

At My Best™ ...

On My Way...A Journey of a Star named Rae is a heartwarming story about learning the importance of making healthy choices. On her journey to becoming a shining star, Rae discovers that food, feelings and physical activity are bound together and how we feel often determines our choices. The story involves three important elements to making healthy choices, called the emotional ABCs. These are: **Ability** (to make choices, to try new things, and to ask for help), **Belonging** (being included, including others, and understanding how we are the same, while we celebrate our differences), and **Caring** (respect and consideration for self and others).

This children's story has been developed as part of the *At My Best™* school-based wellness program. *At My Best™* is a comprehensive toolkit designed to help teachers and individuals who work with children encourage and assist the development of overall children's wellness. The toolkit was developed by a team of educators with expertise in physical education, health education, nutrition and children's wellness.

For more information, please visit:
www.atmybest.ca

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On My Way...
A Journey of a star named Rae

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At My Best™ was developed in partnership with Physical and Health Education Canada (PHE Canada) formerly the Canadian Association for Health, Physical Education, Recreation and Dance and AstraZeneca Canada Inc. PHE Canada and AstraZeneca Canada Inc. forged this partnership out of concern for the current and future health of Canadian children. With childhood obesity rates rising, it is important for these organizations to play an influential role by creating a program that will help to make a difference. It is the hope of PHE Canada and AstraZeneca Canada Inc. that **At My Best™** will inspire and motivate children to make healthier choices today and for a lifetime.

"Our vision is to support healthy, happy children on their way to a healthy, happy future."

About PHE Canada

Physical and Health Education Canada (PHE Canada) formerly the Canadian Association for Health, Physical Education, Recreation and Dance is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education. PHE Canada's vision is "All Canadian children and youth living physically active and healthy lives" and as such advocates and educates for quality physical and health education programs within supportive school and community environments. For more information, please visit www.phecanada.ca.

