



My Brilliant Body



Early Years Wellnes BOOK WEEK 2026 ACTIVITY

DOWNLOAD * PRINT * PLAY
Ages 4+

www.therestoremethode.com



1 PICK A FRIEND

CONRAD
The Wombat



PIP
The Platypus



QUIN
The Quokka



ESSIE
The Echidna



Make up your
own!



2 WHERE WILL THEY GO?



Somewhere
else...



3 DRAW YOUR STORY HERE OR ON THE BACK OF THE PAGE:

KOOKS SAYS ...

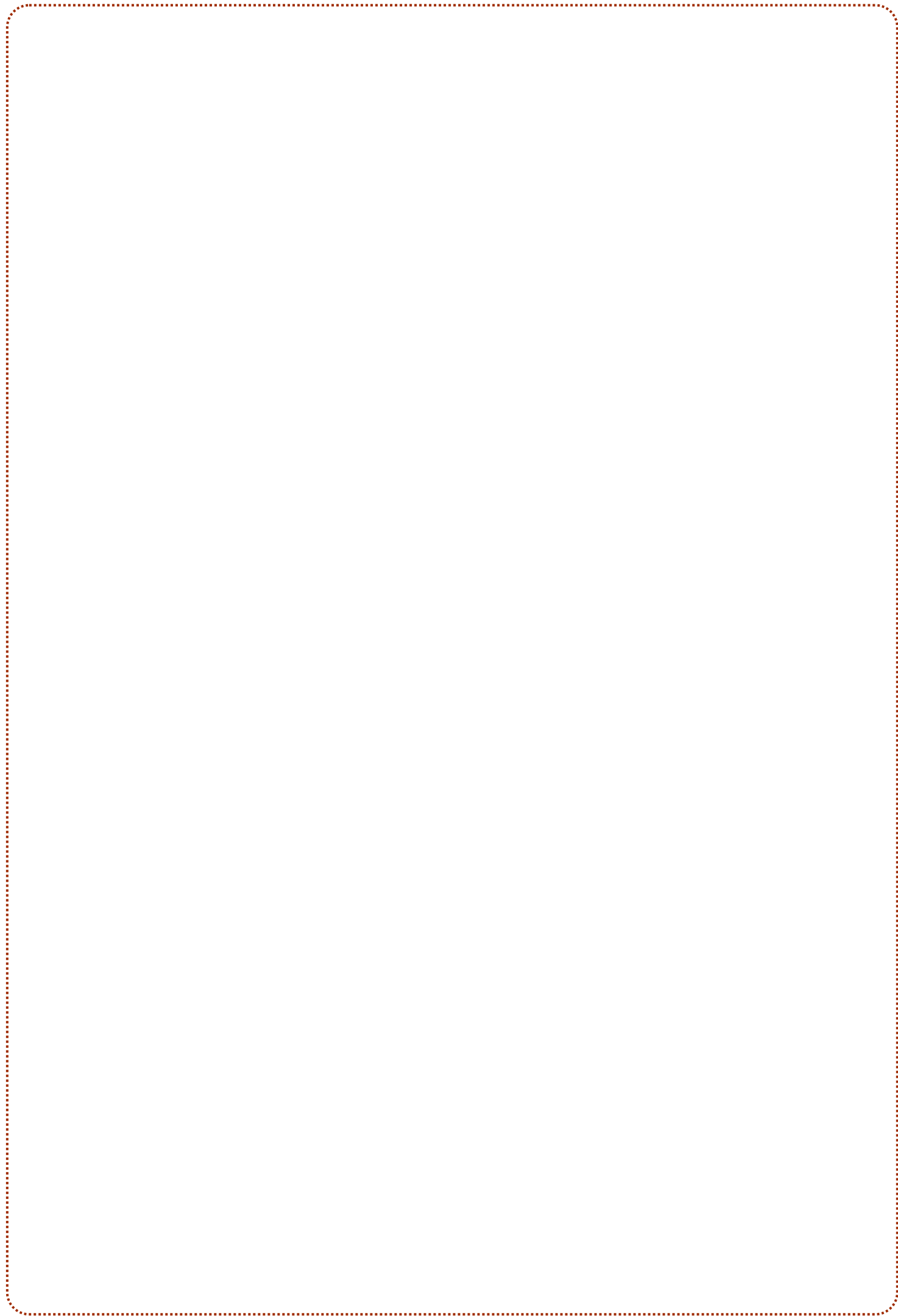
4 TELL A FRIEND, TEACHER OR GROWN-UP ABOUT YOUR STORY!

Who is in your
picture?

What are they doing?

What happens next?





My Brilliant Book

with Kooks the Kookaburra

Every story has a voice.
What did this one say to you?



1 The book I explored was:

.....

.....

Draw the cover
of the book here:



MY FAVOURITE PART...

Draw or share what you loved
most about the story.

IT MADE ME FEEL...



Great



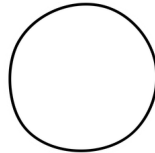
Motivated



Relaxed



Calm



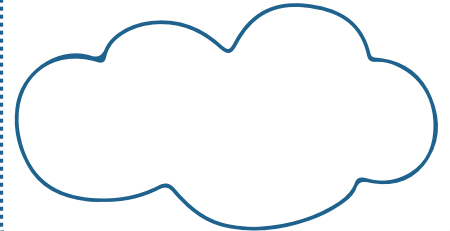
Something else



Relieved

IT MADE ME WONDER...

Draw or share
something the story
made you think about.



KOOKS ASKS...

If you could say ONE thing
to a character in this book,
what would you say?



Every reader experiences a story in their own way.





2 Now YOU become the storyteller!

Choose a character:



or invent your own!

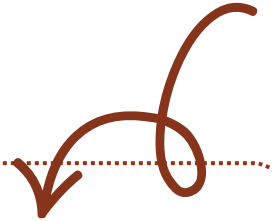
Choose a place:



or somewhere imaginary!



Something happens!
Draw it in the box.



Now tell
your story!

PS. A grown-up
can help you
write it!

Once upon a time...

There is only one YOU,
so nobody else will tell
a story quite
like yours!



HAPPY READING!



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