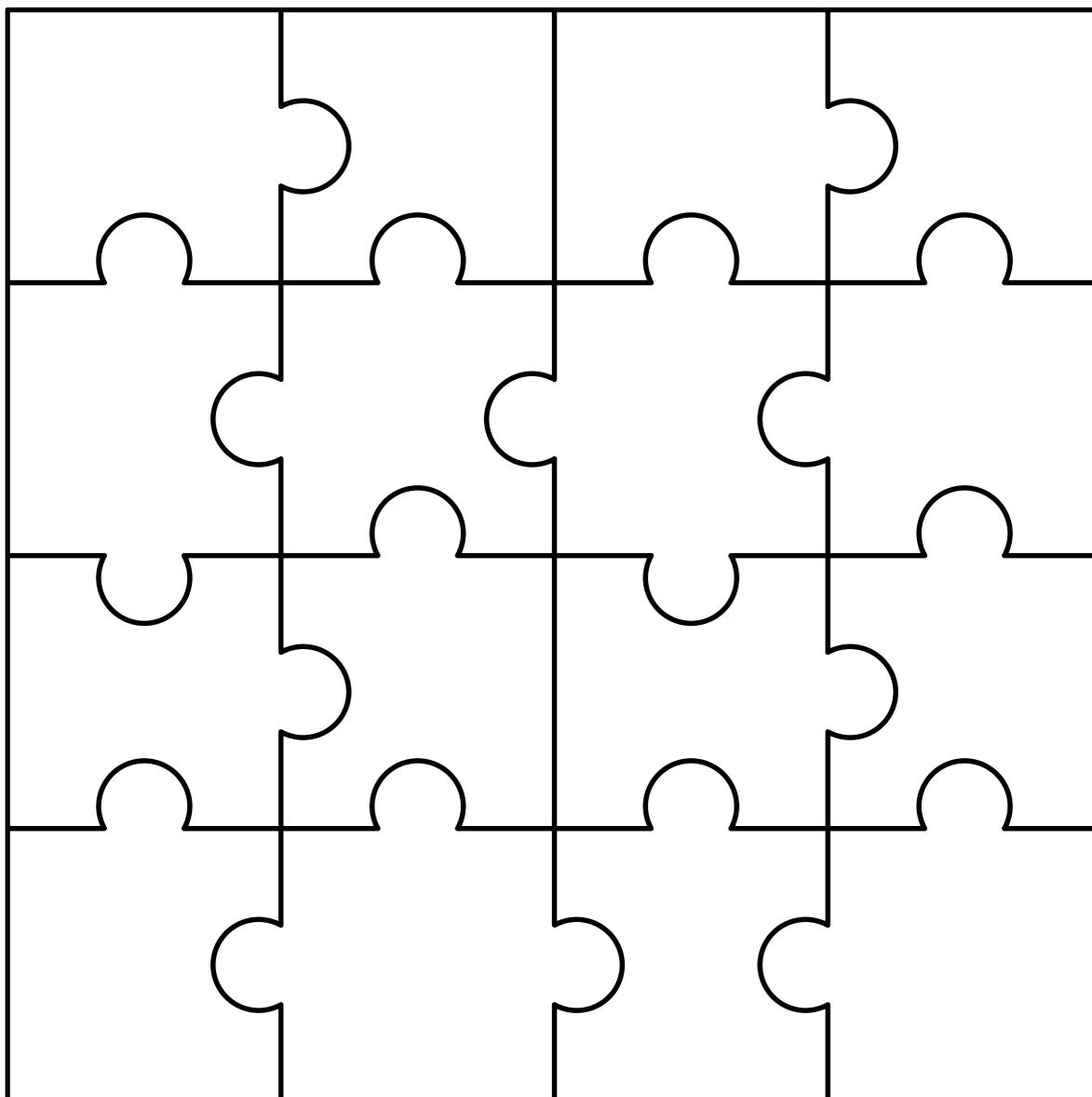


Have fun

## Making connections

Decorate your puzzle with a favourite memory from your move.

Then cut out your puzzle and have a friend solve it!