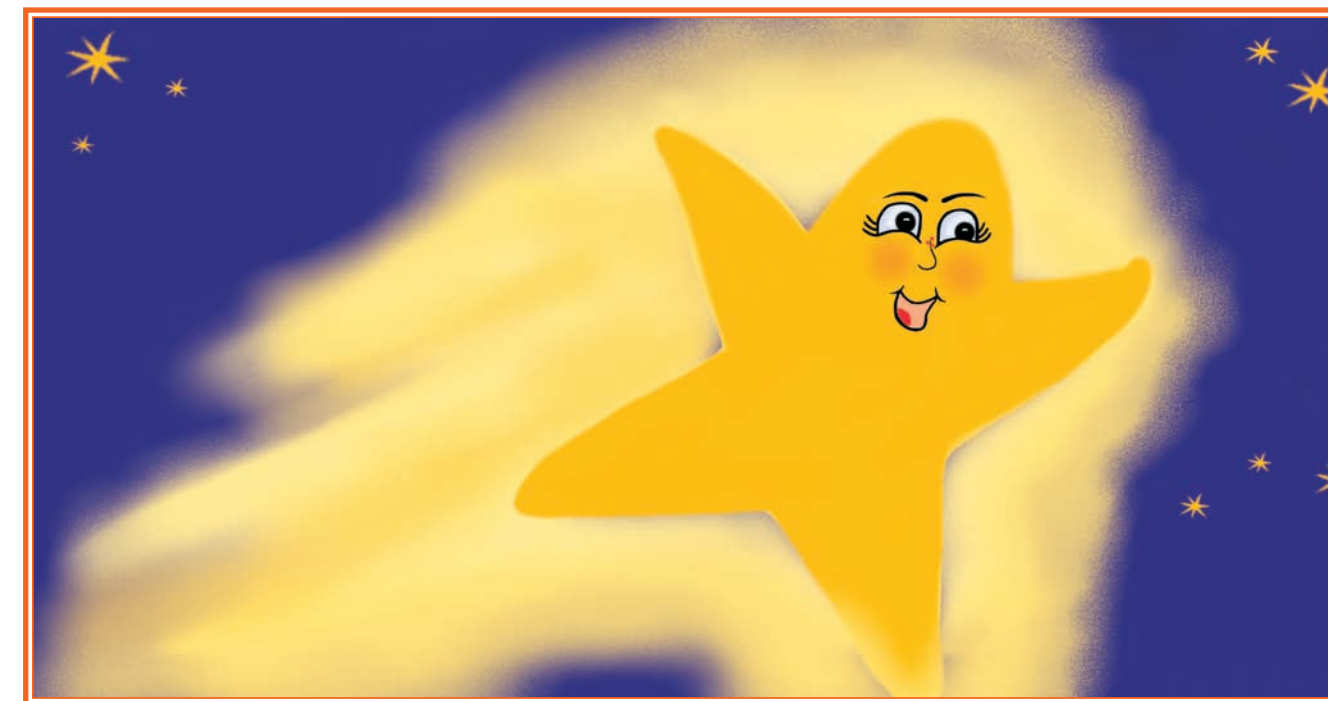
About AstraZeneca

AstraZeneca is a leading global pharmaceutical company with an extensive product portfolio spanning six major therapeutic areas: gastrointestinal, cardiovascular, infection, neuroscience, oncology, and respiratory. AstraZeneca's Canadian headquarters and packaging facilities are located in Mississauga, Ontario, and its state-of-the-art drug discovery centre is based in Montreal, Quebec. As a company that cares about the health of Canadians, AstraZeneca Canada Inc. is proud to take an active leadership role in supporting health initiatives including **At My Best™**, Frontline Health and many others. For more information, please visit the company's website at www.astrazeneca.ca.

The goals of the At My Best™ toolkit are to:

- Help build students' awareness of self and their emotions.
- Help students see connections between physical activity, healthy eating and emotional well-being.
