

# A CHANCE TO SHINE

A DOWNLOADABLE ACTIVITY KIT FOR KIDS



INSPIRED BY THE PICTURE BOOK  
**EVERYONE BELONGS**  
BY HEATHER AVIS,  
SARAH MENSINGA

## Hello friend!

I'm so excited you've downloaded this resource! Through this and my new children's book, *Everyone Belongs*, I want to encourage children not only to value all people but also to help them be aware of making room for differences in others to shine and make a better, brighter, and more beautiful world.

Whether you're a parent, educator, Sunday school teacher, therapist, or just looking to make the world a more inclusive place, I'm thankful you've found this resource. I hope you find the activities here both fun and purposeful. Mostly, we want you and the children using this resource to be inspired, encouraged, and reminded that it's possible to make room for all people and all abilities—and that life is brighter when we give every person a chance to shine.

Included in this kit, you'll find:

- Everyone Belongs – Practical Everyday Tips
- My Friendship Journal – Writing Activity
- Everyone Belongs – Conversation Starter Cards
- Put on Your Own Show – Everyone Belongs Paper Dolls
- A Different Kind of Dice
- This OR That
- Belonging Bookmarks
- Same, Same, but Different – Drawing Activity

We'd love to see all the ways which *Everyone Belongs* and these resources are used at your home or school. If you'd like to share, you can use #everyonebelongs and tag @theluckyfewofficial.

We are cheering you on as you give everyone a chance to shine . . .  
... because everyone belongs!

—Heather Avis

New York Times Bestselling Author • Narrative-Shifter



Get a sneak peek of *Everyone Belongs*  
Visit [HeatherAvis.com/EveryoneBelongs](https://HeatherAvis.com/EveryoneBelongs)  
to download a sample

# EVERYONE BELONGS

## PRACTICAL EVERYDAY TIPS

We are all different in our own ways. But we are also all the same in other ways. How can young children learn to not only embrace differences in others but also learn to celebrate them? It is never too early to start.



Every child deserves to be seen, felt, heard, regarded, understood, and known. We begin by acknowledging that “different” exists in all forms of shape, color, and size, and that being different is normal. We are all unique in our own ways, from the inside out.

Expose your kids to movies, shows, and toys that represent all kinds of people—including those with disabilities. Have conversations about how a character might be different to your child and to you, always pointing out how these differences are positive to give us a fuller understanding of our connected humanity and making our lives richer.

Welcome questions about differences in people. Children are curious in the best and most innocent ways. Follow their lead and show them that their curiosity is not something to be ashamed of.

Practice the golden rule: Treat everyone as you would like to be treated. Speak and interact positively with all kinds of people, including people with disabilities.



Curiosity is one of the most inspiring characteristics of children—and reading books can tap into that! Reading about an experience in a book can pique children’s interest, ready them for a broader discussion in a safe space, and provide the opportunity to discuss differences that kids may have heard about on the news, in the classroom, or at home.

You already got the ball rolling when you purchased your copy of *Everyone Belongs!* Diverse books are like windows to diversity, equity, and inclusion for children. They expand our worldview to help us learn and consider those who are different than us. Take a look at your collection of books and then introduce new ones that are different than what you currently have and that highlight different people and/or ways of life.

## Read Together



## Experience Together



Inclusion is an immersive experience and it begins with us—the grown-ups. Games and activities like role-play or conversation cards can be a fun way for children to learn about differences and similarities among people, and for us to introduce the concept of diversity. You can also explore, along with your kids, new places in your neighborhood, city, or state where you can experience a different culture, meet new people, and learn about them.

People with disabilities are unique individuals who have a wealth of knowledge, skills, talents, interests, and experiences that add tremendous value, diversity, and creative energy to our society. Experience what it’s like when *Everyone Belongs* by encouraging your child to build friendships with peers who may be different from them, including children with disabilities. And model it for them by having a diverse group of friends yourself. Have play dates with all kinds of children and families from different backgrounds!

And when meeting or interacting with a person who you and/or your child may not be familiar with, always assume the best about that person. Believe that they are capable and competent. See them as a person whom you have something to learn from, and as a person who has so much to offer those around them, including you! When we see the best in people, we treat them the best we know how.



Make a friendship journal where you can remember unique things about your friends! Print copies of the journal page below and then fill it in with your friends. You can fill one in for yourself, too! Keep the completed pages together in a folder or binder to create your journal.

**Getting to Know ME!** ✨

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ AGE: \_\_\_\_\_

I'm happiest when I am... 😊

My favorite toy or game is... 🧸

This is how I look like...  
(draw a portrait of yourself below!)

