



Social Futures  
Northern Rivers Social Development Council

Northcott  
let's see what you can do

# Everybody Belongs



## Kids Activity Book

Fun and easy  
ways to  
support  
belonging

**everybody**belongs.org



## Dear Parents and Caregivers,

We have been visiting schools to share some activities and read a story to celebrate social inclusion, and talk about friendship and belonging. All kids want to feel good about themselves and want to be included in all activities. We all need friends. For many children with disabilities, having the same opportunities may sometimes be difficult for a number of reasons.

We want to share the message that everybody is welcome and can be included in schools and in community. We recognise that we are all unique and that we all have different things we are good at, and different things we sometimes need help with. These are conversations that help all our kids understand and accept difference.

Parenting can be tough and sometimes we can feel judged about our parenting style. Labels can stick and we ask you to consider the small things we can all do to support each other. We want to encourage kindness and consideration towards everyone in our school community – all children, students, teachers and parents. The Belonging Project spoke to families with children who have additional needs and they shared with us the small things we can all do to help them feel included and connected in the community such as:

- Smile at another parent or child to make them feel welcome
- Ask another parent how they are going
- Invite another parent for coffee or ask their child for a playdate.

If you would like more information, or are interested sharing resources about creating a place where everyone belongs check out the links below.

[everybodybelongs.org](http://everybodybelongs.org) supporting people to be included and connected in the community.

[www.all-in.com.au](http://www.all-in.com.au) inclusion website that generates an individual report with tips for community members.

[www.kidshelpline.com.au](http://www.kidshelpline.com.au) offers great resources for parents and children.

[www.carersnsw.org.au](http://www.carersnsw.org.au) offers support and counselling.

[www.raisingchildren.net.au](http://www.raisingchildren.net.au) wide range of resources, articles and ideas to help you with raising children and looking after your own needs.

# everybodybelongs.org



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.