- Support the delivery of quality Health and Physical Education programs.
- Provide an opportunity for Daily Physical Activity (DPA).
- Provide opportunities to build healthy living connections with parents and communities.
- Provide cross-curricular learning opportunities, particularly supporting the development of literacy and numeracy skills.
- Support character education and life skills development.

On My Way...



A Journey of a Star Named Rae

by Lisa Hewitt-Savelli
Illustrations by Yolande Hewitt

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The stars sparkled and danced as a comet raced across the sky. It was spectacular. At that moment, a new star was born. Rae was her name.

Rae was average in size and with a light so bright, she glowed. To her parents, Rae was a beautiful, healthy star.

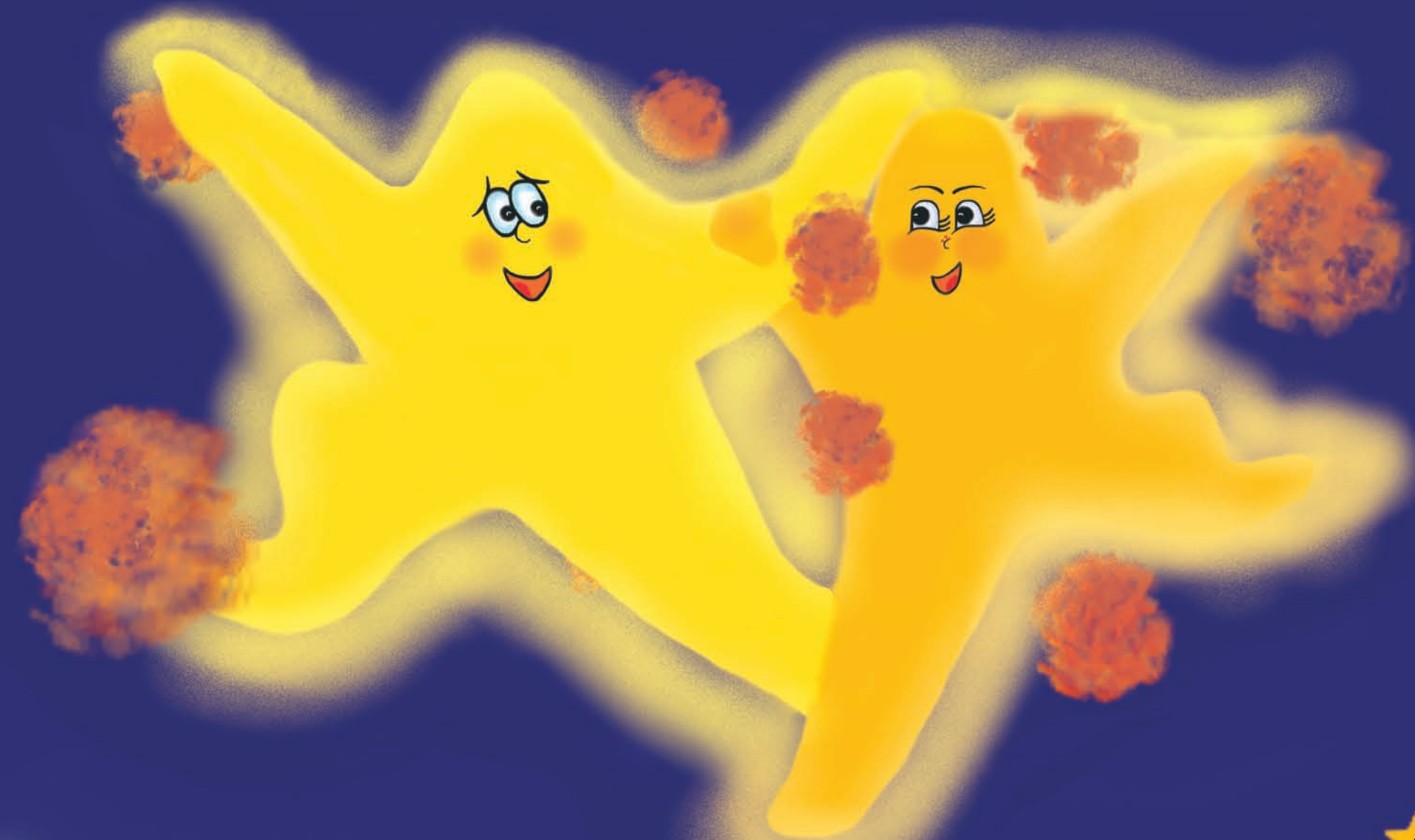
With help from her parents, Rae quickly got into a routine. She ate well, slept well and she played all the time.

