

At  
My  
Best!

# On My Way!

*A Journey of a Star Named Rae*





## A Message to Teachers and Parents...

**On My Way... A Journey of a Star Named Rae** is a children's story that has been developed as part of the **At My Best** school-based wellness program. **At My Best** is a free, curriculum-linked toolkit that combines physical activity, healthy eating and emotional well-being for students in Kindergarten to Grade six to inspire healthier choices today and in the future. The toolkit was developed by a team of educators with expertise in physical education, health education, nutrition and children's wellness.

**At My Best** was developed in partnership with Physical and Health Education Canada (PHE Canada) and AstraZeneca Canada Inc., with the goal of inspiring and motivating children to make healthier choices to support lifelong wellness.

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

Third Paperback Edition

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

- Help build students' awareness of self and their emotions.
- Help students make connections between physical activity, healthy eating and emotional well-being.
- Support the delivery of quality Health and Physical Education programs.
- 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 Eric Rochon





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 happy and healthy star.



**W**ith 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 favourite thing to do.

**W**hile exploring the skies around their home, *Rae* would sometimes feel nervous about trying new things. But with encouragement from her parents and *Cosmo*, *Rae* also 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 they flew off.

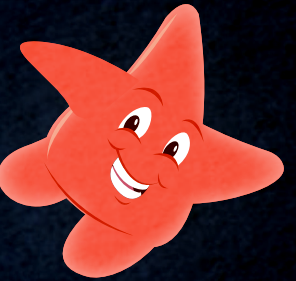
Frustrated, **Rae** looked at the sun.

“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.





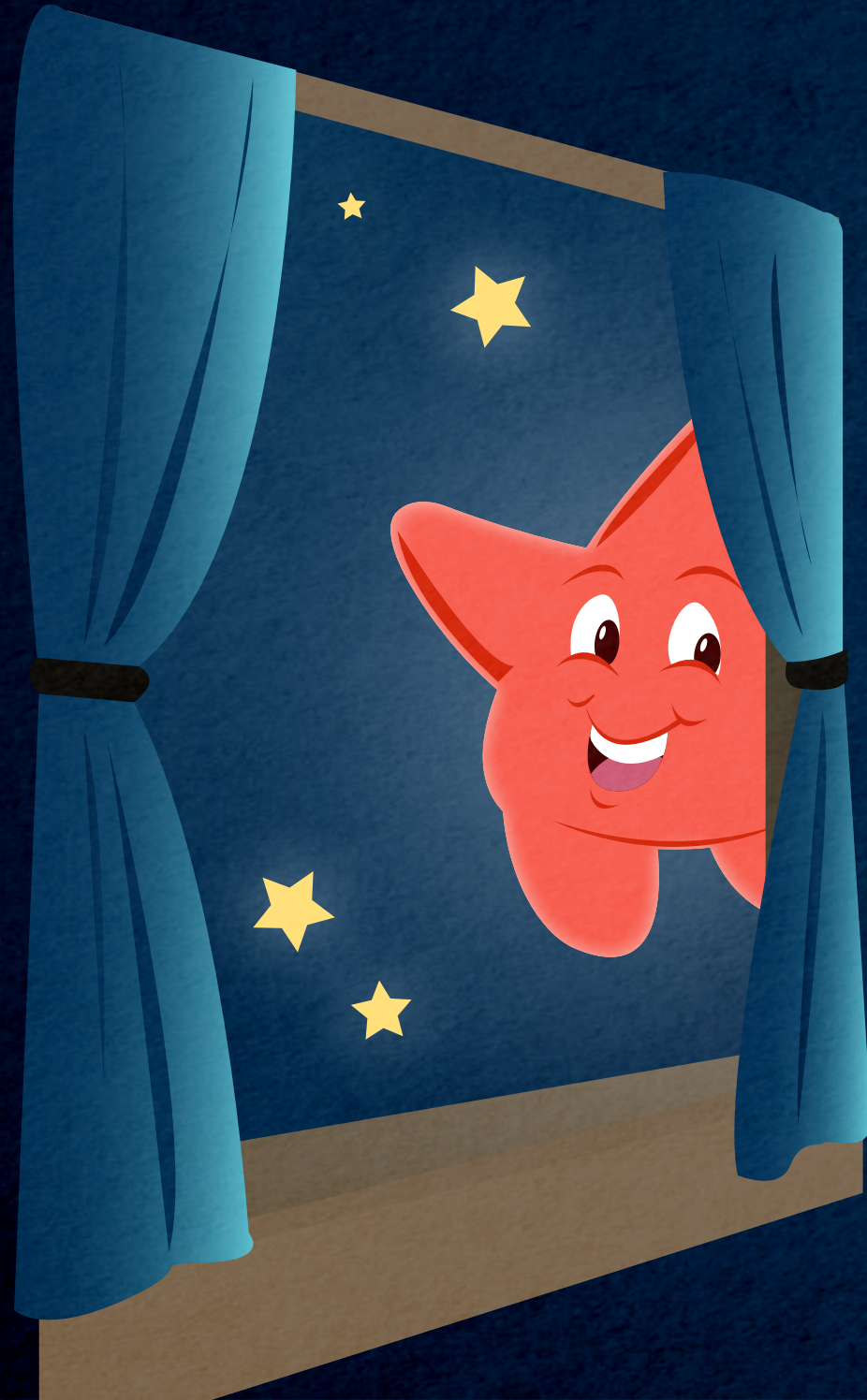
Soon the moon was out and it was time for the stars to wake up.