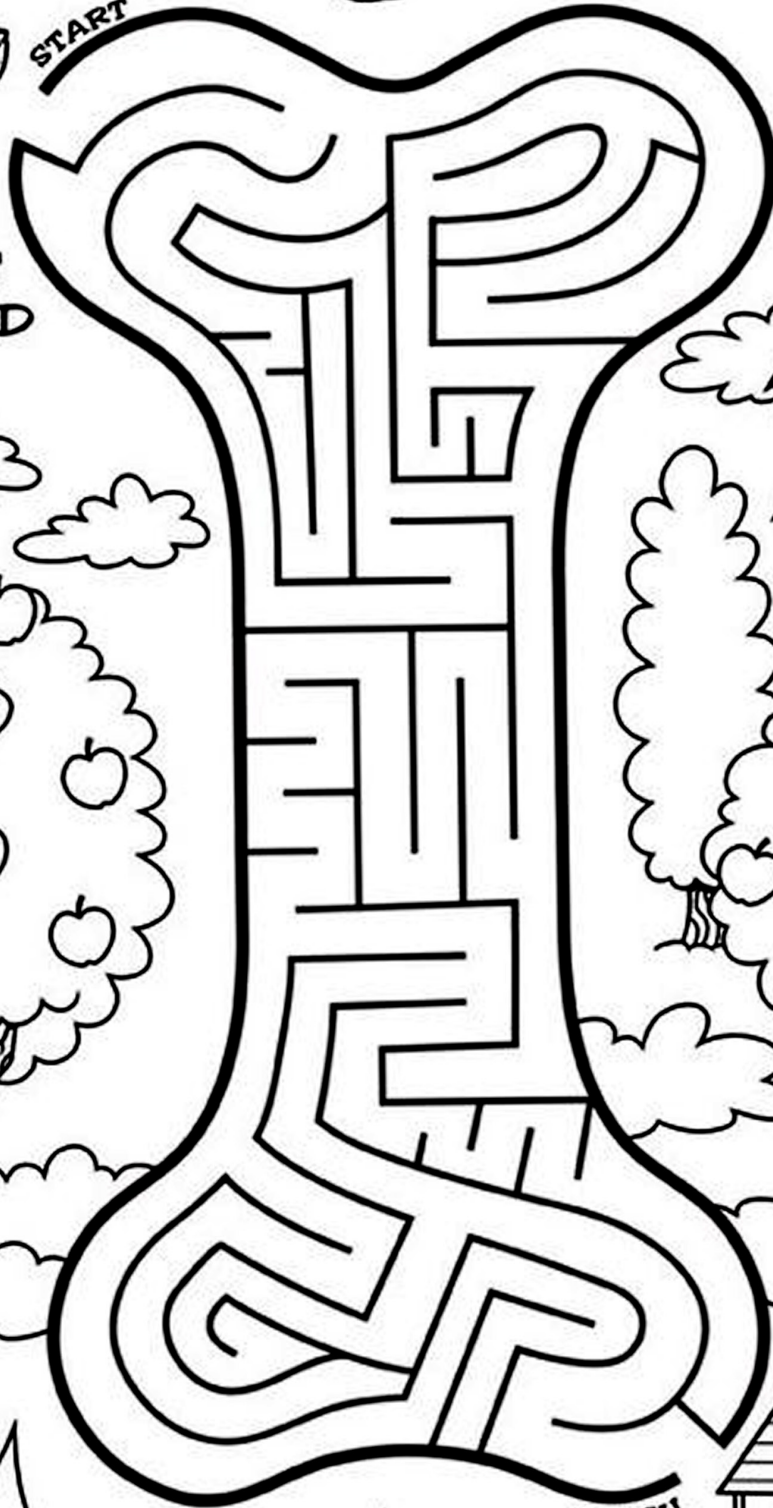
Oust  
Air Conditioner

Petfinder.com



HELP SPOT  
FIND A GOOD  
HOME.

START



FINISH



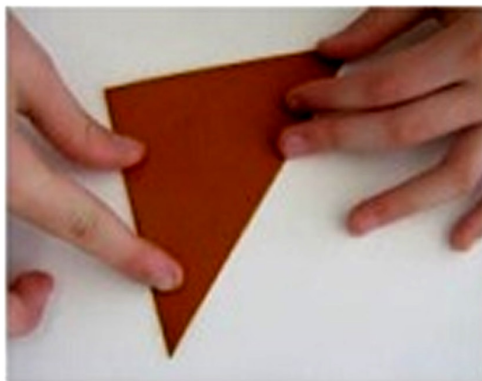


# Origami Dog

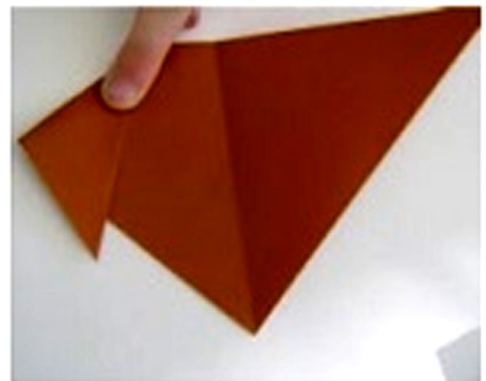
This origami dog looks great on greeting cards with a bow under its chin, or you can tape it to a wooden spoon to make a puppet. You can even use a large piece of paper to make a dog mask. You can use stick on google eyes and a black marker to draw the nose or spots.



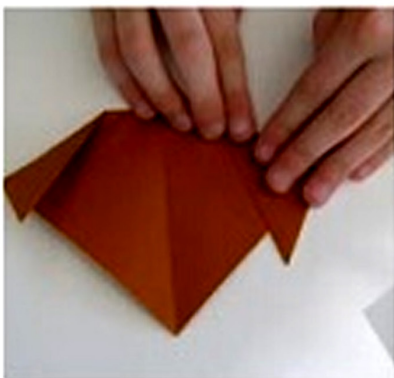
1. Start by folding your square in half diagonally, and creasing carefully.



