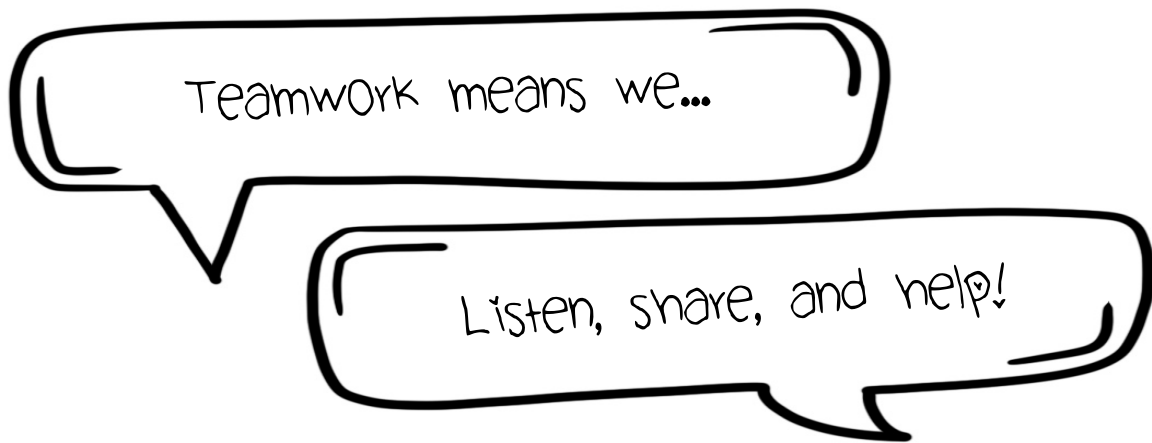


ACTIVITY PAGES

LET'S TALK ABOUT IT

TEAMWORK MAKES THE COOKIES!



Ask a grown-up these questions
and share your answers:

What do you like about helping
others?

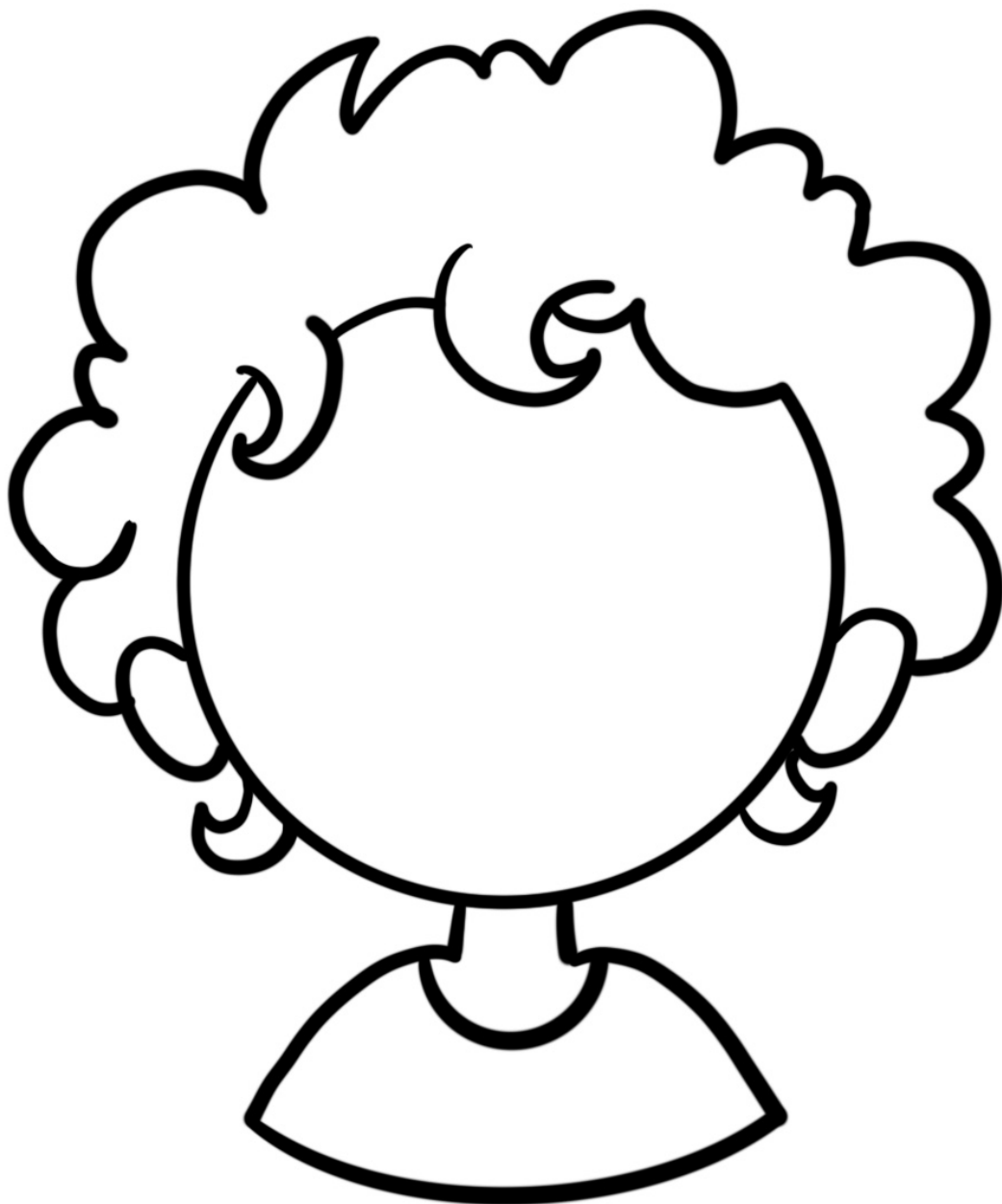
How do you feel when someone
helps you?