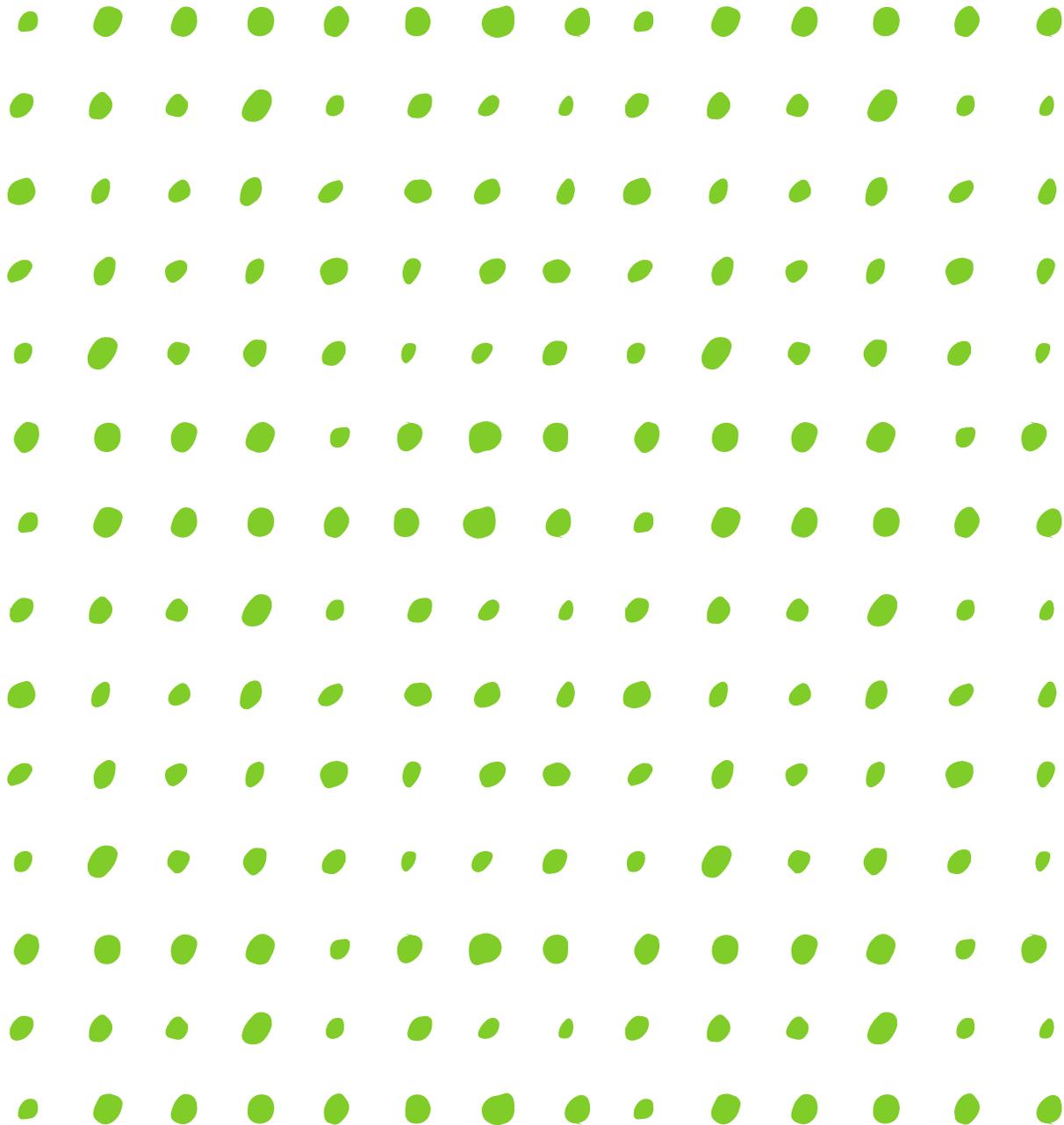
# Dots



**Dots is a fun game to play with a friend.**

Each player takes turns connecting one dot to another dot beside it with a line, either horizontally or vertically. You can only draw one line per turn. Eventually the board fills with lines. Some will be connected and some will not. If on your turn you add a line to form a square, you win that box. Put your initials in the box and take another turn.

The object of the game is to have the most boxes containing your initials.



# Match noises



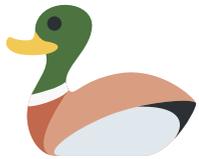
Peri is looking for his forest friends.



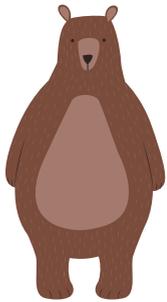
Draw a line between each forest animals and the noise they make.



Hoo Hoo



Owoooo



Quack Quack



Grrr



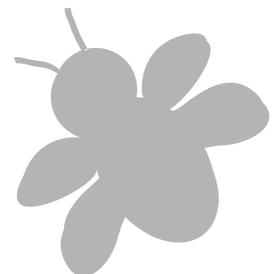
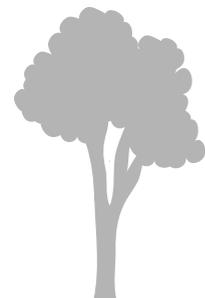
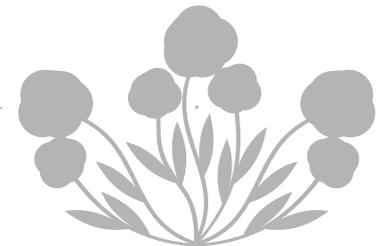
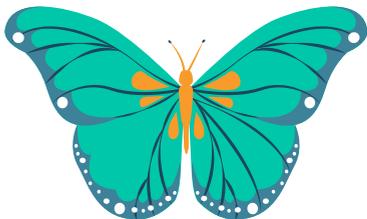
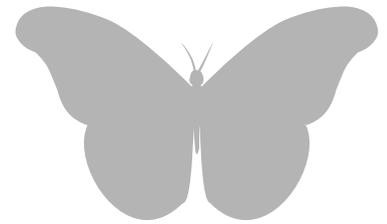
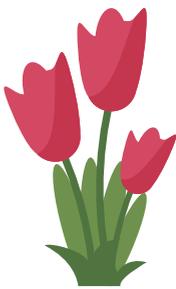
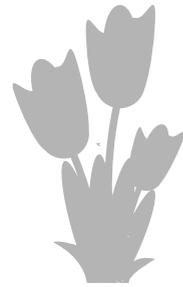
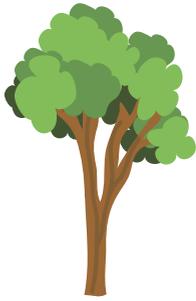
Tweet Tweet