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

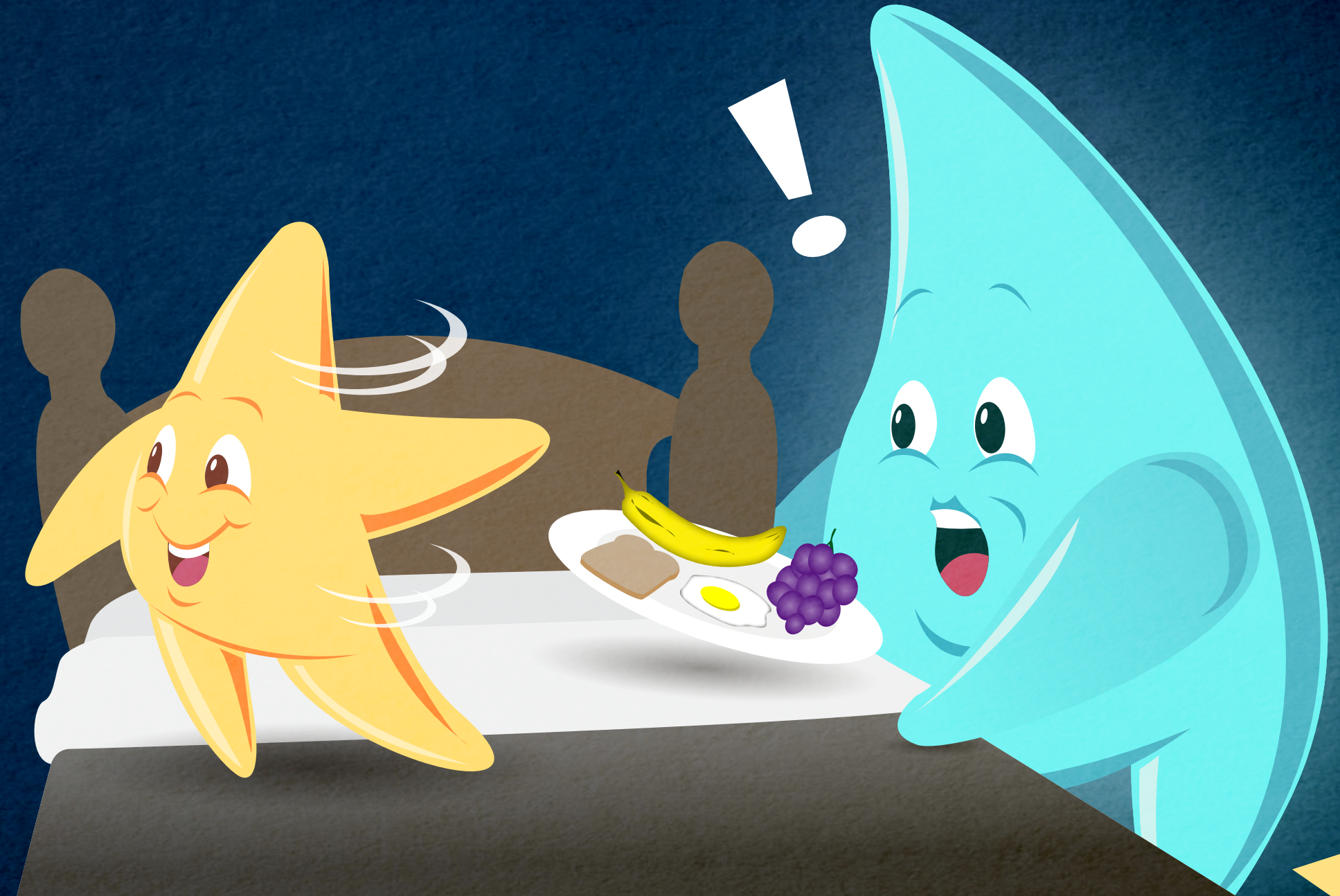
“Hello sleepy head, come and eat your breakfast,” *Mom* said cheerfully.