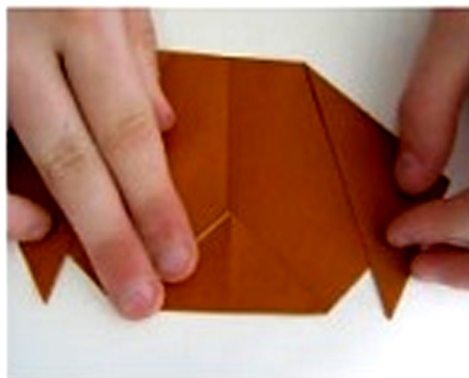
2. Fold your triangle in half again, to form a crease. Open it back out again.



3. Turn the triangle so that the long side is at the top. Fold one of the corners down, as shown in the photo, to form an ear.



4. Do the same to the other corner. Try to make the ears even!



5. Now fold the bottom point up, to form the dog's nose.



6. Add the eyes and your doggy design





This book belongs to: \_\_\_\_\_

Some ways you can help  
other kids feel included

Say "hi"  
and smile  
at everybody

ask other kids  
to join your  
games

Think about other  
kids feelings  
Be kind and helpful  
Ask other kids if  
they are OK



# My name is

\_\_\_\_\_

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

I have \_\_\_\_\_ hair

I have \_\_\_\_\_ eyes

I am good at : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some things about me are the same as my friends and somethings are different. Think about some ways you can be a good friend in the classroom and in the playground and write them down.

Classroom: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Playground: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw a picture of yourself

MAKE NEW FRIENDS







# Giggles!

Knock Knock  
Who's there?  
Cow !  
Cow who?  
Cows go moo  
not who!



Where do cows go  
with their friends?  
The mooovies!

Knock Knock  
Who's there?  
Tank! Tank who?  
You're welcome!

Knock Knock  
Who's there?  
Frank!  
Frank who?  
Frank you for being  
my friend!



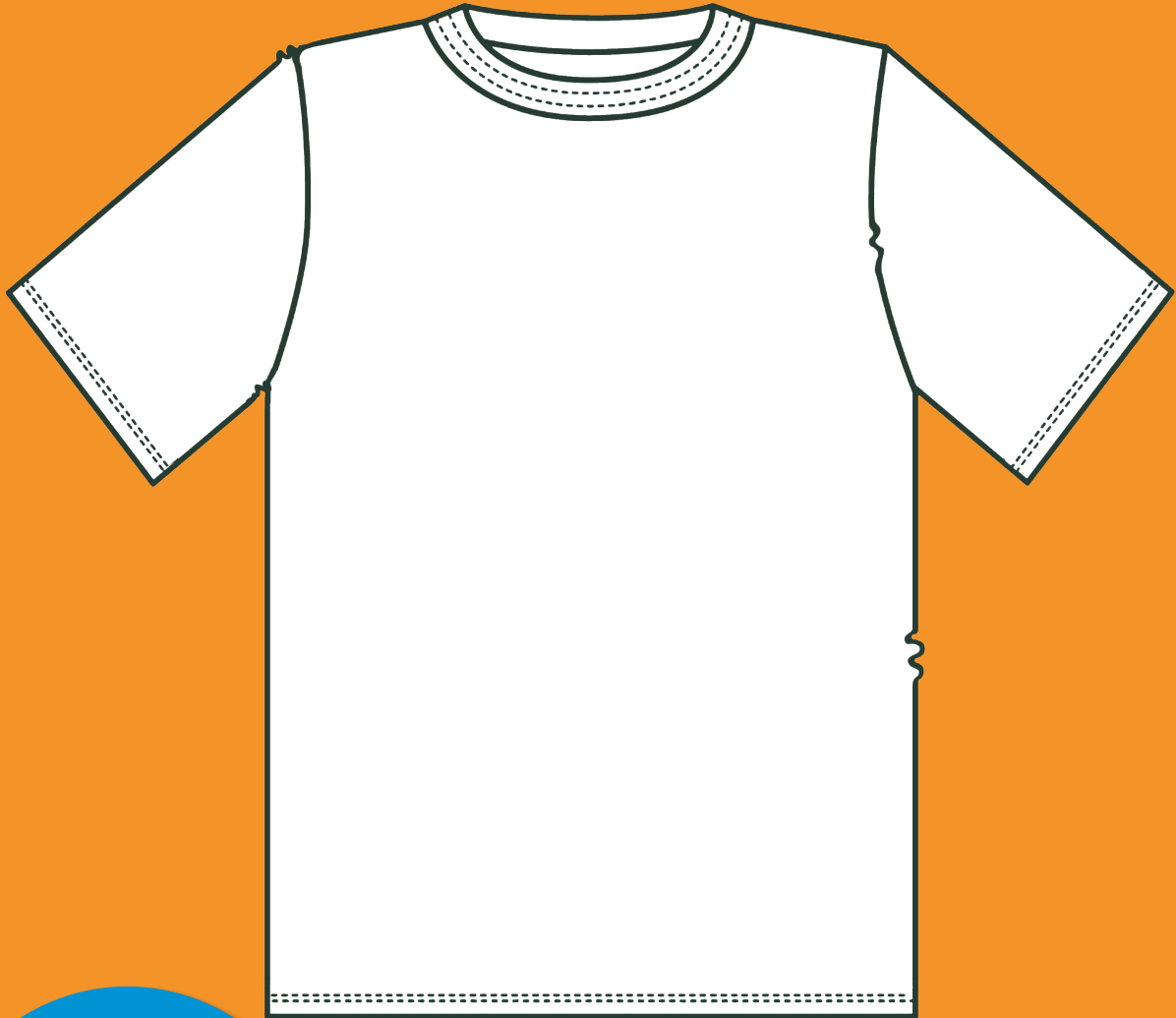
What do you call a  
dog with a  
temperature?  
A hot-dog  
Ha! Ha! Ha!