Playing made Rae happy, especially when she played with her friend Cosmo.

Cosmo was a good friend. Together they raced comets, jumped, skipped, sang and danced around meteors. Playing was their favorite thing to do.

While exploring the skies around their home, Rae would sometimes feel nervous about trying new things. But with encouragement from her parents and Cosmo, Rae always tried, and when she discovered something she liked, she would get very excited.

When Rae was happy, she glowed even brighter!





Like many young stars, Rae dreamed that she would someday become a shining star.

Her parents always told her that she was well on her way. They said that becoming a shining star would happen if she made healthy choices everyday.

But Rae didn't see that.

Rae didn't think she was becoming a shining star fast enough! Sometimes this frustrated her.

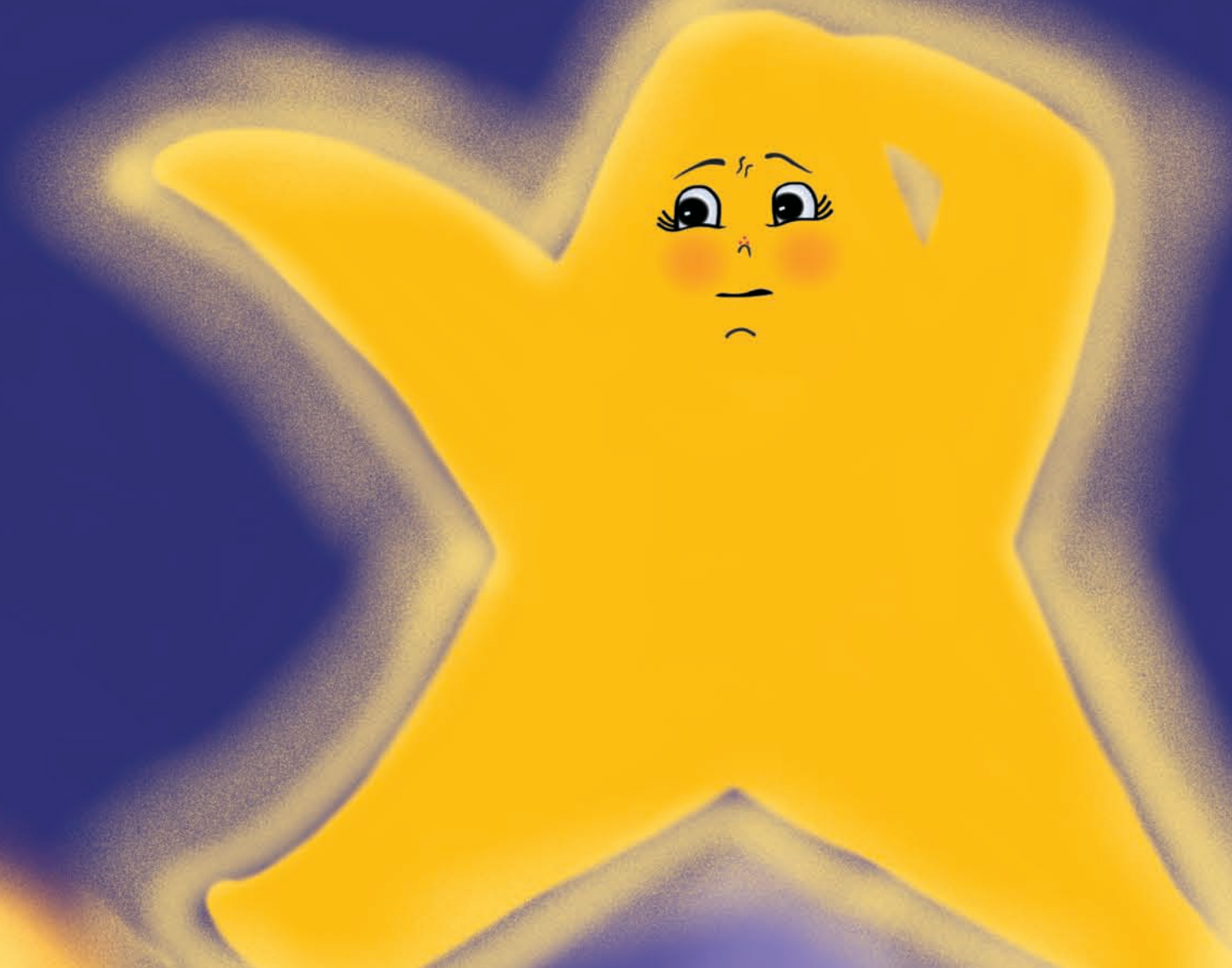
"I always look the same!" she complained.

When Rae felt frustrated she would sing,

"Wait, wait that's what they say...wait, wait I'll do it my way!"

One night, Rae and Cosmo were playing when they were surprised to see that the sun was coming up. That meant it was time for stars to rest.

"Oh, it's time for bed, Rae. I'll see you tomorrow," Cosmo said, as he flew off.



Frustrated, Rae looked at the sun. "Hmmm...wait a minute," she thought. "I can make my own choices. I'm not tired and I'm not going to sleep," she decided as she sang her song,

"Wait, wait that's what they say...wait, wait I'll do it my way!"

It was very late when Rae finally fell asleep.



Soon the moon was out and it was time for stars to wake up.

Hearing her mom singing her name, Rae slowly opened her eyes.

"Hello sleepy head, come and eat your breakfast," mom said cheerfully.

Rae had just started to eat when she noticed Cosmo waiting for her.

"Hurry, Rae!" Cosmo said.



Excited, Rae pushed her breakfast away and flew off with Cosmo.



While flying, Cosmo pointed towards a meteor shower. "Not again," Rae thought.

Lately, Cosmo was more interested in watching meteor showers than playing. Rae was not interested. She didn't like to sit and watch.

Rae wanted to move!

"**N**ot today!" Rae announced.

Then she flew off, leaving Cosmo to watch the meteor shower alone.





Rae quickly met with other friends, and they raced. Usually, Rae was one of the fastest, but not on this night. Tonight, Rae was tired. They played tag, and Rae was *IT* for the whole game. She couldn't catch anyone!

"That's it! I'm not playing anymore!" she yelled out. Frustrated, Rae quit the game and flew off pouting.