What does a good teammate do?

CREATIVE CORNER

COLOR HOW AVA FEELS

Emotion: Joy



MATCH-UP

HOW DOES AVA FEEL?

Match the face to the feeling word.
Draw a line from each face to the
correct word.

ANGRY

LOVING

HAPPY

NERVOUS



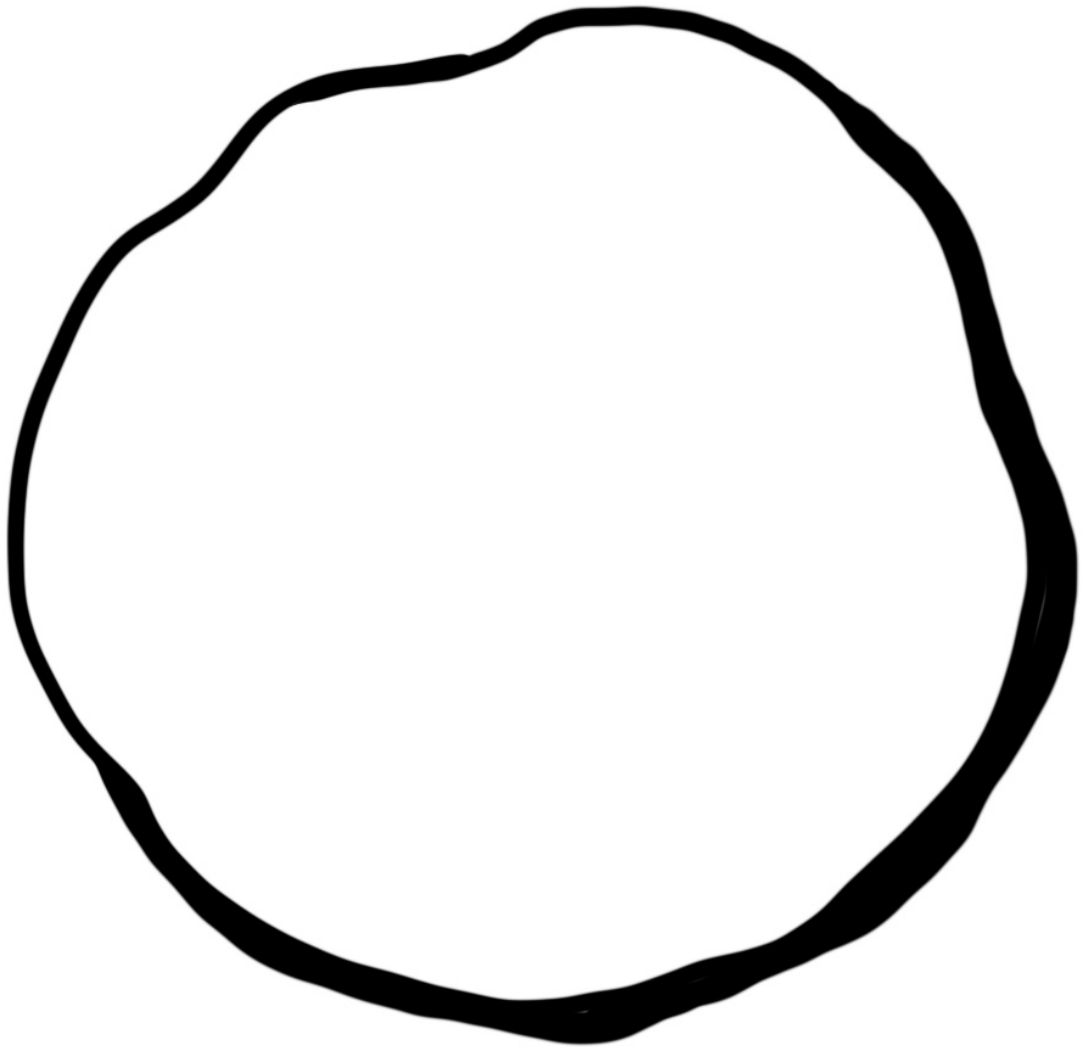
Bonus Question:

