



# Activity ideas for lower primary and early learning years

The following activities would suit early learning and lower primary year levels, however there's no reason why the whole school couldn't get involved, especially with the art-based activities. Have fun!

## ACTIVITY 1: We all have a right to feel safe balloon

### Description:

Photocopy and give each child in your class a copy of the white balloon template. Have them write their name and draw/paint a self-portrait inside the balloon. Cut out the balloons and display in the classroom or around the school so that they can be shared with the wider school community. We would love you to take lots of pictures and send them to us!

### White Balloon Day

#### Message:

We ALL have the right to feel safe with people. Each balloon represents each child in your school that is empowered and educated about keeping safe.

### Resources:

- white balloon template (Appendix 1)
- pencils/crayons/textas/paint for decorating
- string or ribbon (option to use when displaying balloons)

## ACTIVITY 2: Protecting kids art installation

### Description:

This one could get a bit messy but it's very fun! Each child will need a blown up balloon (it doesn't matter what colour) to papier-mâché [an inexpensive mix can be made with plain flour and water]. The balloon will need to be covered in two-three layers of torn newspaper and the mix. Once all the balloons are covered, leave them upright in a safe place to dry (plastic cup) for a few days. Once dry, the balloon inside can be removed and what is left is a hard shell in the shape of a balloon. Have each child paint their paper balloon white and allow to dry again. Once paint is dry, have each child put two painted hand prints on their balloon. Allow to dry again.

### White Balloon Day

#### Message:

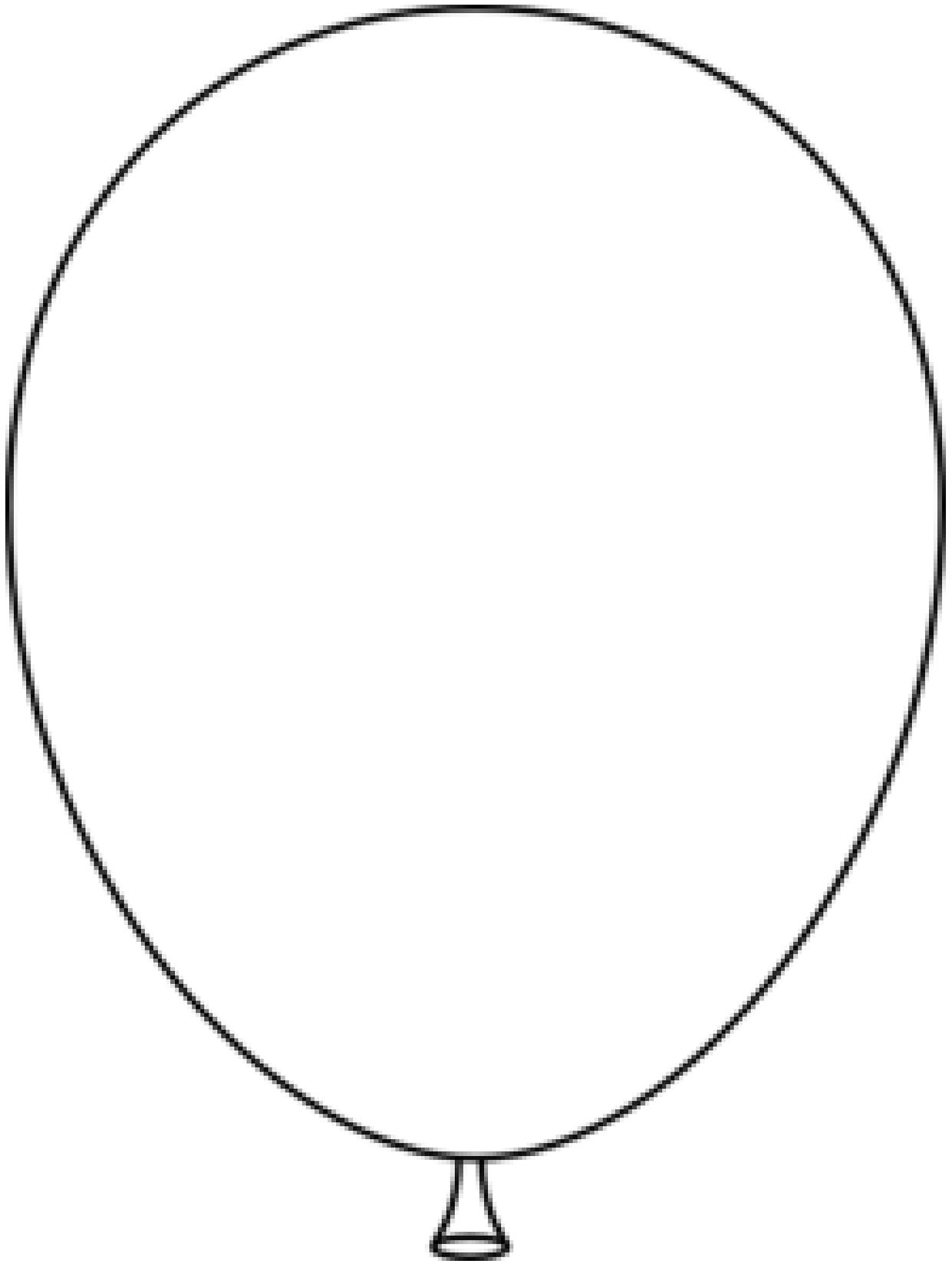
Educating children with strategies to help stay safe and empowering them with messages about body ownership helps to build resilience and confidence. These strategies act as protection for children, just like the layers of paper and glue strengthen and protect the balloon.