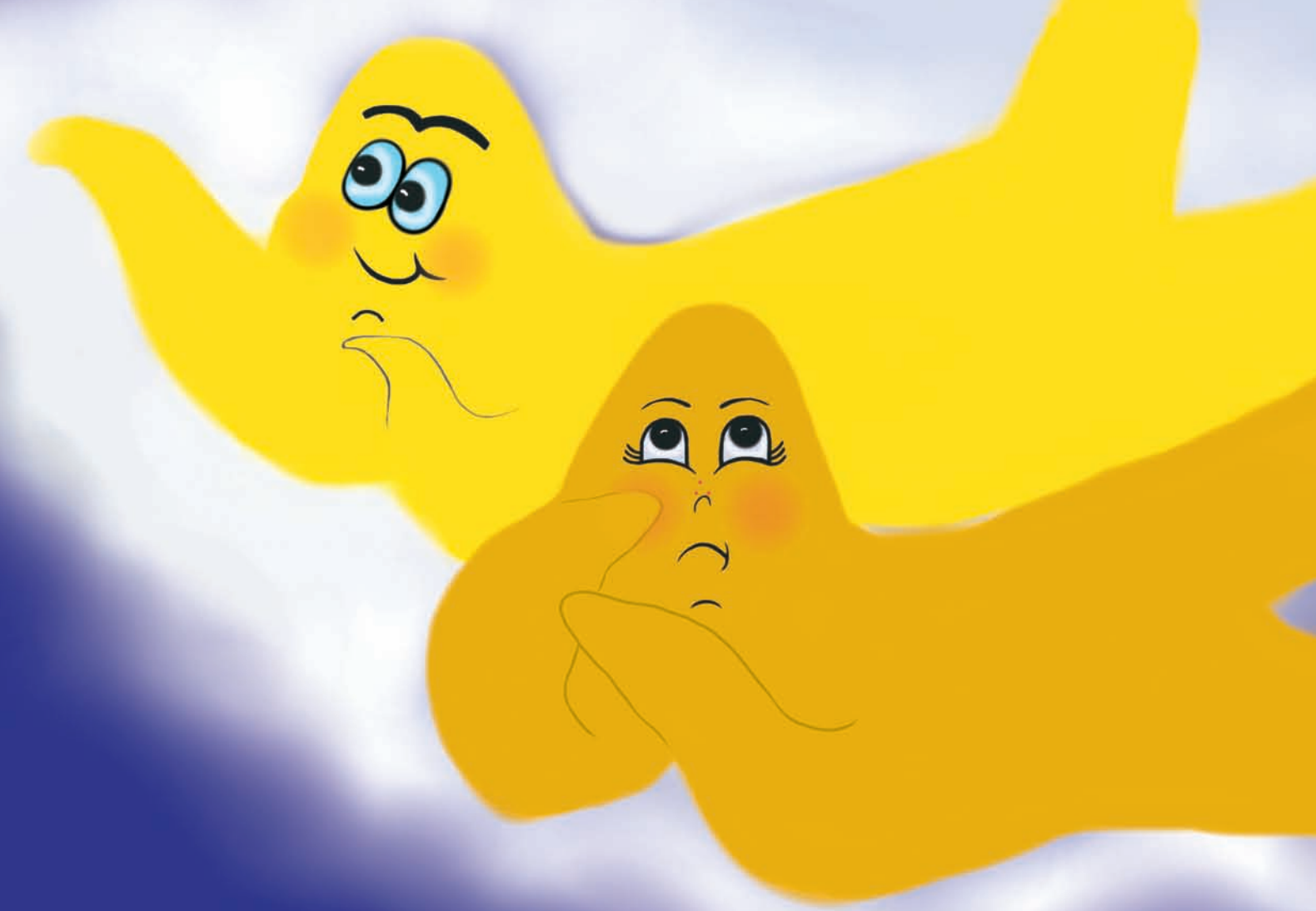
Drifting slowly across the sky, Rae came across another meteor shower.