Have you ever felt nervous and happy at the
same time? What happened?

CREATIVE CORNER

DESIGN YOUR OWN COOKIE!

Draw your own magical cookie
in the big circle below.



LET'S TALK ABOUT IT

KINDNESS IN THE KITCHEN

What would a good friend do?

Circle the kind choices:

Share ingredients

Take all the frosting

Say "You can't play!"

Help stir the bowl

Bonus Question:

What is something kind you did this week?

MATCH-UP

LET'S BAKE WITH AVA!

Number the pictures to put Ava's baking steps in order.

STEP: _____



Add Chocolate Chips

STEP: _____



Decorate Cookies

STEP: _____



Mix Dough

STEP: _____



Oven Goes "Ding!"

Can you think of any other step they might have done?

KEEP TRACK

AVA'S KINDNESS CHART

Each time you show kindness or help someone this week, color in a star!



Can you fill them all by the end of the week?

WORD SEARCH

FRIENDSHIP WORD SEARCH

Find and circle each of the words in the list.

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

FRIENDS
SPRINKLES
COOKIES

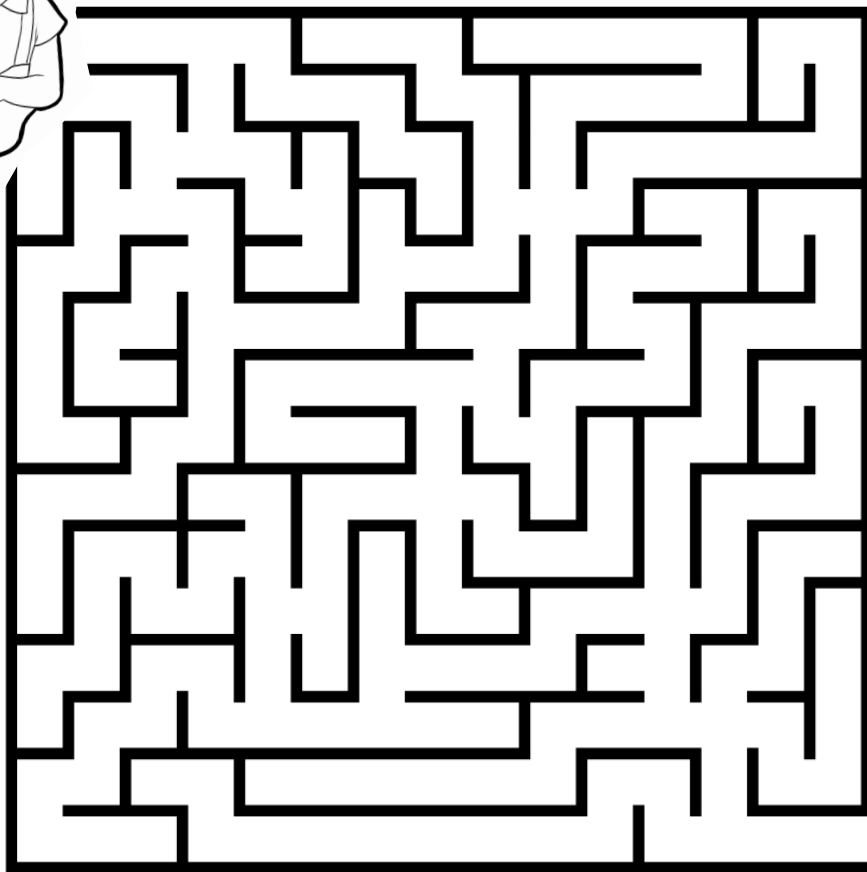
TEAMWORK
DECORATE
CHOCOLATE

BAKING
VANILLA
SUGAR

MAZE

HELP AVA GET TO THE OVEN

Complete the maze to help Ava find her way to the oven and the cookies!