I am really good at... 👍

My favorite food is... 🍴

The page features a vibrant background with geometric shapes in shades of yellow, green, blue, and red. It includes a blue star in the top right, a fingerprint heart, and various icons like a smiley face, a thumbs up, and a fork and knife. There are also decorative circles and stars scattered throughout.



# EVERYONE BELONGS

## CONVERSATION STARTER CARDS

Asking questions is a great way to learn and understand how your children view others, and can help teach them how best to honor and respect themselves and others. Cut out these conversation cards along the dotted lines and ask these questions on the playground, at the lunch table, or driving in the car.

What makes me unique?  
Name at least 3 things.

Imagine a world where everyone looks, acts, and sounds the same. Would you like to live in that world? Why or why not?

How would you feel if somebody was unkind to you just because you were different from them?

What kinds of questions can we ask our friends to learn about what makes them unique and special?

What are some things we may not know about someone just by looking at them?

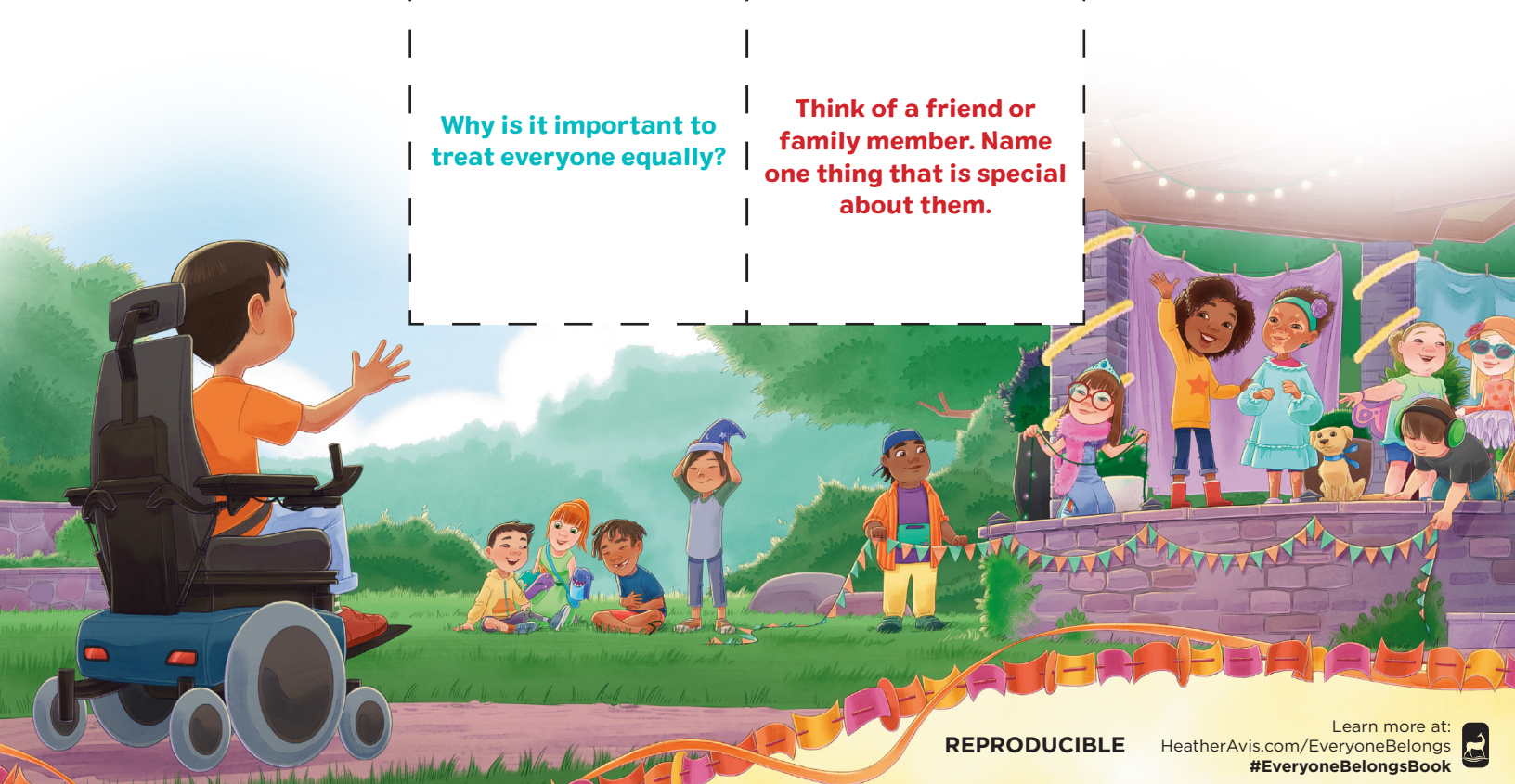
Are there differences we have from one another that we cannot see?