*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*.





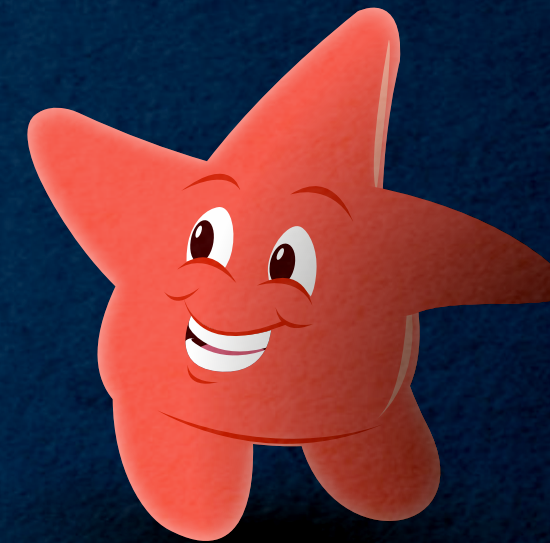


While flying, **Cosmo** pointed towards a meteor shower.  
“Not again,” **Rae** thought. Lately, **Cosmo** was more interested in watching the meteor showers than playing.

**Rae** was not interested. She didn’t like to sit and watch.

**Rae** wanted to move! “Not 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.





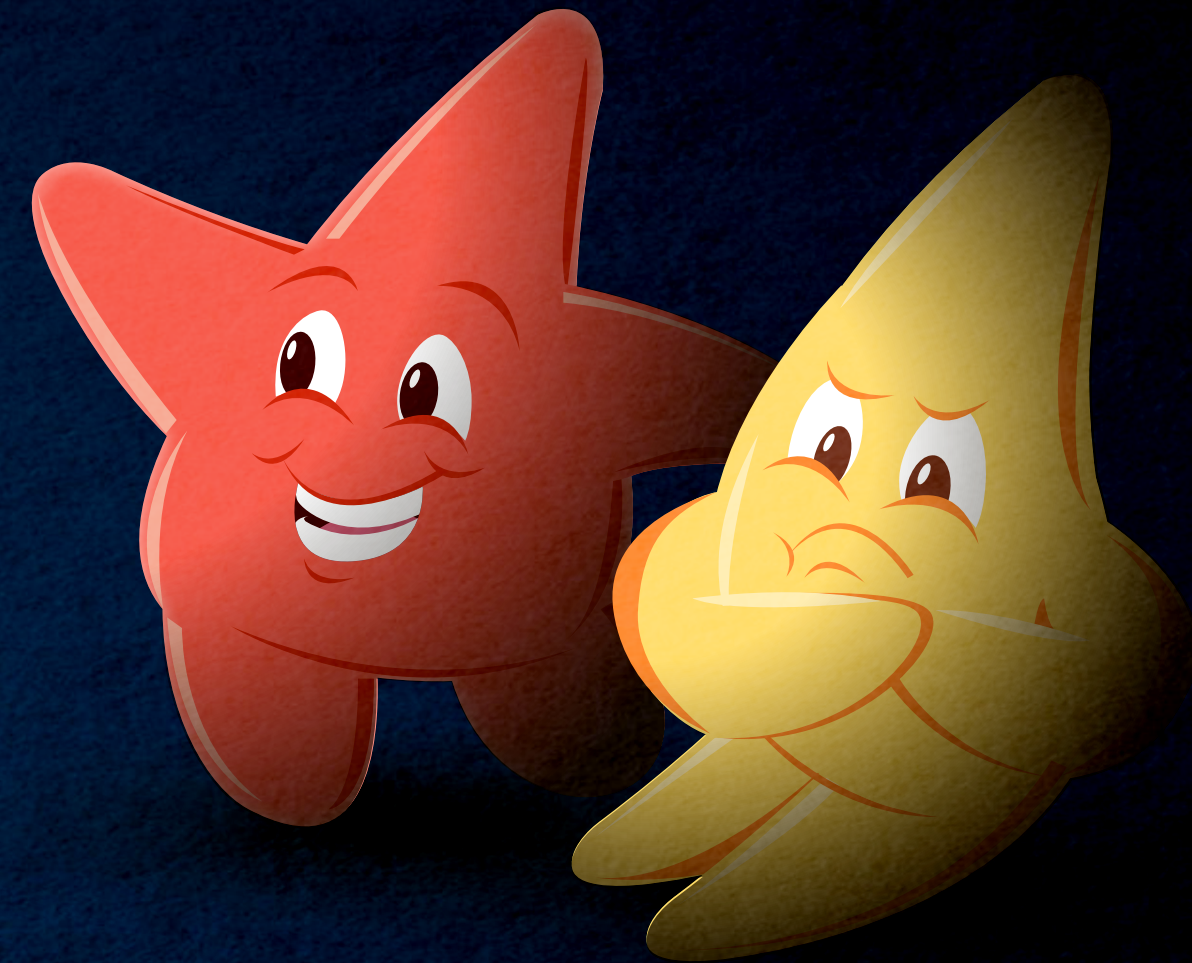
Drifting slowly across the sky, **Rae** came across another meteor shower.

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 them. Hours flew by as they watched, and watched. She was **soooooo** bored.

Finally **Rae** 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,” they 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.