KEEP TRACK

AVA'S EMOTION TRACKER

Color in the squares each day to keep track of how you're feeling this week.



Monday

--	--	--

Morning

Afternoon

Night

Tuesday

--	--	--

Morning

Afternoon

Night

Wednesday

--	--	--

Morning

Afternoon

Night

Thursday

--	--	--

Morning

Afternoon

Night

Friday

--	--	--

Morning

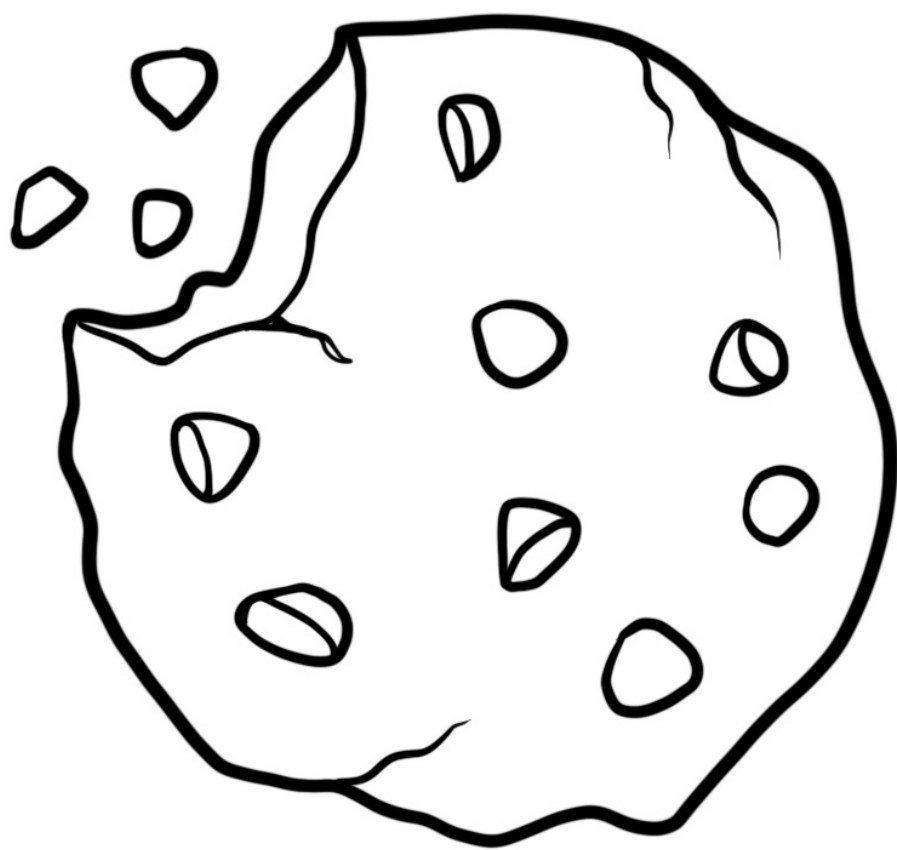
Afternoon

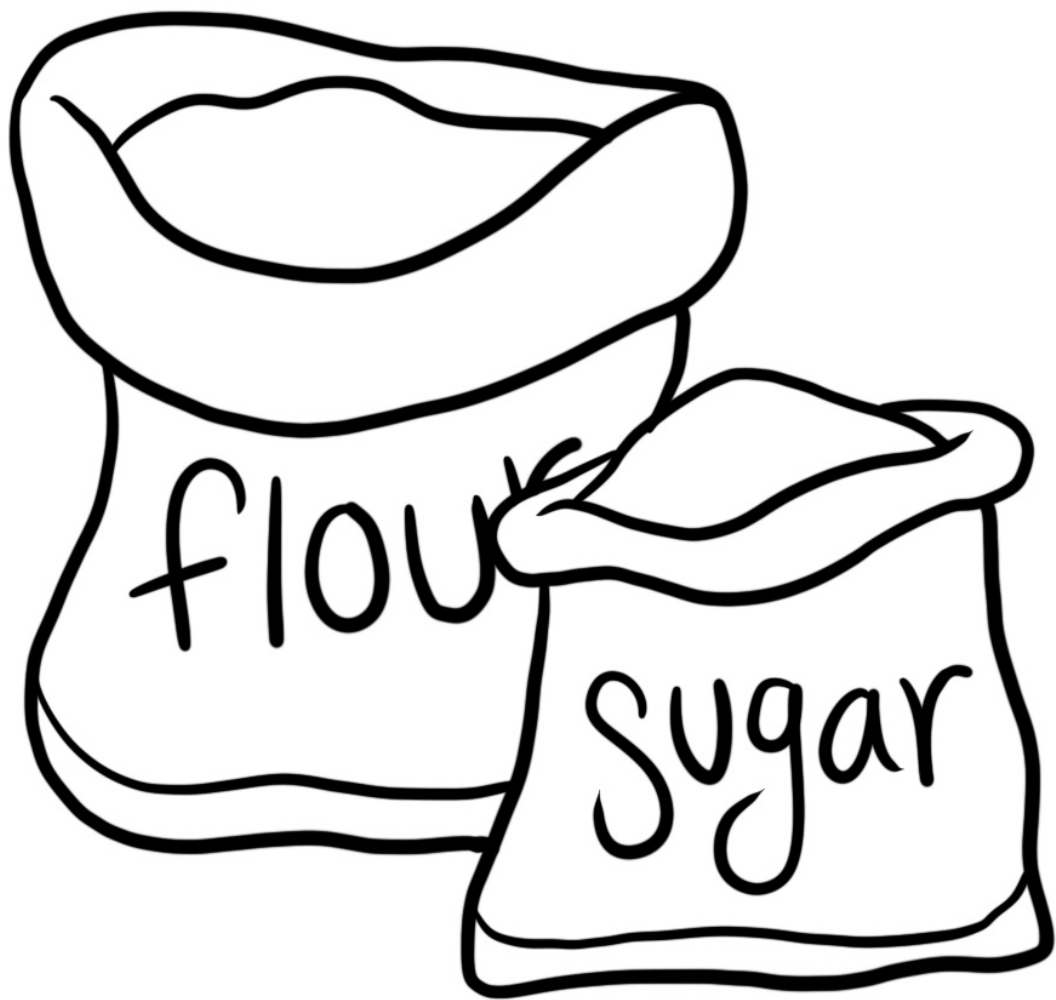
Night

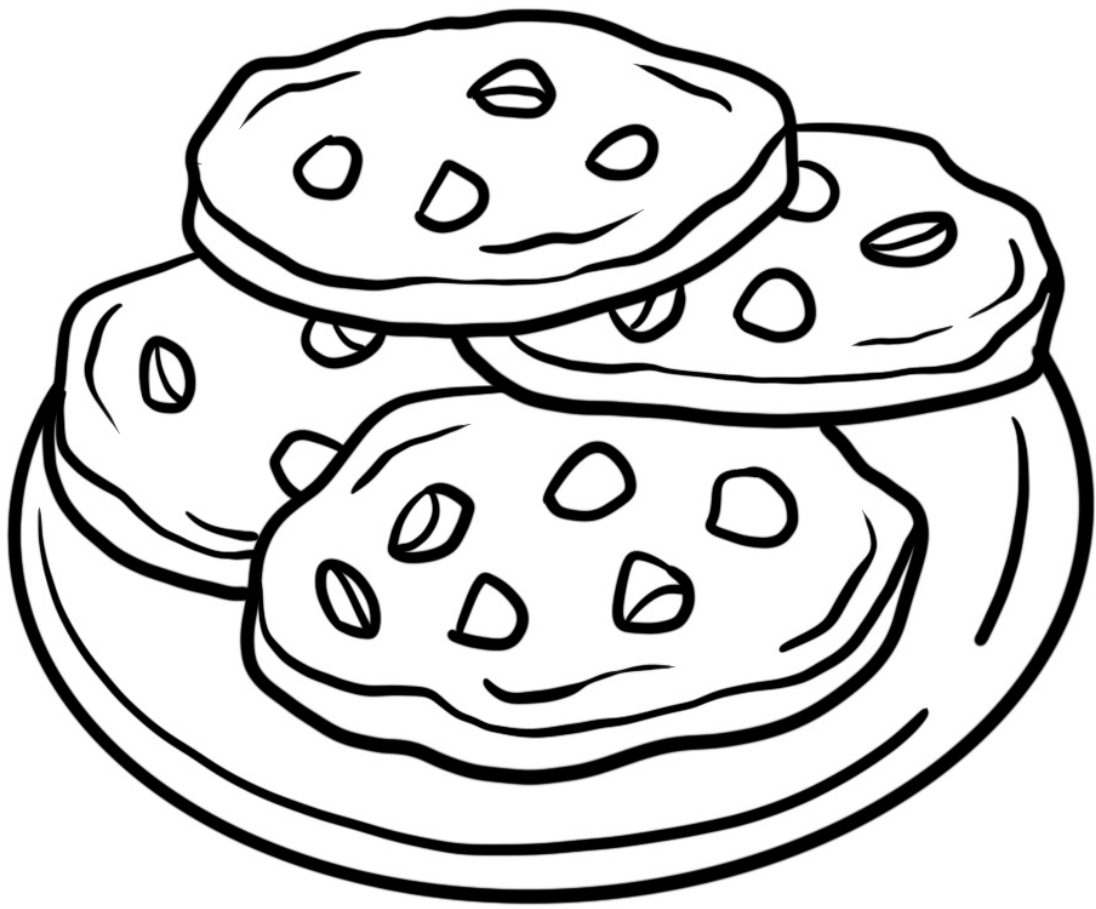