# Match the shapes



Bobbi drew some pictures and shadows for you.

Draw a line to connect each picture to its shadow.



ARRIVE  
AND  
THRIVE

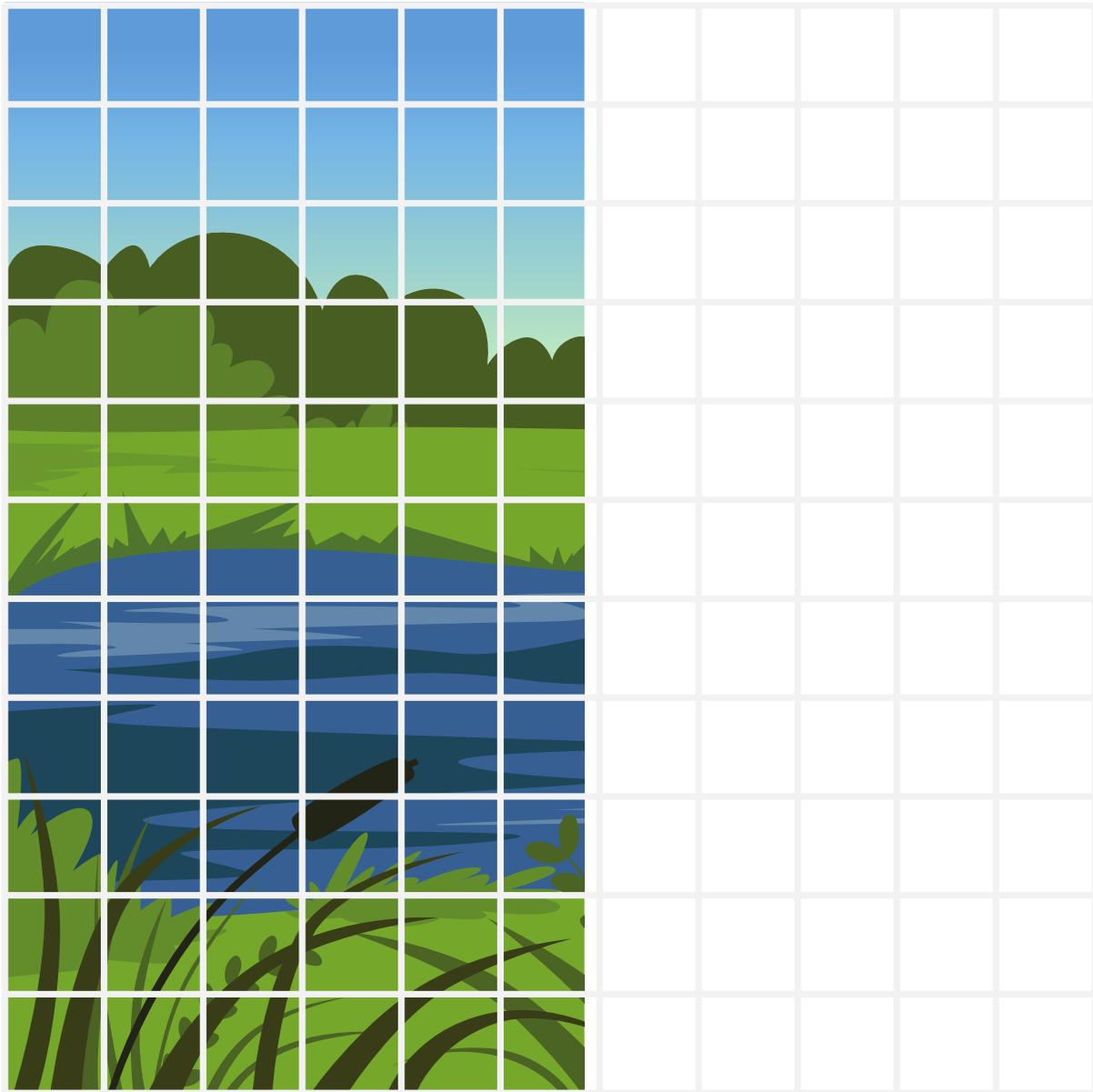


# MISSION 15

Have even more fun