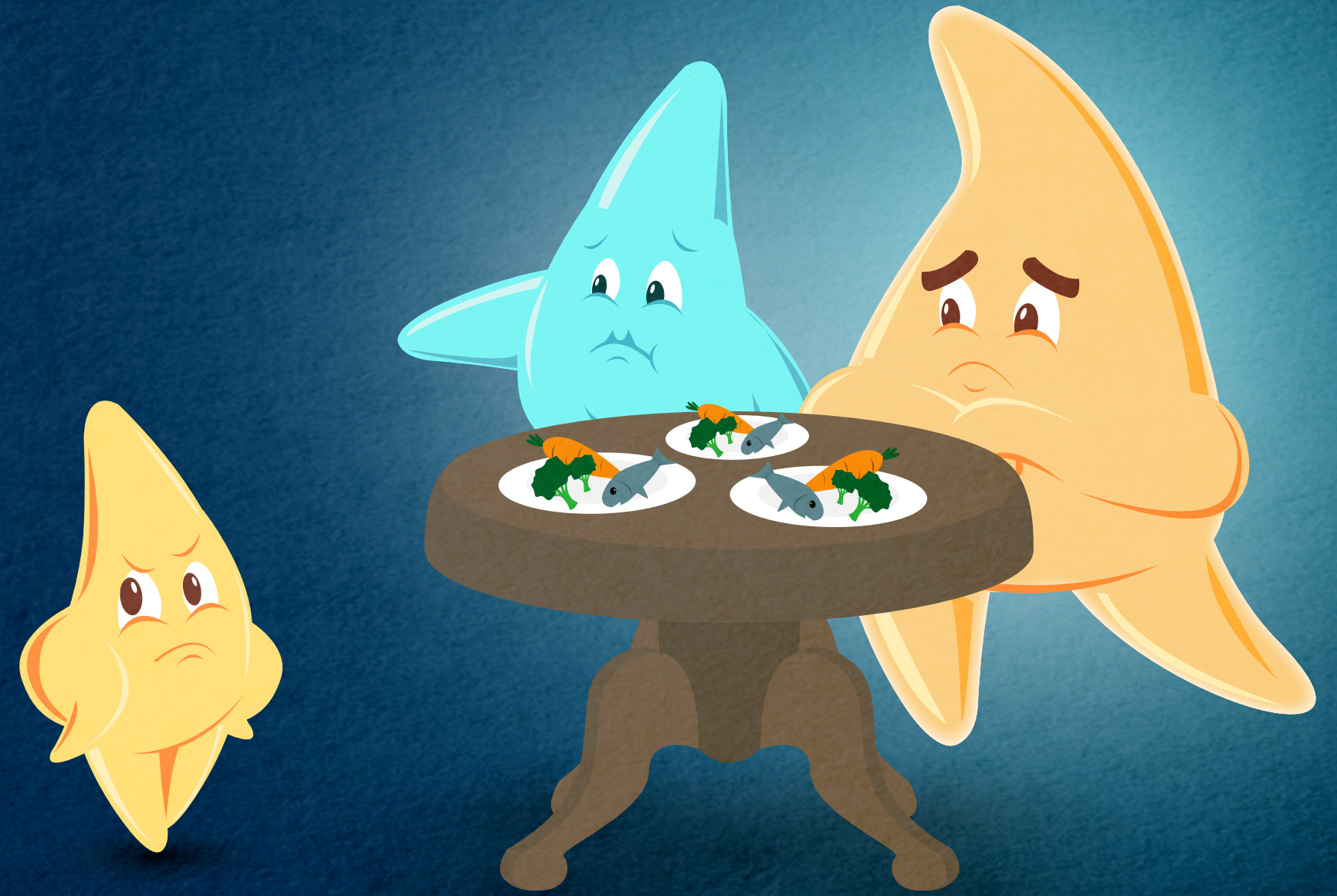
**Rae** had missed lunch, and now she was late for supper.