COLORING PAGES

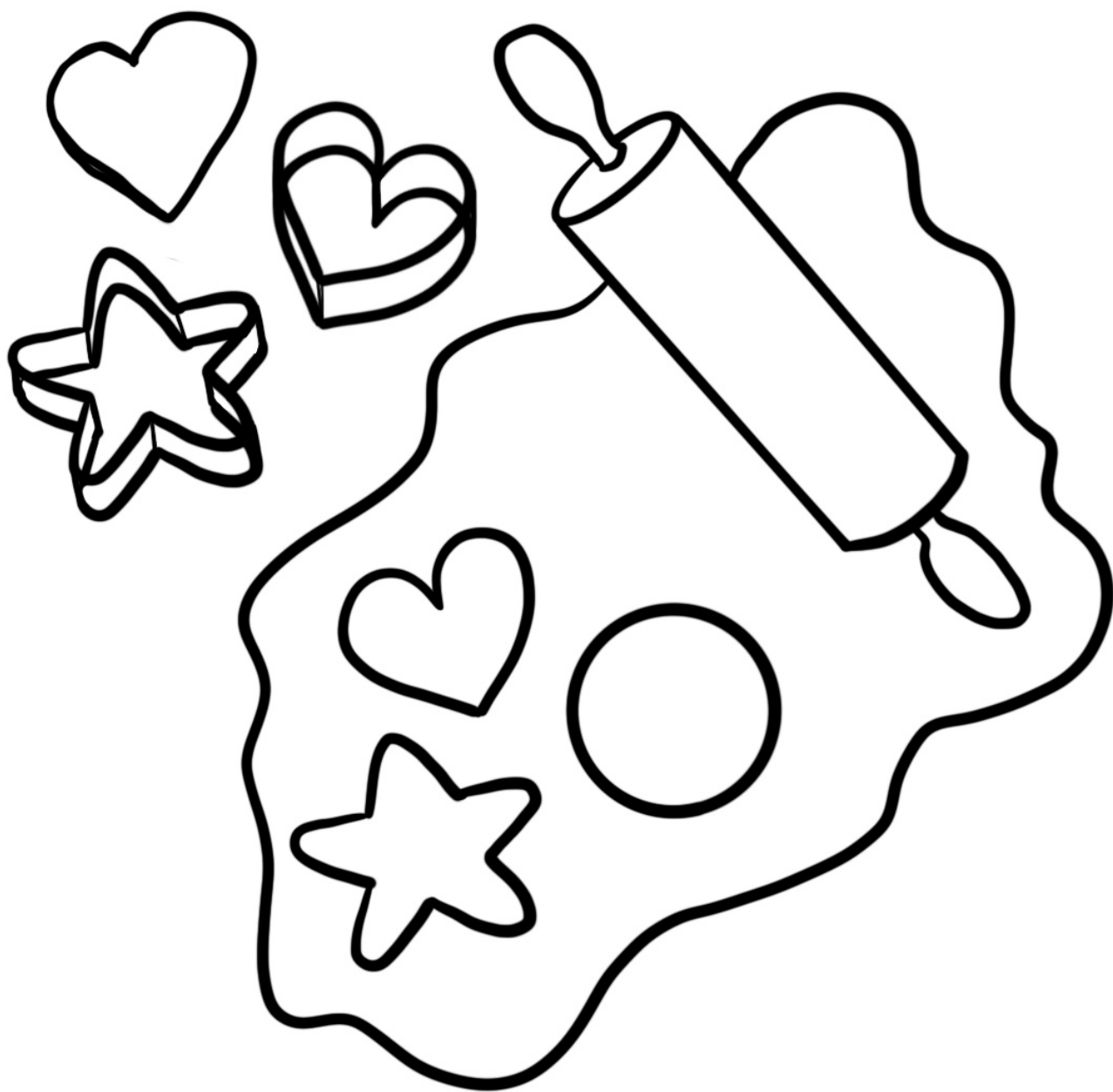


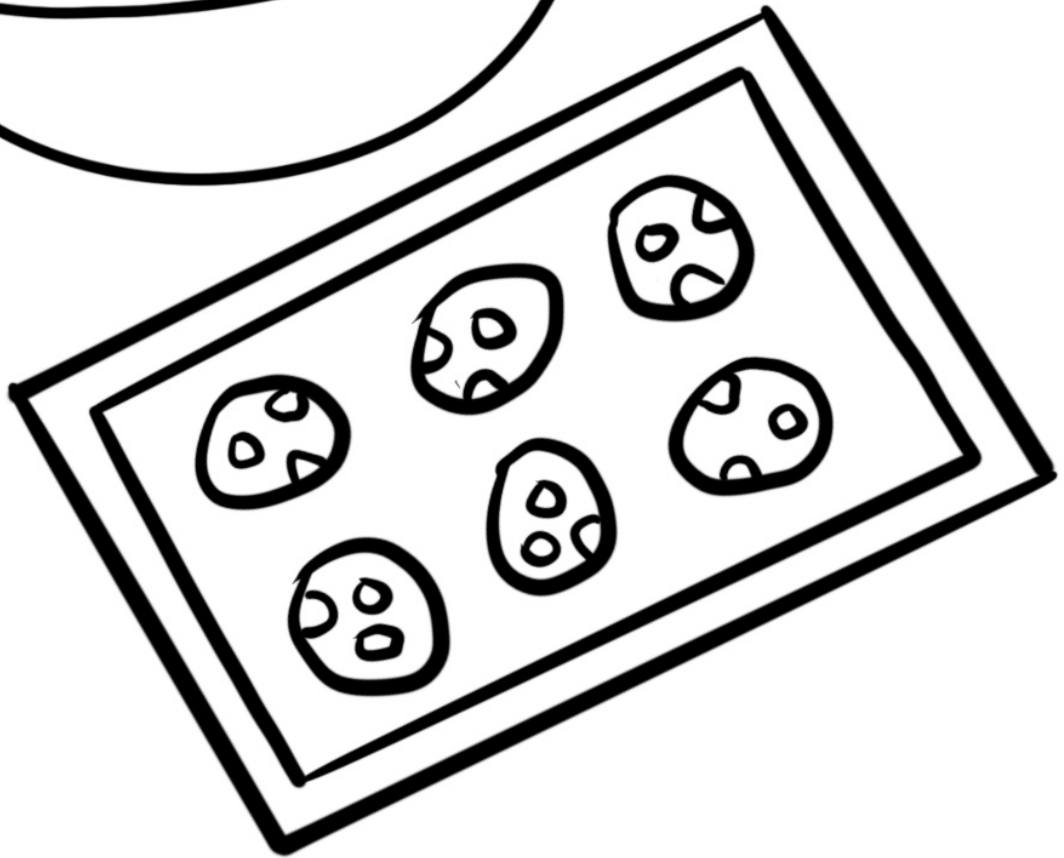
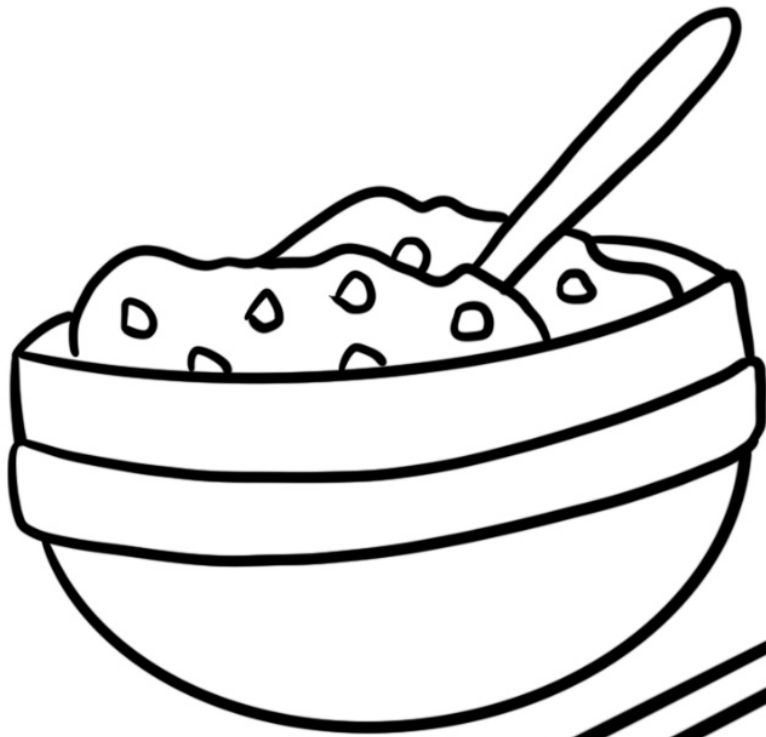














