



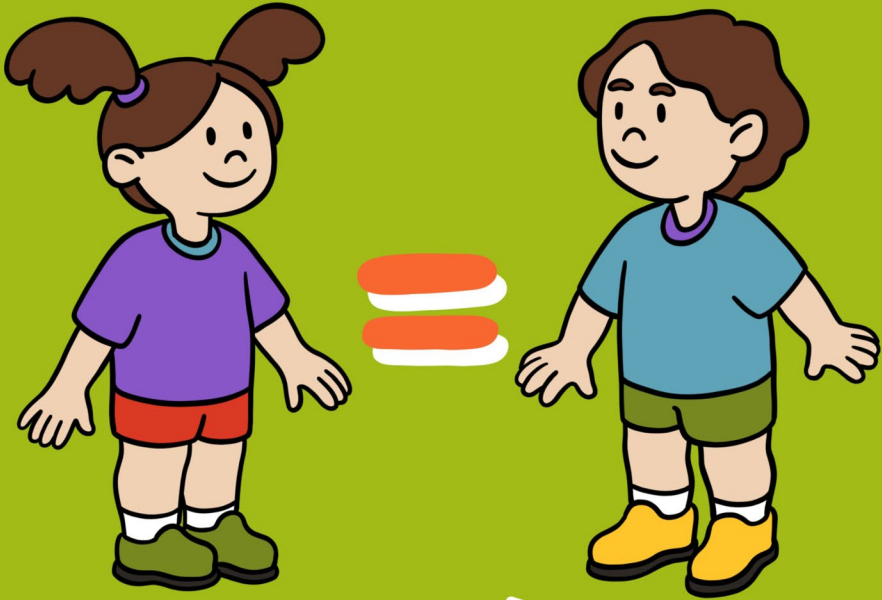
ALL COME OUT! TO PLAY!



LET THE FUN BEGIN
ACTIVITY BOOKLET



Respect



Equality

**HOW WE TALK TO EACH
OTHER IS IMPORTANT.**

**WE CAN SHOW RESPECT
AT HOME AND WHEN WE
ARE OUT BY BEING KIND.**

It doesn't matter if someone is short or tall,
young or old, girl or boy, big or small -
we should treat everyone kindly.
We do not yell or push people, because
it hurts their feelings.



We try to think about what it would be like to be in someone else's place. For example, if your friend falls over and hurts his knee, and he was crying and all the kids stood around staring, think about:

How do you think he would feel?

How could we show him respect?

It is a good idea to think



Cool Books for Kids

Here is a list you might like:

Some girls and Some boys by Nelly Thomas

Rosie Revere Engineer by Andrea Beaty

Dogs don't do ballet by Anna Kemp

Today I feel: an alphabet of feelings by Monica Moniz

I love me by Sally Morgan

Mary wears what she wants and Tough guys (have feelings too) by Keith Negley

The paper bag princess by Robert Munsch

I am Enough by Grace Byers

I Could Be, You Could Be by Karen Owen

Introducing Teddy by Jessica Walton

The lion inside by Rachel Bright

Great Links for More

[Gender equality diversity and inclusion in Books – Global Equality Collective | GEC \(thegec.org\)](#)



**ALL
COME OUT!
TO PLAY!**

We Can See

You can learn how to be respectful from watching the grown-ups around you. You may notice them helping other people, making sure no one is left out of a game or an activity. Sometimes adults behave badly too - they are not perfect. They may lose their temper and make people feel unsafe. It is good to talk to someone you trust when this happens so you can feel better.

Everyone Can Help

When we get together with family and friends we do lots of new things. We can go camping and we all have to help put up the tent and make the fire. We can all cook and we all help wash up. Some people have their babies there and we all help take care of them. It is not just the mum's job.





