



Wellbeing Playlist

I proud of who I am!



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.



Great and Small

Age group: 3-7

Author: Alison McLennan

Illustrator: Connah Brecon

Storyteller: Ellie Cole

Publisher: Storytorch Press

Themes: Inclusion, diversity, disability, sport, friendship, courage, resilience

This book supports Identity & Culture in The NEST: Supporting a strong sense of self and belonging

Talk

1. Look at the cover before pressing play. What do you think this story is about?
2. Who were Eunice's loyal friends, and how did they help her feel like she belonged, even when things didn't go to plan?
3. Eunice started The Great and Small Games so that everyone, however they moved or communicated, had a chance to compete. Why do you think it matters for everyone to feel accepted for who they are?
4. What does "everyone had a chance to shine" mean to you? Why is it important to feel safe being yourself, whatever you look like, believe or enjoy?
5. Is there something about you, like the way you look, the things you enjoy, or where your family comes from, that makes you feel proud?

* Raising Children Network: Build a Ball Run for All

In the story, Eunice starts new games so everyone gets a chance to compete. A ball run explores teamwork and adjusting a game so everyone can join in.

You need: recycled cardboard, cardboard tubes, tape, string and a ball.

- Build ramps and tunnels for a ball to travel through.
- Try it, then talk about changes that could help a friend with different needs join in, like a bigger ball or added sound.
- Take turns adjusting the run so everyone gets a turn.

For the full ball run activity see: raisingchildren.net.au

Try it!



Scan the QR code to view the story!