Complete the drawing

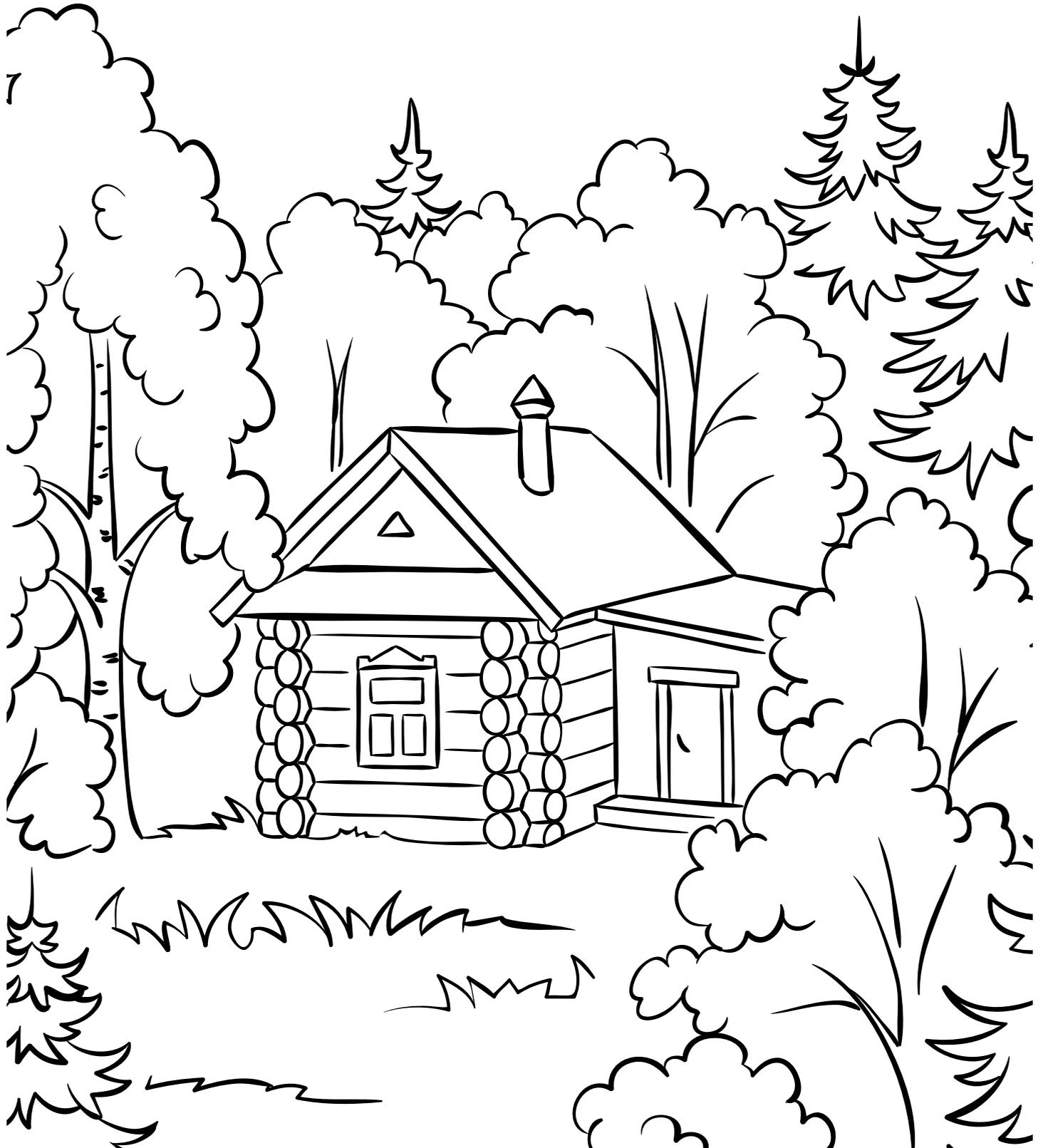
This is Peri's new pond. Help him finish building his new home.



# Colour and count the logs

Bobby is helping us build a log house.