Explore, Experiment, Play and Have Fun

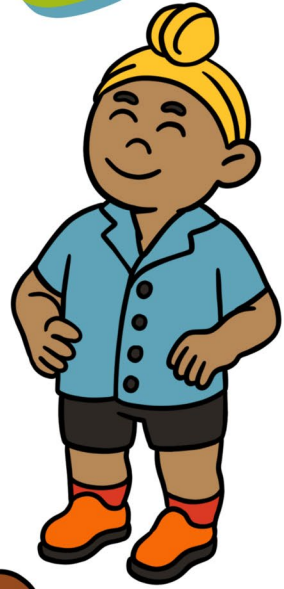
Toys are so much fun, we can play with any toys we like.

Sharing can be hard but if we take turns everyone can have fun.

When we play, sometimes we like to dress up as a character perhaps from a book, movie or a TV show we like. Sometimes we might like to dress up as an athlete and maybe like to dress up as an ocean explorer. It is fun to try out different ways of dressing up!

Girls can wear board shorts and boys can wear a big pink sun hat – WHY NOT! It really doesn't matter as long as you are having fun.

I LOVE
being
ME!



I Love Being Me!

A. Testro, M. Girasole & H. Rimington

It don't matter if you're boy or girl
It don't matter if your hair won't curl
It don't matter if you're short or tall
It don't matter if you walk or you crawl

Show me how you crawl

Here we go

Crawl crawl crawl

It don't matter if you're loud 'n proud
It don't matter if your head's in the clouds

It don't matter if you're quiet and shy

It don't matter if you need to cry

Show me loud

Show me proud

Show me shy

Show me cry

It don't matter if you trip on the rug
It don't matter if you need a big hug
It don't even matter if you need to pee

The only thing matters is

I love being ME!

Be loud, be proud, be quiet, be shy

Be whatever you want to be

Be loud, be proud, be quiet, be shy

Be whatever you want to be

ME!



ALL
COME OUT!
TO PLAY!

**“IF CHILDREN ARE
ALLOWED TO CHOOSE
THEIR OWN SPORTING
ACTIVITIES, SCHOOL
SUBJECTS, GOALS
AND DREAMS, THEY
WILL BE MUCH
MORE MOTIVATED TO
ACHIEVE THEM”**



What kind of things
do you dream of doing
when you grow up?



I WONDER WHAT THESE PEOPLE DO,
CAN YOU GUESS?

You can be
anything you
want to **be!**

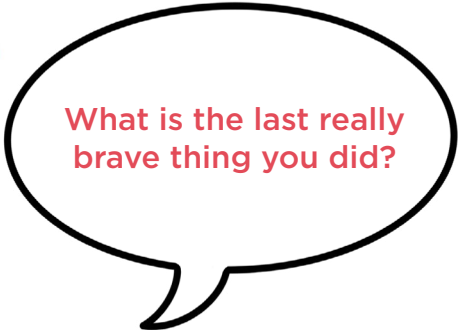


We may have to practice a lot if we want to grow vegetables, or run a farm, or a shop. Or, if we want to be lawyers, doctors or scientists - we would go to university and do lots of learning and make lots of friends.

There are lots of girls who like doing building jobs and lots of boys who like designing clothes or dancing. We don't have to worry about boy or girl jobs - you can be whatever you like.

Be Brave!

It can be exciting to get out in nature and explore! That can mean taking some risks. Have you ever climbed up a hill and rolled down again? Or have you jumped over a big log?



Rather than saying, “C’mon girls, let’s get this cleaned up!”, it is better to say, “C’mon my friends/helpers”, or use their names. We don’t need to bring gender into everyday tasks.



