
DIVERSITY TRAINING MANUAL

SECTION FOUR

PRACTICE STRATEGIES

4.1 WORKING WITH CHILDREN: A PRACTICAL PERSPECTIVE

4.2 WORK SHEETS

CONTENTS 4.2

WORK SHEETS

4.2 Introduction

1 “All About Me” Workbook.

Self-esteem building activity for children aged 4 years and over

1 Instructions to work book – English

1.1 Instructions to work book – French

1.2 Instructions to work book – Indonesian

1.3 “All About Me” Complete Work book – English

1.4 “All About Me” Complete Work book – French

1.5 “All About Me” Complete Work book – Indonesian

2 Making a group mail box.

2 Self-esteem building activity with instructions for parents / care givers. Suitable for children aged 4 years and over. (English)

3 A self-esteem building activity for children of all ages

3 Awards and certificates – Instructions on how to use – English

3.1 Awards and certificates – Instructions on how to use – French

3.2 Awards and certificates – Instructions on how to use – Samoan

3.3 Awards and certificates – Instructions on how to use – Indonesian

3.4 Awards and certificates – Instructions on how to use – Korean

3.5 Awards and certificates – various – English

4 Expressive play – moulding with Playdough for children aged 3 years and over

4 Information for parents/ care givers on how to use Playdough - English

4.1 Recipe for Playdough – English

4.2 Recipe for Goop – English

5 Creative play – activities with limited resources for children of all ages.

5 Creative play – activities with limited resources – English

5.1 Creative play – activities with limited resources - French

5.2 Creative play – activities with limited resources - Samoan

5.3 Creative play – activities with limited resources - Indonesian

5.4 Creative play – activities with limited resources - Korean

- 6 Out door play** – suitable for children aged 2 years and over
 6 Suggestions and considerations for parents/care givers - English
- 7 Face Masks** – Expressive play. Suitable for children aged 3 years and over
 7 Instructions for parents/care givers on how to make and use the masks – English
 7.1 Template for face mask – happy – English
 7.2 Template for face mask – sad – English
 7.3 Template for face mask – angry – English
- 8 Finger Puppets** – Expressive play. Suitable for children aged 3 years and over
 8 Information and suggestions for making puppets – English
 8.1 Information and suggestions for making puppets - French
 8.2 Information and suggestions for making puppets - Samoan
 8.3 Information and suggestions for making puppets - Indonesian
 8.4 Information and suggestions for making puppets – Korean
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- 9 Safety Tree: Experiential activity** - Suitable for children aged 5 years and over
 9 Information for parents/care givers on how to develop safety networks for children – English
 9.1 Safety tree – Activity and template - English
- 10 Parental Survival tips – for parents/care givers**
 10 Parental survival tips. Includes suggestions for activities that can be used to relieve stress – English
- 11 Children’s Survival tips** – Suitable for children aged 6 years and over
 11 Children’s survival tips. English
- 12 Good Secrets and Bad Secrets** – Suitable for children aged 5 years and over
 12 Information for parents about talking to their children about different types of secrets – English.
 12.1 Information for parents about talking to their children about different types of secrets – Indonesian.
 12.2 Colouring – in activity – Good secrets – English
 12.3 Colouring – in activity – Good secrets – Indonesian
 12.4 Colouring – in activity – Bad secrets – English
 12.5 Colouring – in activity – Bad secrets – Indonesian
- 13 Hidden emotions activity** – a word game suitable for school age children dependent on their English language skills – English.
- 14 Good touches colouring in activity for children aged 8 years and over**
 14 Good touches colouring – in activity exploring how good touches feel – English
 14.1 Good touches colouring – in activity that explores how good touches feel - Spanish
 14.2 Good touches colouring – in activity that explores how good touches feel – Somali

15 Bad touches colouring –in activity for children aged 8 years and over

- 15. Colouring – in activity that explores how bad touches feel – English
- 15.1 Colouring – in activity that explores how bad touches feel - Spanish
- 15.2 Colouring – in activity that explores how bad touches feel - Somali