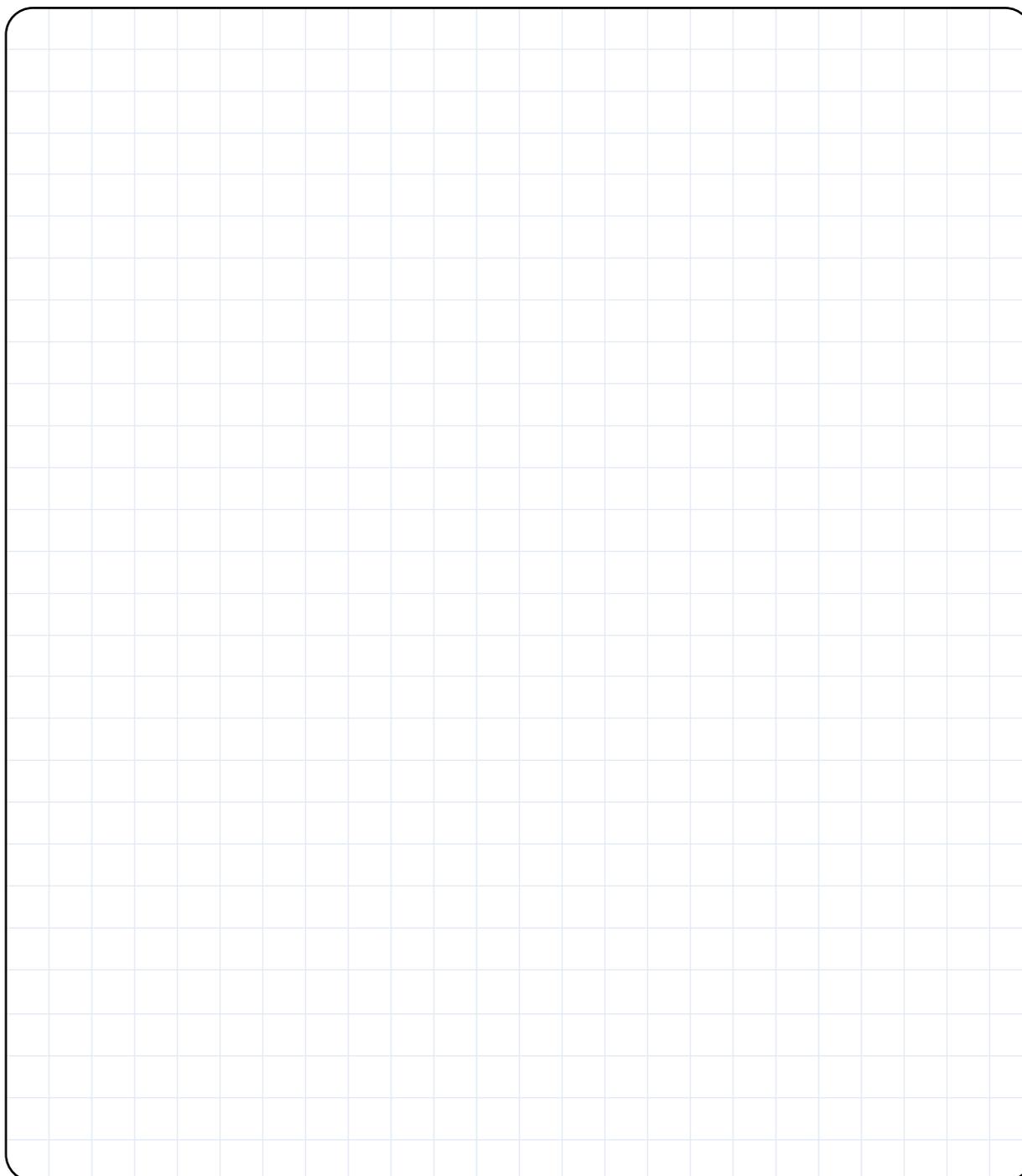
Count how many logs we need for our house. Colour it!



# New room design

Are you inspired by Peri's new home?

Draw what you'd like your bedroom to look like in your new home. Make it colourful!  
Remember to help your parents by keeping your room tidy!



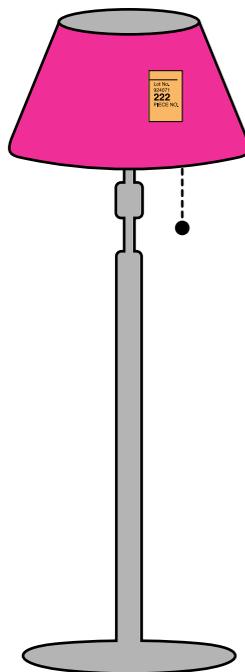
# Collect the most moving tags



1. With your parents and other family members, decide a day and time to play this game.
2. When your parents says, "GO", collect as many moving tags as possible in your new house.
3. How many did you get? Write the total number of tags in the box below.
4. Put the tags you collected in an envelope or container.
5. Take the tags to your new PSP Recreation building and show staff at the front desk how many you collected.



Ready,  
set,  
GO!