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

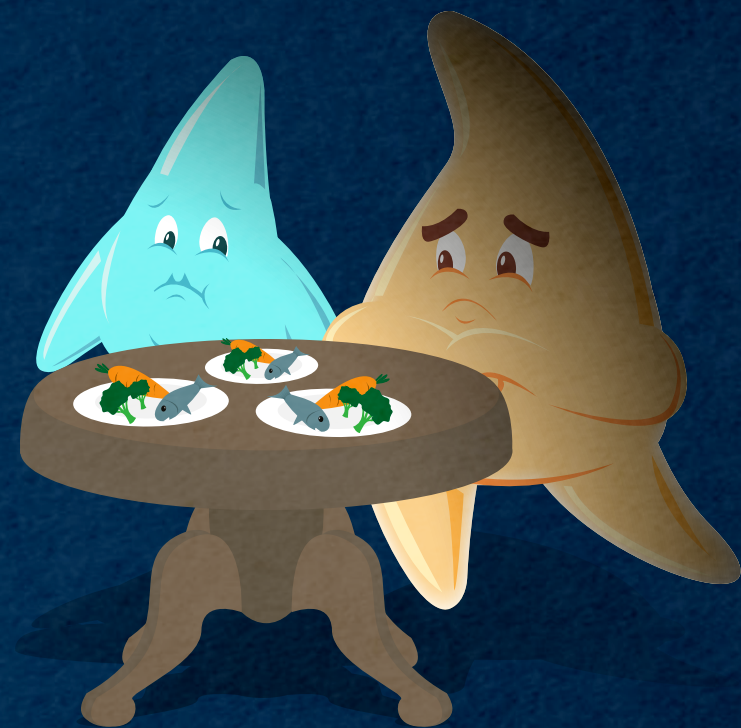
Of course, **Rae** didn’t believe them.