### Resources:

- balloons (1 per child)
- papier-mâché mix
- paint brushes & water
- plastic cups to place balloons in for drying
- torn up newspapers
- white paint
- coloured paint

<p>Once all the balloons are dry, it's time to make your installation. Place them all around the classroom or school office in any formation you and the children choose.</p>		
<p><b>ACTIVITY 3: My Helper Plan</b></p>		
<p><b>Description:</b>          Discuss with the class "yes" feelings and "no" feelings and assist them with examples. Talk about feeling safe and unsafe. This leads into what to do if you feel unsafe or unsure and who to tell. Define trust and give examples of adults who kids can trust (Bravehearts, Kids Helpline mum, dad, teacher, police etc) and ask children to volunteer examples. Show Ditto's Helper Plan and explain that they are going to fill out their own.</p> <p>Photocopy and give each child in your class a copy of Ditto's Helper Plan template.</p>	<p><b>White Balloon Day Message:</b>          If ever you feel unsafe or unsure and are having a no feeling about something, you should run and tell an adult that you trust. Remember, "Nothing is so yucky that you can't tell someone about it."</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Ditto's Helper plan template (Appendix 2)</li> <li>• Coloured pencils/pens</li> </ul>
<p><b>ACTIVITY 4: Ditto's three rules</b></p>		
<p><b>Description:</b>          Make copies of the Ditto colouring sheets that you can download from the White Balloon Day website.          Explain to the children that Ditto has 3 rules for kids to remember:</p> <ul style="list-style-type: none"> <li>• We ALL have the right to feel safe with people!</li> <li>• It's OK to say "NO" if you feel unsafe or unsure.</li> <li>• "Nothing is so yucky that you can't tell someone about it."</li> </ul> <p>The children can colour in Ditto and then take the sheets home and tell their parents about the rules.</p>	<p><b>White Balloon Day Message:</b>          Ditto's Keep Safe rules</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Ditto colouring sheets (available to download from White Balloon Day website)</li> <li>• Coloured pencils</li> </ul>

**APPENDIX 1: White Balloon Template**



APPENDIX 2: Ditto's Helper Plan

To fill in this helper plan use the names of people that make you feel SAFE!

# Ditto's Helper Plan

*School*

*Safe Adult*

*Family*

*Safe Adult*

*Who can help:*

*Bravehearts:  
1800 272 831*

*Kids Helpline: 1800 55 1800*

*FOR EMERGENCY ONLY:  
Police: 000*