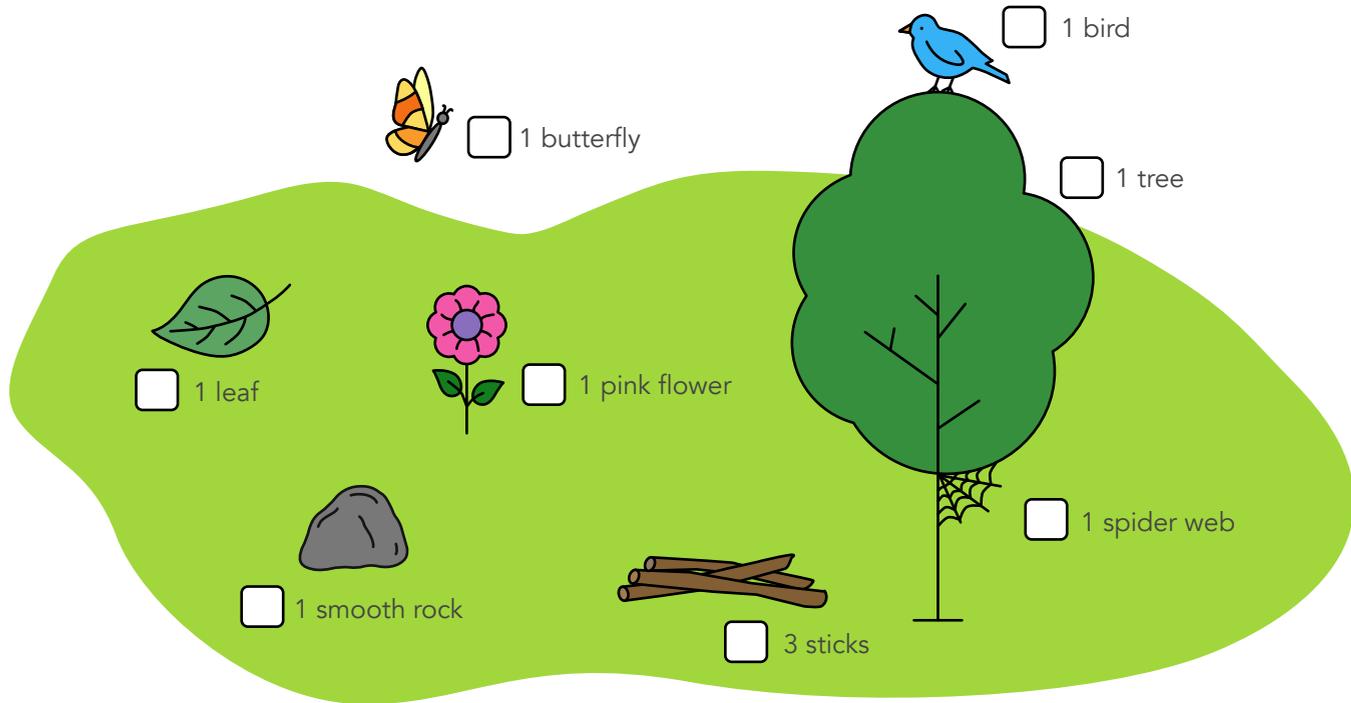
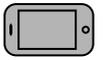


Total:



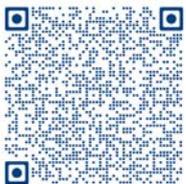
# Bobbi's outdoor photo scavenger hunt

Find a playground near your new house and try to find the items in the list below. When you find them, take a picture to capture all the nature you can find in your very own backyard!

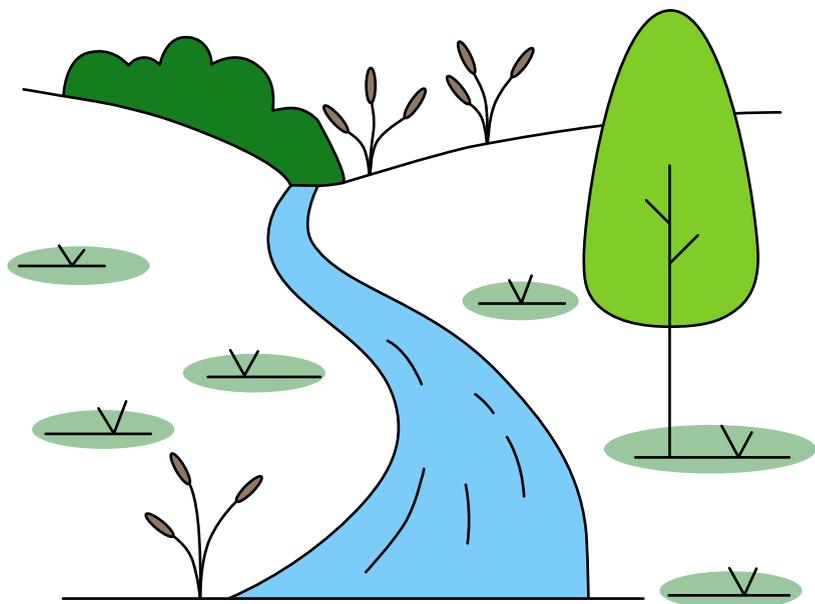


# Peri's river bank

Try this game with one of your family members or with a new friend.