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 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.

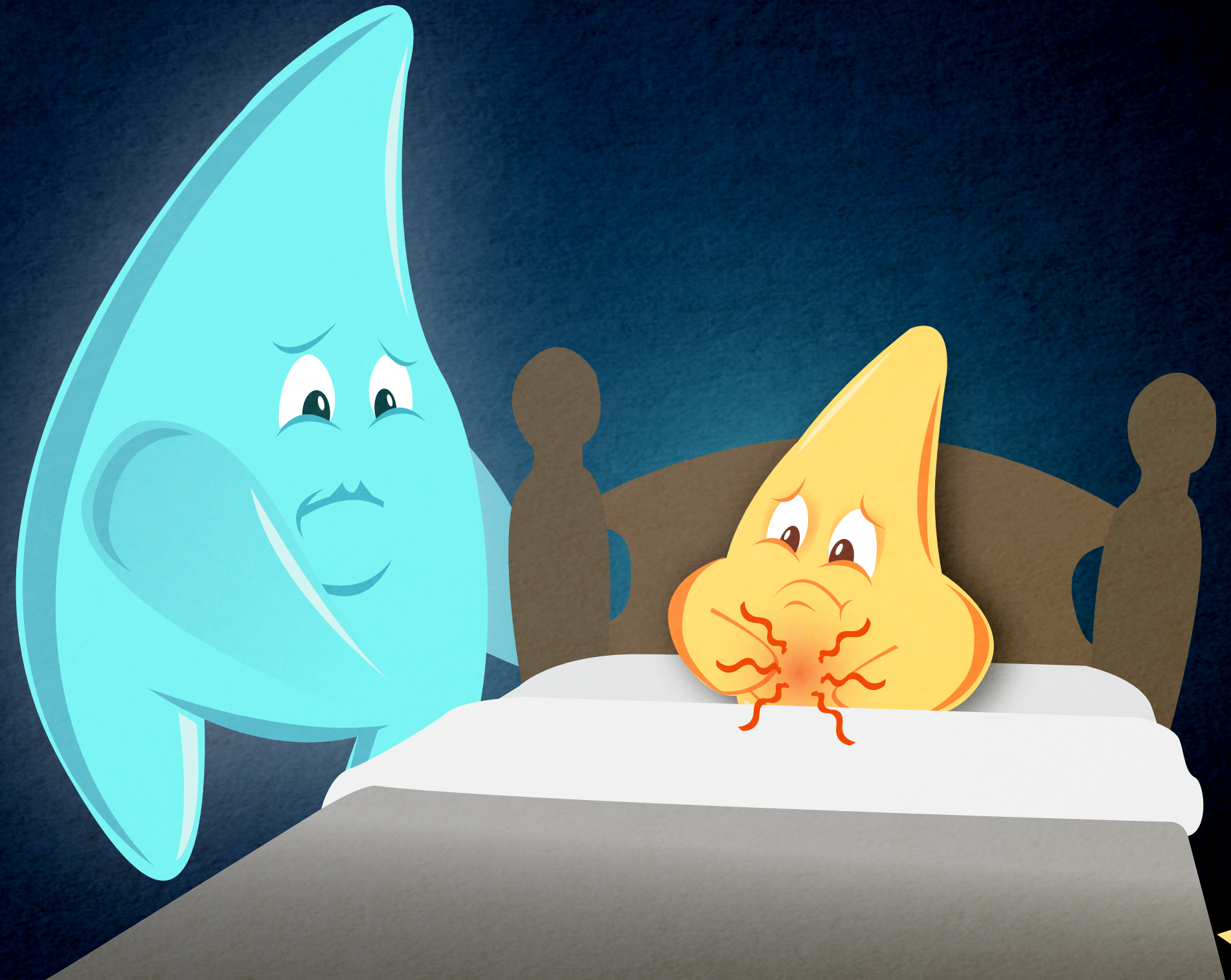
She slept through the day and into the night.