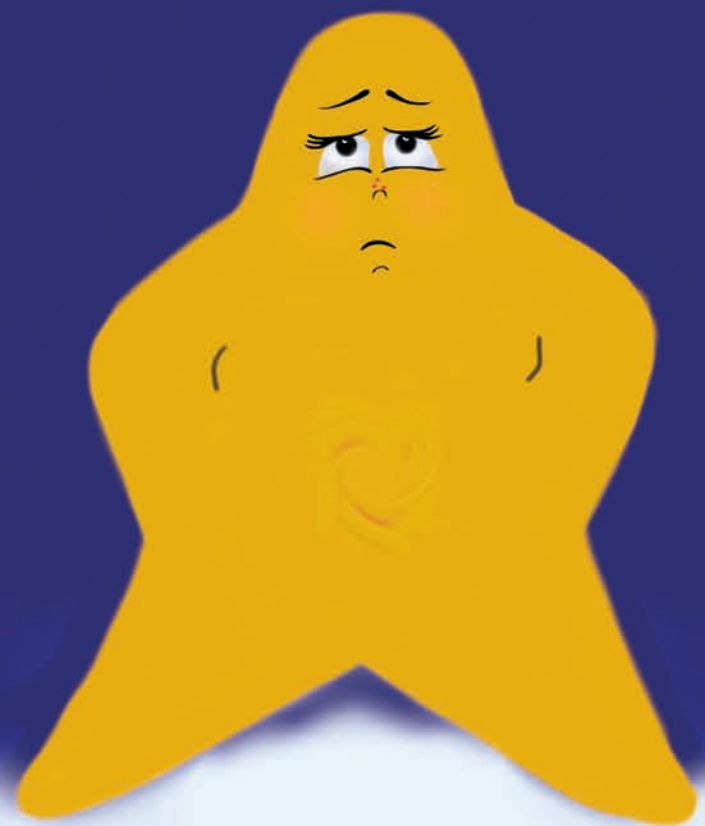
On any other night, she would have raced into the shower to dodge the meteors. But tonight, she moped along slowly.

Seeing Cosmo, Rae decided to watch the meteor shower with him. Hours flew past as they watched, and watched. She was *sooooo* bored.

Finally Rae had had enough. "I think you should try dodging the meteors instead of watching them. I bet you would be really good at it," she said to Cosmo.

"Hmmm...maybe," he shrugged. Feeling tired, Rae decided to leave.





It was almost morning when she arrived home. Rae found her parents waiting. Their faces were not happy. Rae had missed lunch, and now she was late for supper.

"Where were you?" they asked. Rae tried to explain but her parents were very upset. "You are not making healthy choices," they both said.

Of course, Rae didn't believe them. Instead, she stubbornly sang to herself,

Wait, wait that's what they say...wait, wait I'll do it my way!



Noticing that her stomach was growling, Rae looked at the supper her parents had made for her. She didn't feel like eating that.

Instead, Rae grabbed some space junk and stuffed it into her mouth. She ate and ate without thinking.

Rae just kept eating until finally she was so full, she felt like she would burst.





Feeling sick to her stomach, Rae fell asleep.

She slept through the day and into the night. When her mom tried to wake her, Rae did not want to wake up.

Rae felt awful.

Her mother took one look at her and knew just what to do.



She brought Rae something healthy to eat, and after watching her she asked, "Do you feel better?"

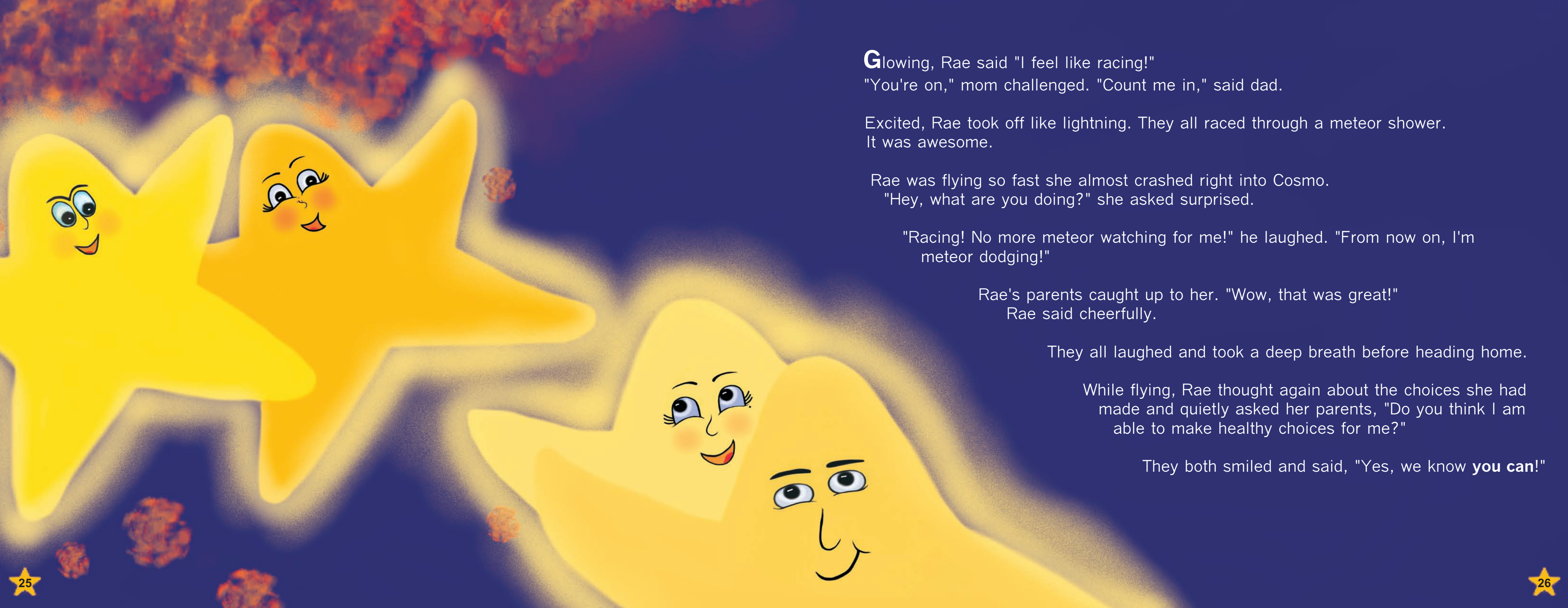
"A little," Rae said.