<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children/activity-videos>

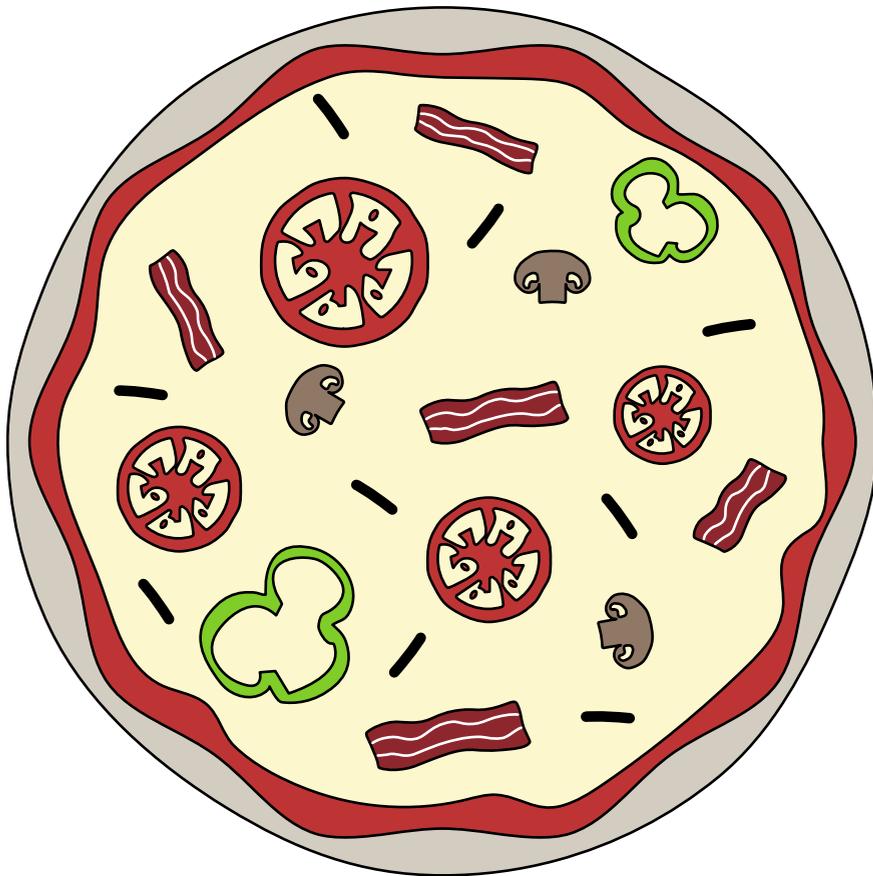


# Pizza count

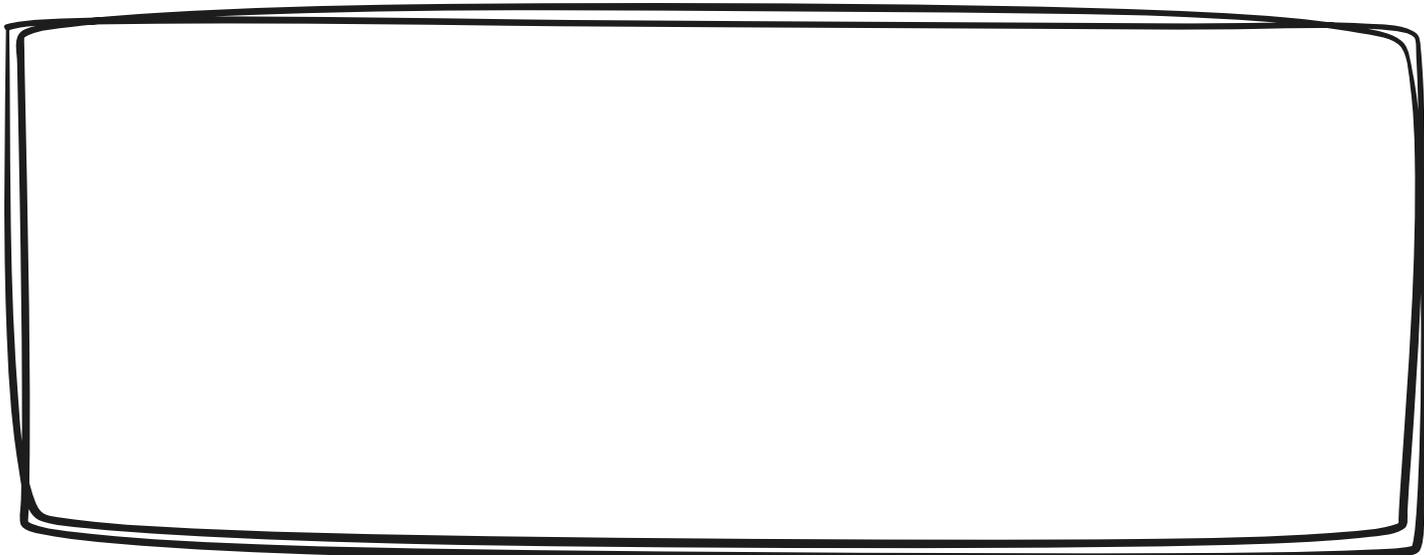


## Ordering pizza for your moving day?

Count each ingredient on this pizza and write the totals in the boxes.



Draw any extra toppings you'd order on your pizza.



# MISSION 16



## Celebrate and learn

### Celebrate our heritage



**National Indigenous Day** – June 21st.  
Try out this dot-to-dot image and scan the QR Code for more fun activities.



<https://www.rcaanc-cirnac.gc.ca/eng/1528210353182/1580759773150>



**Saint-Jean-Baptiste Day** – June 24th. Watch this video and count how many different flags you see. Write the total in the box.