Small Changes make a BIG difference

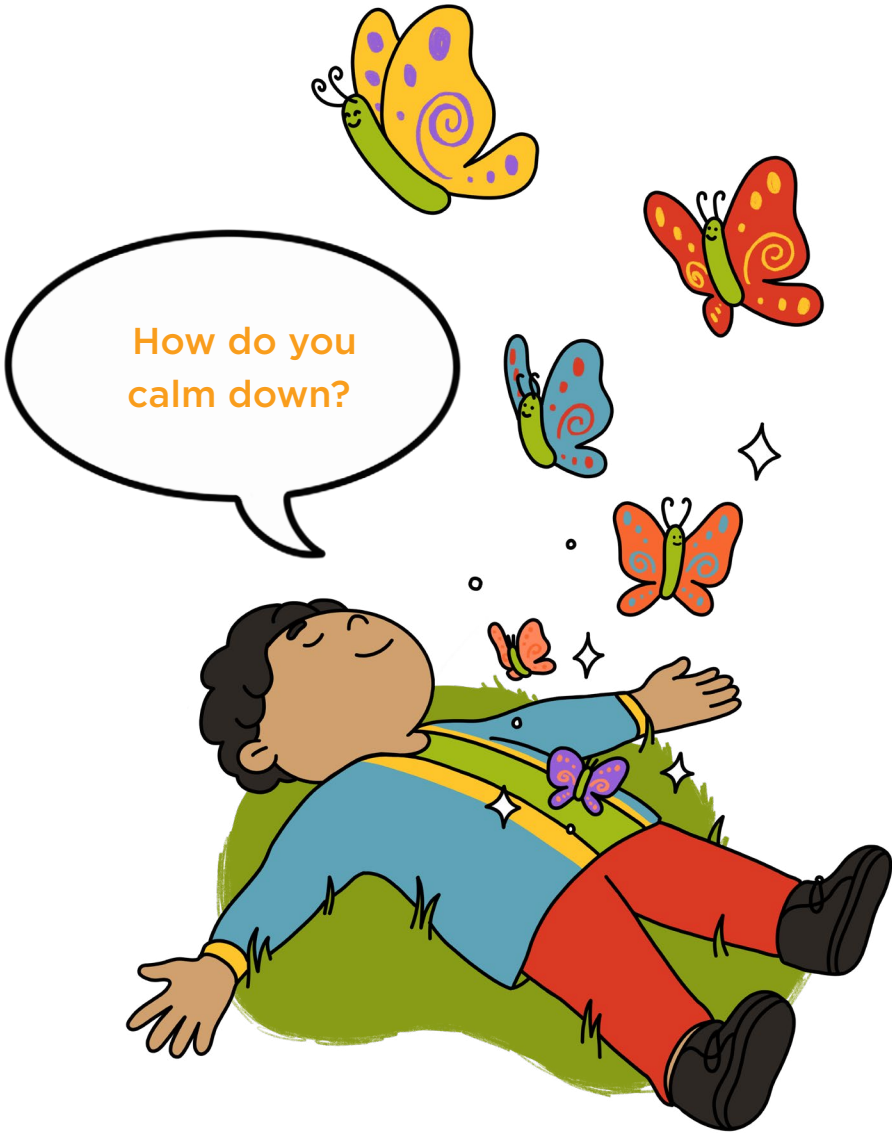
Some more suggestions to practice how we talk to our children.

From this	To this
Good morning boys and girls	Good morning my friends!
Good girl/ Good boy	Thanks for helping out! Thank you! You did it! (use descriptive praise, ie “I like the way you’ve found a spot for everything in your room”
You look really pretty today	You look like you are ready to have fun today!
Policeman, Workman, Postman, Ballerina	Police Officer, Construction Worker, Postal Worker, Ballet Dancer
Can I have some strong boys to help me?	Can I have some strong helpers please?
Girls and boys, you guys	Children, people, friends
Mums & Dads	Grown-ups, adults, families
Champs, Little man	My friend
Sweet Pea/ Princess	My friend

Some days, things can go wrong and everyone has times when they feel sad or scared. When we have big feelings like this, it is ok to cry. All children cry sometimes and lots of grown ups do too. Crying can let out your big feelings and help you feel safe again. It also shows people around you that you might need some help and kindness. We should never tease anyone for crying.