When her *mom* tried to wake her,

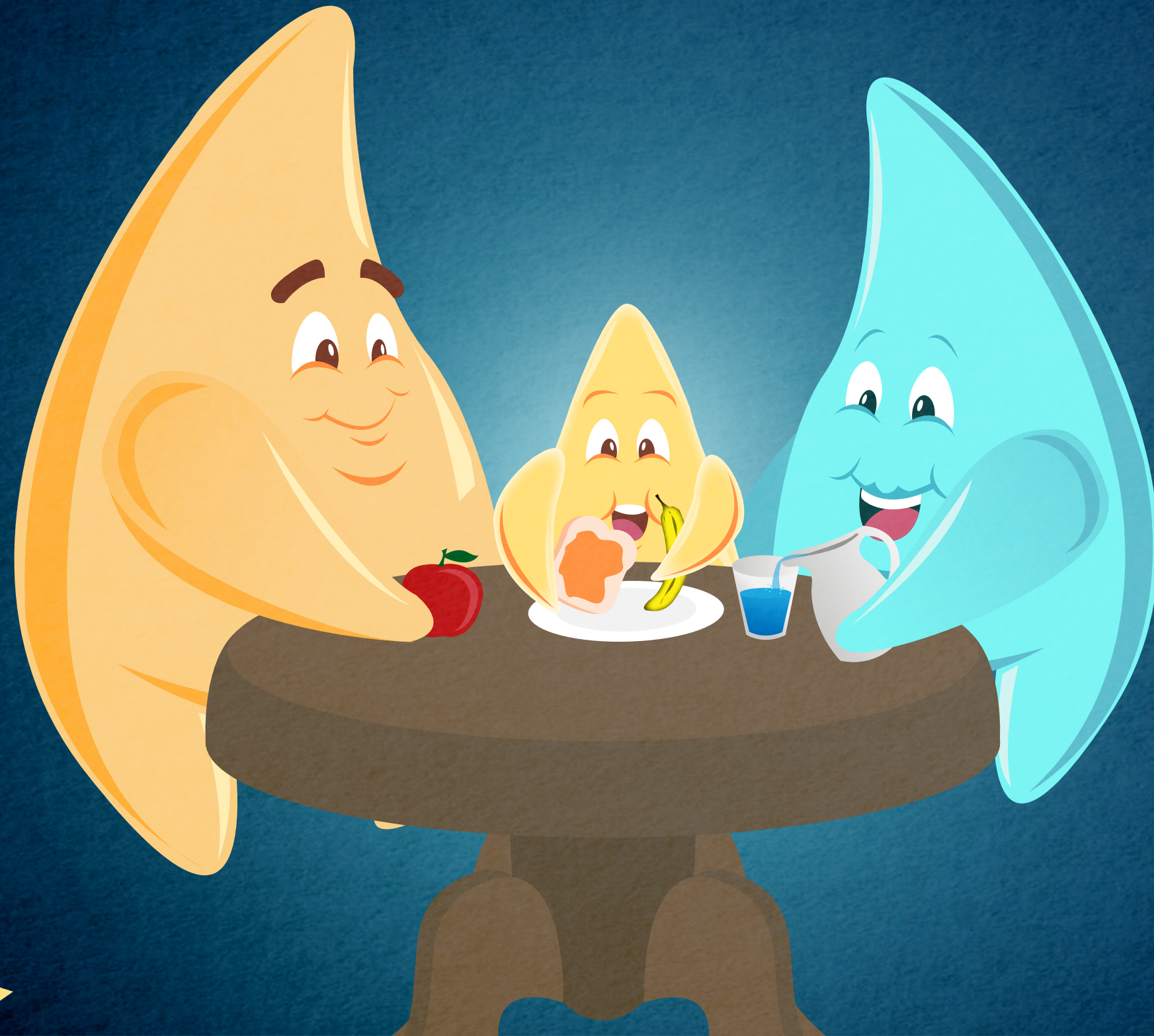
*Rae* did not want to wake up.