<https://www.youtube.com/watch?v=orTc4-cUIiE>

Total



**Canadian Multiculturalism** – June 27th. Find an activity near you by using this QR Code.



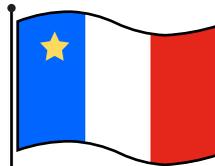
<https://www.canada.ca/en/canadian-heritage/campaigns/multiculturalism-day.html>



**Canada Day** – July 1st. Have your very own Home Jamming. Gather your family members and follow along.



<https://www.youtube.com/watch?v=DjKmbRrk6WE>



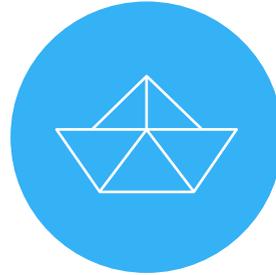
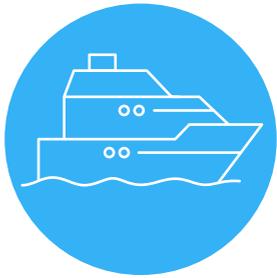
**National Acadian Day** – August 15th. Watch this video and name the four colours on the Acadian flag.



<https://www.youtube.com/watch?v=AmVTOYVk47E>

# Stem Challenge

Construction challenge: Build a boat.

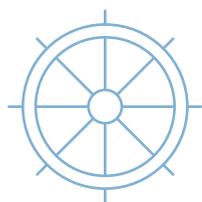
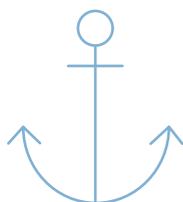
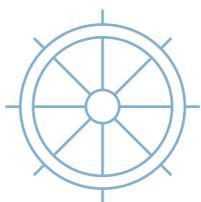


## INSTRUCTIONS

1. Plan, design and construct a boat using your moving boxes.
2. Your boat must be able to float.
3. Test and modify your design after constructing.

## MATERIALS

- Cardboard from your moving boxes
- Masking tape
- Popsicle sticks

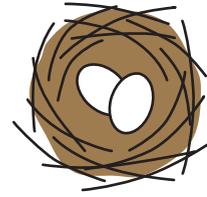




# New neighbourhood



Bird scavenger hunt.



robin



blue jay



finch



hummingbird



woodpecker



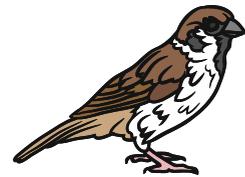
mockingbird



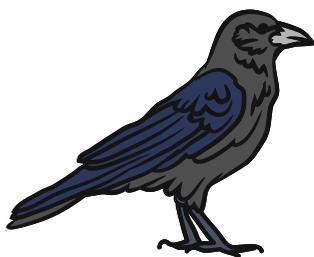
red-winged blackbird



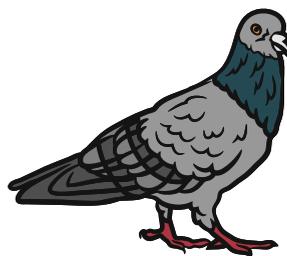
cardinal



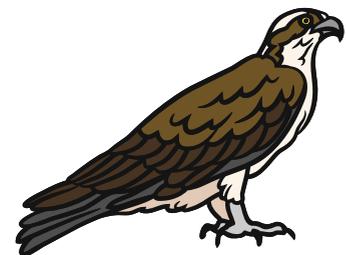
sparrow



crow



pigeon



hawk





# You are now a Hero!



## Celebrate what you've accomplished.

Ask a parent to join you.

Find a cozy and special place. Call it your den, or, like Peri would say, your "special pond". Based on the activities you did in this book, read through the questions below and circle one of the answers (Yes, No or Maybe). Next, think about a word that best describes each accomplishment. (Use the box below to find the right words)

I am most excited for...	<b>FRIENDS</b> – This year I would like to make the following new friends:	<b>CONFIDENCE</b> – I want to improve my confidence in...
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

My favourite part of the move was...

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**SKILLS** – Give yourself a STAR for the skills you are already great at and a CHECK beside the skills you want to work on at your new home.

<input type="checkbox"/> Problem solving	<input type="checkbox"/> Expressing your feelings	<input type="checkbox"/> Helping others
<input type="checkbox"/> Learning from mistakes	<input type="checkbox"/> Caring for our planet	<input type="checkbox"/> Making friends
<input type="checkbox"/> Working independently	<input type="checkbox"/> Teaching others	



# MY JOURNEY



Personnel Support Programs (PSP) is part of Canadian Forces Morale and Welfare Services. We support the mental, social, physical and financial wellbeing of the Canadian Armed Forces community. Responsive to the changing needs of the Canadian Armed Forces (CAF) our programs support operational readiness.



Parks  
Canada

Parcs  
Canada

Parks Canada is a proud collaborator of the Hero in Training program.