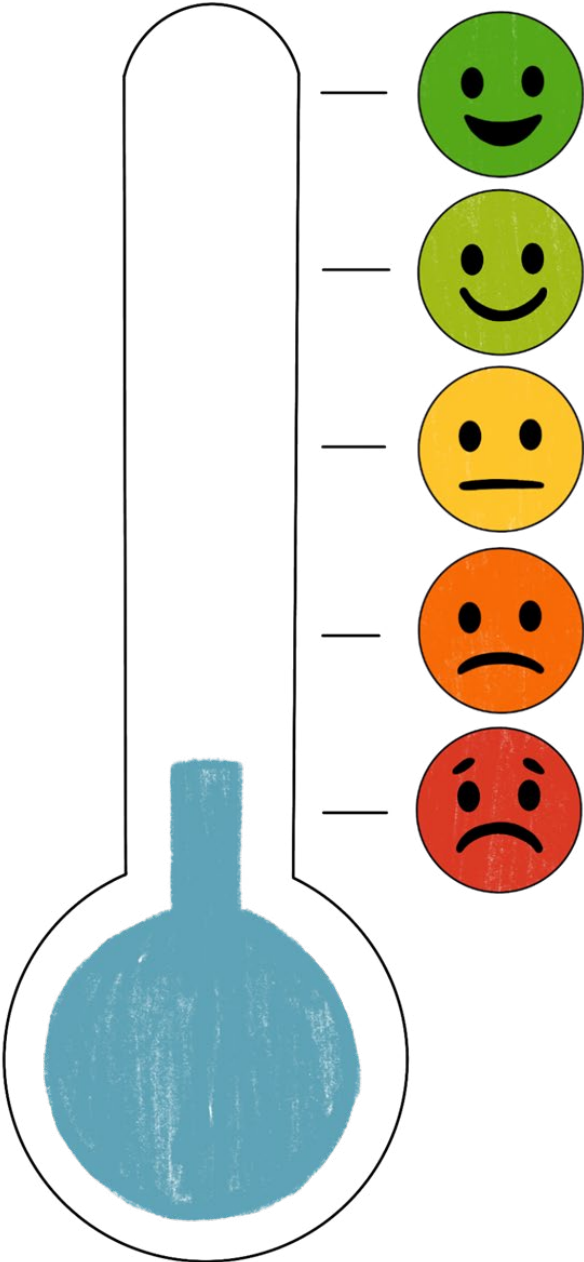


What made you
cry recently?



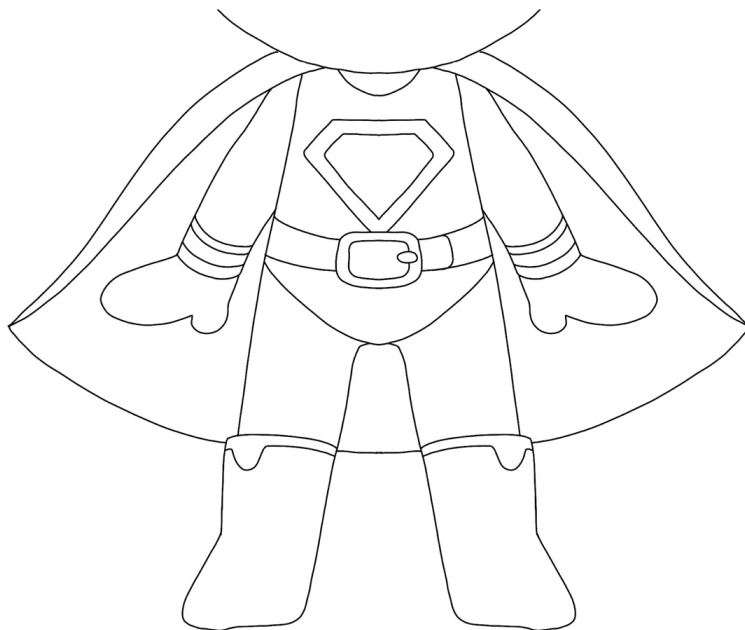
**SOMETIMES WE FEEL LIKE WE HAVE
'BUTTERFLIES' IN OUR TUMMY. WE CAN USE
MUSIC TO CALM OURSELVES DOWN OR TAKE
SOME SLOW DEEP BREATHES**

How Do You Feel Today?



Today I am a 'Superhuman'

Create your own 'superhuman' with powers



ALL Come Out To Play! with our digital book. You can read the story, dance and sing anytime! <https://allcomeouttoplay.playgroup.org.-au/>