*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.

“Making healthy choices is about caring for yourself, and not just choosing to do what you want,” *Rae’s dad* said while making her breakfast. *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!” **Cosmo** 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!”





## Tips and Discussion Points for Parents and Teachers

### Ability

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.

<b>Help children identify and label their feelings.</b>	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.
<b>Help children see their potential.</b>	Encourage them to list the activities they enjoy (both active and non-active) and how they feel when they are doing it.
<b>Teach and role model skills in self-discipline.</b>	Help your children make a commitment to being healthy and plan and set realistic goals to help them succeed.
<b>Support children to embrace challenges.</b>	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.
<b>Set a positive example.</b>	Display a patient and perseverant attitude. Say things like, “That didn’t work. What should I try next? I’m not giving up.”
<b>Avoid modeling perfectionism.</b>	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

<b>Give children guidance and assistance.</b>	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.
<b>Reassure your child that they are never alone.</b>	Encourage children to feel comfortable and to ask for help when they feel they need it.
<b>Give and show unconditional love and acceptance.</b>	Admire children for 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

<b>Praise effort not just results.</b>	Teach children that you value their attitude, determination and commitment to the activity or skill.
<b>Show empathy.</b>	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 feelings of others.
<b>Talk with children.</b>	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.
<b>Demonstrate and teach the values you hold as a family or as a school community.</b>	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.
<b>Express caring gestures.</b>	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, 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.

**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 ball.

**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 benefiting your community and creating a healthier environment.

Websites with information and resources on healthy living:

Centre for Child Studies:  
[www.offordcentre.com](http://www.offordcentre.com)

The Vanier Institute of the Family:  
[www.vanierinstitute.ca](http://www.vanierinstitute.ca)

Canadian Alliance for  
Healthy School Communities:  
<https://phecanada.ca/activate/healthy-school-communities/canadian-alliance-healthy-school-communities>

Caring for Kids  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Health Canada  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)





About PHE Canada

Physical and Health Education Canada (PHE Canada) champions healthy, active kids by promoting and advancing quality health and physical education opportunities and healthy learning environments. Supporting community champions with quality programs, professional development services, and community activation initiatives, PHE Canada inspires all to live healthy, physically active lives. Find out more at [www.phecanada.ca](http://www.phecanada.ca).

About AstraZeneca Canada Inc.

AstraZeneca is a global, innovation-driven biopharmaceutical business with a focus on the discovery, development and commercialization of primary and specialty care medicines that transform lives. Our primary focus is on three important areas of healthcare: Cardiovascular, Renal and Metabolic disease; Oncology; and Respiratory. Globally, the company operates in more than 100 countries and its innovative medicines are used by millions of patients worldwide. In Canada, we employ more than 850 employees across the country and our headquarters are located in Mississauga, Ontario. In 2018, we invested more than \$102 million in Canadian health sciences research. AstraZeneca Canada Inc. was also recently designated a key Global Clinical Trial Delivery site for AstraZeneca globally – leading the development for more than 60 global clinical trials globally and playing an integral role in the development of many of AstraZeneca’s pipeline compounds in oncology and respiratory disease. For more information about AstraZeneca Canada Inc., please visit the company’s website at [www.astrazeneca.ca](http://www.astrazeneca.ca).

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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.

About the Illustrator

Eric Rochon is a graphic designer, illustrator and animator who runs Brood Studio, a small company offering creative services in Toronto, Ontario. He has a passion for cartoons and animation and he very much enjoyed tapping into that passion to help bring Rae to life. When he isn't creating something, Eric can usually be found in movie theatres or riding his bicycle throughout the streets of the city.

The illustrations of On My Way! A Journey of a Star Named Rae were updated in 2019. We wish to extend a special acknowledgment to Yolande Hewitt, the original illustrator.

For information about **At My Best** please visit [www.atmybest.ca](http://www.atmybest.ca).



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*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 free, curriculum-linked toolkit that combines physical activity, healthy eating and emotional well-being for students in Kindergarten to Grade six to inspire healthier choices today and in the future.

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