CAREGIVER SECTION

CAREGIVER NOTES

EMOTIONAL COACHING TIPS

Theme: Joy

Name the Feeling in the Moment

When your child smiles or laughs, try saying, “I see you’re feeling so joyful right now!” Helping children label emotions strengthens their emotional vocabulary.

Celebrate Shared Joy

Reflect together after joyful activities: “Wasn’t that fun? I loved baking cookies with you.” This helps them connect joy with togetherness and love.

Pause and Savor

During happy moments, pause and say, “Let’s stop and enjoy this moment. Doesn’t the kitchen smell amazing?” This teaches mindfulness and appreciation.

Make Joy Visible

Invite your child to draw or act out what joy looks like to them. Let them decorate a “Joy Jar” with things that make them happy.

Balance Big Feelings

If joy leads to overstimulation (like too much jumping or sugar-fueled excitement), help them ground themselves: “Let’s take a cookie break and breathe together.”

Validate Without Dismissing

Don’t rush through happy moments. Instead of saying, “Calm down,” try: “You’re so excited! I love seeing your joy. Let’s use our inside voice so we can keep having fun.”

Use Books as Emotional Mirrors

Point to Ava and say, “Ava felt joy when she baked with her friends. What part made you feel happy?”

Link Joy to Values

Highlight that joy often comes from kindness and connection: “You were so kind to share your cookies. That joy on your face—that’s what being a great friend feels like.”

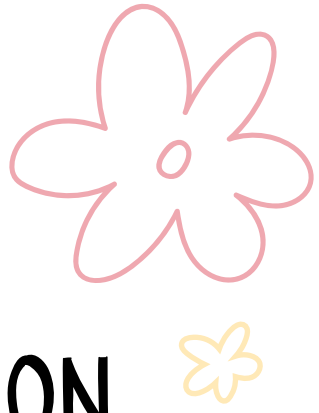
Create Joyful Routines

Reinforce that joy isn’t just for special days. “Remember how fun it was to bake together? Let’s make it a weekend tradition.”

Teach Joy as a Resilience Tool

Let children know that remembering joyful times can help during tough moments. Try: “When you’re sad or mad, think about jumping on the trampoline while the cookies baked. That was a joyful day.”

CERTIFICATE



Ava's Big Adventures
CERTIFICATE OF COMPLETION

This certifies that

has joyfully completed the
Cookies with Friends Activity Pages

You showed kindness, creativity, teamwork,
and joy—just like Ava! We're so proud of your
big heart and big imagination.

Date: _____

Grown-Up High-Five: _____

Keep being curious, kind and brave. Your next
adventure is just around the corner!

With Love,

Ava