"You needed some good energy," mom said quietly.

"Making healthy choices is about caring for yourself, and not just choosing to do what you want," Rae's dad said while making her cereal. Rae slowly nodded her head and realized that making healthy choices is sometimes hard.

Still cuddling with her mom, she quietly said, "Sometimes, I think I need help to make healthy choices." Rae's mom smiled and winked at her.

"I knew you would figure it out! Remember Rae, we are always here for you," she said lovingly.



Glowing, Rae said "I feel like racing!"
"You're on," mom challenged. "Count me in," said dad.

Excited, Rae took off like lightning. They all raced through a meteor shower. It was awesome.

Rae was flying so fast she almost crashed right into Cosmo.
"Hey, what are you doing?" she asked surprised.

"Racing! No more meteor watching for me!" he laughed. "From now on, I'm meteor dodging!"

Rae's parents caught up to her. "Wow, that was great!"
Rae said cheerfully.

They all laughed and took a deep breath before heading home.

While flying, Rae thought again about the choices she had made and quietly asked her parents, "Do you think I am able to make healthy choices for me?"

They both smiled and said, "Yes, we know **you can!**"

Later, the sun came out and it was time to rest.

On other days Rae never wanted to rest, but today she felt different.

Today...she decided that maybe she would start to like rest. Rae laughed and closed her eyes,

Wait, wait...that's ok...a 'shining star'...

I'm On My Way!



Parents and teachers play an important role in helping children to develop lifelong healthy habits. Your support and guidance can help children to develop their emotional ABCs - Ability, Belonging, Caring. The following tips can be used as discussion starters for building confidence, understanding emotions and encouraging children to try their best.

Ability

Help children identify and label their feelings.	Encourage them to be aware of their feelings and how their feelings direct their choices. For example, if you are feeling shy or nervous you may back away from trying something new.
Help children see their potential.	Encourage them to list the activities they enjoy (both active and non-active) and how they feel when they are doing it.
Teach and role model skills in self-discipline.	Help your children make a commitment to being healthy and plan and set realistic goals to help them succeed.
Support children to embrace challenges.	Saying things like "I know you can do it, try again" models a belief in their ability. Encourage them not to give up just because something is challenging or not easy.
Set a positive example.	Display a patient and perseverant attitude. Say things like, "That didn't work...what should I try next. I'm not giving up."
Avoid modeling perfectionism.	Children who fear doing something not 'exactly right' become risk averse. Instead encourage choices. Help them see there are many ways to learn and achieve a skill.

Belonging

Give children guidance and assistance.	Gently encourage them to figure something out before rushing in to solve their challenge. When they have been successful, help them to acknowledge their ability to succeed.
Reassure your child that they are never alone.	Encourage children to feel comfortable and to ask for help when they feel they need it.
Give and show unconditional love and acceptance.	Admire children for the talents they have. Nurture their dreams. Respect their effort in trying. Children cannot always control the outcome, but they can control the type and amount of effort they put into something. Say things like, "I see you're really trying. I admire that. I'm proud of you."