Knock Knock  
Who's there?  
Wooden shoe!  
Wooden shoe who?  
Wooden shoe like  
to hear another joke!





## Design a tee-shirt that makes you happy



### Class Challenge

Choose a T-shirt design in your class that everybody agrees on that makes you feel happy. Ask your art teacher to get some fabric paint. Bring a plain t-shirt in to school to paint your design on.





Find the

Word

h	a	p	p	y	n	u	s
l	n	i	o	j	s	d	g
a	y	a	l	p	n	n	s
u	u	s	g	e	o	u	r
g	s	n	i	l	f	u	n
h	i	r	e	e	r	a	c
s	f	b	w	d	r	a	w
u	s	g	i	g	g	l	e

belong

join

play

sun

draw

friends

giggle

happy

laugh

sing

care

we

fun

our

Draw a picture of a day you had fun with family or friends



Everybody can  
be a great friend  
EVERYDAY!



Ask your teacher if you can have a

"Say  
something  
nice day!"

each week

The rules

- 1) Make a promise to notice something you like about a person and tell them.
- 2) Find someone in your class and finish this sentence:  
*"One thing I like about you is*
- 3) At the end of the day, share your sentences with everyone else in the class.



Imagine  
if it was  
always the  
same?

Wouldn't it be terrible? Wouldn't it be sad?  
If just one single colour was the colour that we had?  
If everything was purple? Or red? Or blue? Or green?  
If yellow, pink, or orange was all that could be seen?  
Can you just imagine how dull the world would be  
If just one single colour was all we got to see?

Read the poem to someone at home and talk about how it  
would feel if we were exactly the same.

What's great about being different? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What's great about being the same? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Check out these links for more info:

[all-in.com.au](http://all-in.com.au)

[everybodybelongs.org](http://everybodybelongs.org)

[kidspot.com.au](http://kidspot.com.au)

[kidshelpline.com.au](http://kidshelpline.com.au)  
or  
1800 55 1800  
anytime