16 Stranger Danger activities for children aged 6 years and over

- 16. Stranger danger Fact sheet for parents – English
- 16.1 Stranger danger Fact sheet for parents – Spanish
- 16.2 Stranger danger Fact sheet for parents – Somali
- 16.3 Stranger danger: Helping children identify risks – English
- 16.4 Stranger danger: Helping children identify risks – Spanish
- 16.5 Stranger danger: Helping children identify risks – Somali
- 16.6 Experiential activity for children aged 7 years and older – English
- 16.7 Experiential activity for children aged 7 years and older – Spanish
- 16.8 Experiential activity for children aged 7 years and older – Somali
- 16.9 Colouring – in activity for children aged 7 years and older – English
- 16.10 Colouring – in activity for children aged 7 years and older – Spanish
- 16.11 Colouring – in activity for children aged 7 years and older - Somali

17 What is domestic violence? Interactive work sheet. Suitable for children aged 7 years and over.

- 17 Interactive work sheet for parents/care givers and children – English
- 17.1 Interactive work sheet for parents/care givers and children – Spanish
- 17.2 Interactive work sheet for parents/care givers and children - Somali

18 Myths and facts about child sexual assault – Fact sheet for parents/care givers

- 18 Myths and facts: Fact sheet for parents/care givers – English

19 Abuse on contact visits - English

20 Parenting in crisis: Fact sheet for parent/care givers

- 20 Information and tips for women who parent in crisis – English
- 20.1 Information and tips for women who parent in crisis – Arabic

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WORKSHEET 1

“All About Me” Workbook. Self-esteem building activity for children aged 4 years and over

- 1 Instructions to work book – English
- 1.1 Instructions to work book – French
- 1.2 Instructions to work book – Indonesian
- 1.3 “All About Me” Complete Work book – English
- 1.4 “All About Me” Complete Work book – French
- 1.5 “All About Me” Complete Work book – Indonesian

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WORKSHEET 1 ALL ABOUT ME WORKBOOK

Self-esteem building activity - suitable for children 4 years and over.

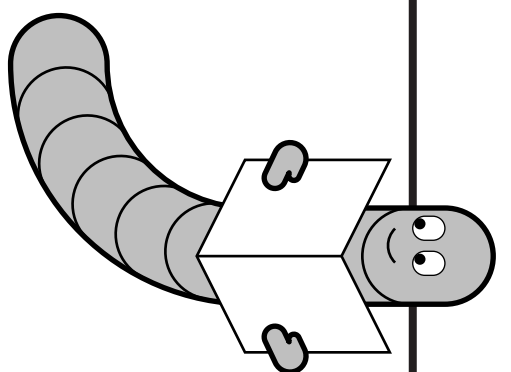
How to help children develop their “All about me workbook”.

- 1 The parent/care giver or practitioner needs to have a copy of the work sheets, pens, pencils or crayons and time available to assist the child should they need help.
- 2 The parent/care giver or practitioner should remember that there is no right or wrong way for children to do this activity. It is about them and for them.
- 3 Parents/care givers and practitioners should take this opportunity to learn more about the child talk with them and listen to what they have to say. Children should be encouraged to express themselves. If you are surprised at their responses to some of the questions in the work sheets it is an ideal opportunity to ask questions or clarify how the child may be feeling. This activity provides children with an opportunity to gain a more in depth understanding of how they feel which can lead to an increase in self confidence.

Note for parents/care givers or practitioners

The work sheets can be done in white or coloured paper, and the sheets can be put into a folder, bound or glued into a scrapbook.

"ALL ABOUT ME"
WORKBOOK
for



PEOPLE I CAN TRUST

Trace the outline of your hand onto the page and then label each one of the fingers and thumb with the name of a person you can trust.

WHO AM I?

MY NAME IS _____

I AM _____ YEARS OLD

MY BIRTHDAY IS ON THE _____ DAY _____ MONTH _____ YEAR

I WAS BORN IN _____

I SPEAK _____

I HAVE _____ HAIR AND _____ EYES

I AM _____ CENTIMETRES TALL AND WEIGH _____ KILOS

MY FAMILY DRAWING

MY FAMILY

Mum _____ Dad _____

Brothers _____

Sisters _____

Grandparents _____

Cousins _____

Uncles _____

Aunts _____

WHAT I LIKE ABOUT ME

I like me because

• _____

• _____

• _____

• _____

When I am angry I

What makes me angry?

How do I feel when I am angry?

What can I do to calm down when I feel angry?

When I'm happy I

What types of things make me happy?

How do I feel when I'm happy?

What can I do to feel happy?

MY FAVOURITE THINGS

My best friend's are _____

My favourite animal is _____

My favourite colour is _____

My favourite food is _____

My favourite television show is _____

My favourite book is _____