Caring

Praise effort not just results.	Teach children that you value their attitude, determination and commitment to the activity or skill.
Show empathy.	Try to see things through your child's eyes. Be sensitive and respectful of their feelings. This will help them learn to be sensitive and respectful of the feeling of others.
Talk with children.	Encourage them to share their ideas with you. Show them you are listening - Look at them, give them your full attention, repeat or paraphrase their ideas.
Demonstrate and teach the values you hold as a family or as a school community.	Discuss why values are important. For example, 'honesty' is a character value many families want to instill in their children. Discuss why honesty is important and how being honest affects our everyday lives.
Express caring gestures.	A simple wink, a thumbs up, a smile, a hug.

Dance. Turn on your favourite music and dance with your family. Dance from room to room, up and down the stairs. Play the broom guitar and try the wooden spoon for a microphone. Be silly, laugh and make memories.

Pull out the skipping or jump rope. How long can you skip without stopping? Have your children count the jumps. Have the whole family take a turn!

Go on a scavenger hunt...give your children a list of five to ten things that are commonly found outside. For example, a pine cone, a red leaf, a small stone, a walnut, a bug, etc.

Head outdoors to the local park or conservation area and explore. Challenge your children to search for insects, birds and animals. Send them out with a disposable camera or paper and crayons. Make pictures of different animals, flowers, etc.

Play with your children. Challenge them to play catch with you. Play basketball, baseball, mini golf, soccer, frisbee, etc. Spontaneous or unscheduled play is always the most fun.

Let your child plan a family supper. Help them to ensure that all the food groups are included and that it is a balanced healthy meal. Maybe it will be breakfast for supper!

Encourage your children to help prepare their lunch for school. Have them pick their snacks. Give them a guide to follow. For example, choose three healthy food snacks and choose one snack from the 'sometimes' food choices. Talk with your child about their choices. Help them see why some food choices are healthier for them than others. If your child is older, have them read the nutritional content. Sometimes snacks we think are healthy are not. For example, some brands of microwave popcorn contain high levels of fat and salt. Some drinking boxes are very high in sugar.

Support a cause. Make a commitment as a family to participate in a walk, run, or bike-a-thon.

Create a new 'family' tradition. For example, dedicate one Sunday a month as family hike and picnic day.

Take your family to the local park. Use a bike trail if one is close by. Swing on the swings. Toss around a Frisbee.

Organize a community food festival at your local park. Families can bring food to share with others. Families can celebrate together and chat about their community while their kids play.

Organize or participate in a "clean up your community" day. This is a great opportunity to participate in physical activities while at the same time benefitting your community and creating a healthier environment.

Websites with information and resources on healthy living:

Centre of Knowledge on Healthy Child Development:
www.knowledge.offordcentre.com

Living Well:
www.livingwell.ca

Core-Learning:
www.core-learning.com

The Vanier Institute for the Family:
www.vifamily.ca

Canadian Association for School Health:
www.cash-aces.ca

Caring for Kids
www.caringforkids.cps.ca

Health Canada
www.hc-sc.gc.ca

Living School:
www.livingschool.ca



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At My Best™

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About the Author

Lisa Hewitt-Savelli is a member of the **At My Best™** writing team. Lisa is a family therapist and emotional health consultant. She devotes much of her time consulting with teachers, principals and elementary school boards on issues regarding child wellness, social skills development, character education and violence prevention. Lisa is founder of Courage for Kids Inc., a provider of resources and publications dedicated to helping parents and teachers empower children to make healthy and positive choices.

Lisa is also the author of a Canadian bestseller, *Have Courage My Love - A Brave Encounter with a Bully*, and *Buttercup on the Move - Taking on the Road Ahead*. For information about Courage for Kids Inc., please visit www.courageforkids.com.

About the Illustrator

Yolande Hewitt is a freelance illustrator with a passion for drawing and painting children's story books. Her passion and playful imagination contribute to her whimsical style and a desire to illustrate fun and meaningful stories that help to support a healthy and positive lifestyle. This is Yolande's second children's book publication. Her first publication was *Buttercup on the Move - Taking on the Road Ahead*. Yolande lives in Caledonia, Ontario with her husband Ron.

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