If someone is being teased, rejected, or excluded because of their \_\_\_\_\_, what should we do?

Describe something that makes you different from a friend or family member.

Why is it important to treat everyone equally?

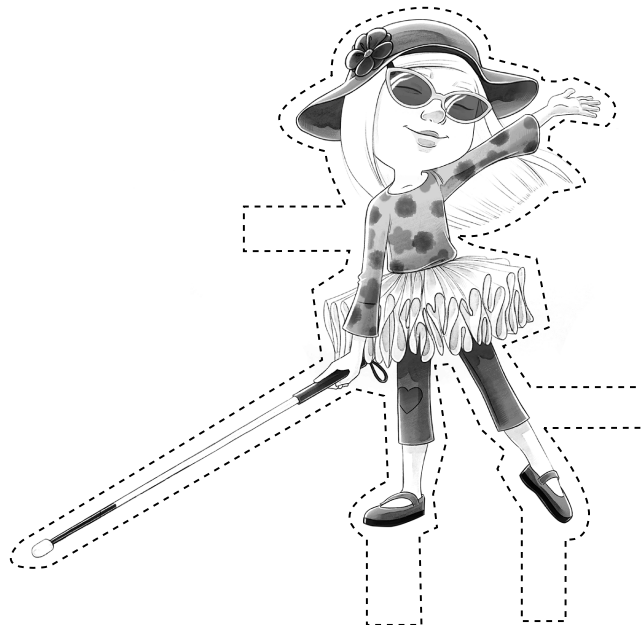
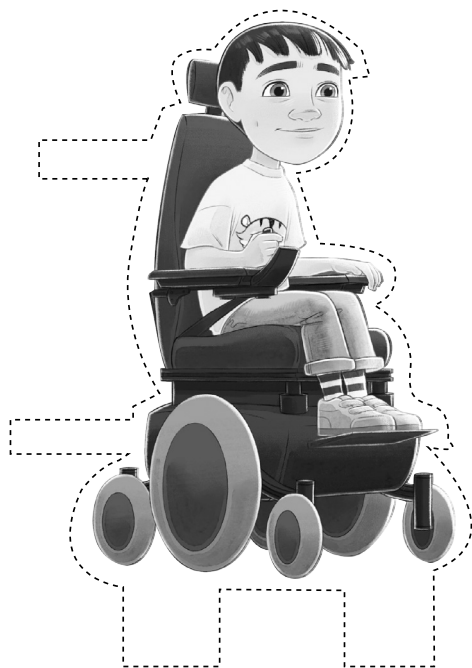
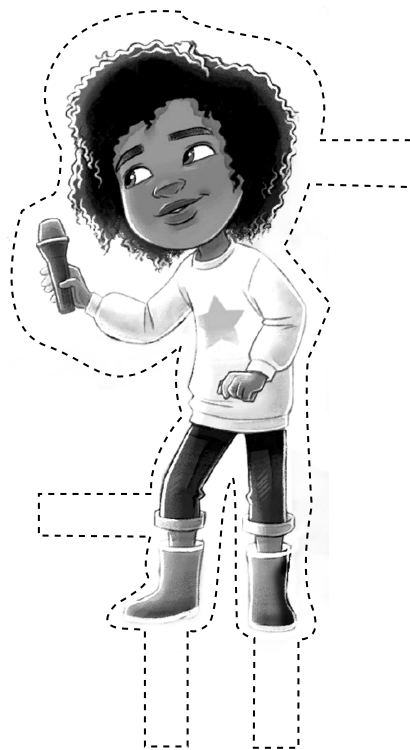
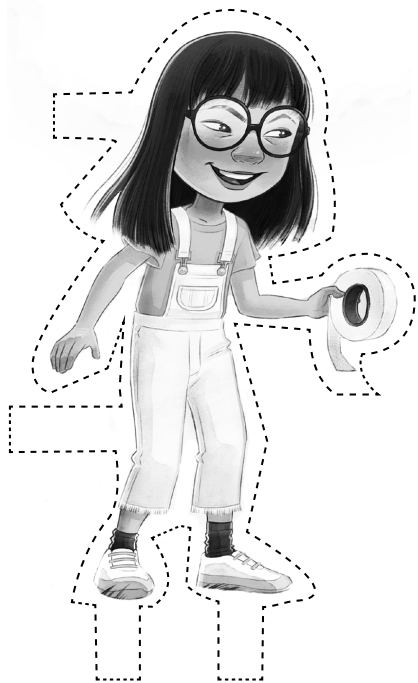
Think of a friend or family member. Name one thing that is special about them.



# PUT ON YOUR OWN SHOW

## EVERYONE BELONGS PAPER DOLLS

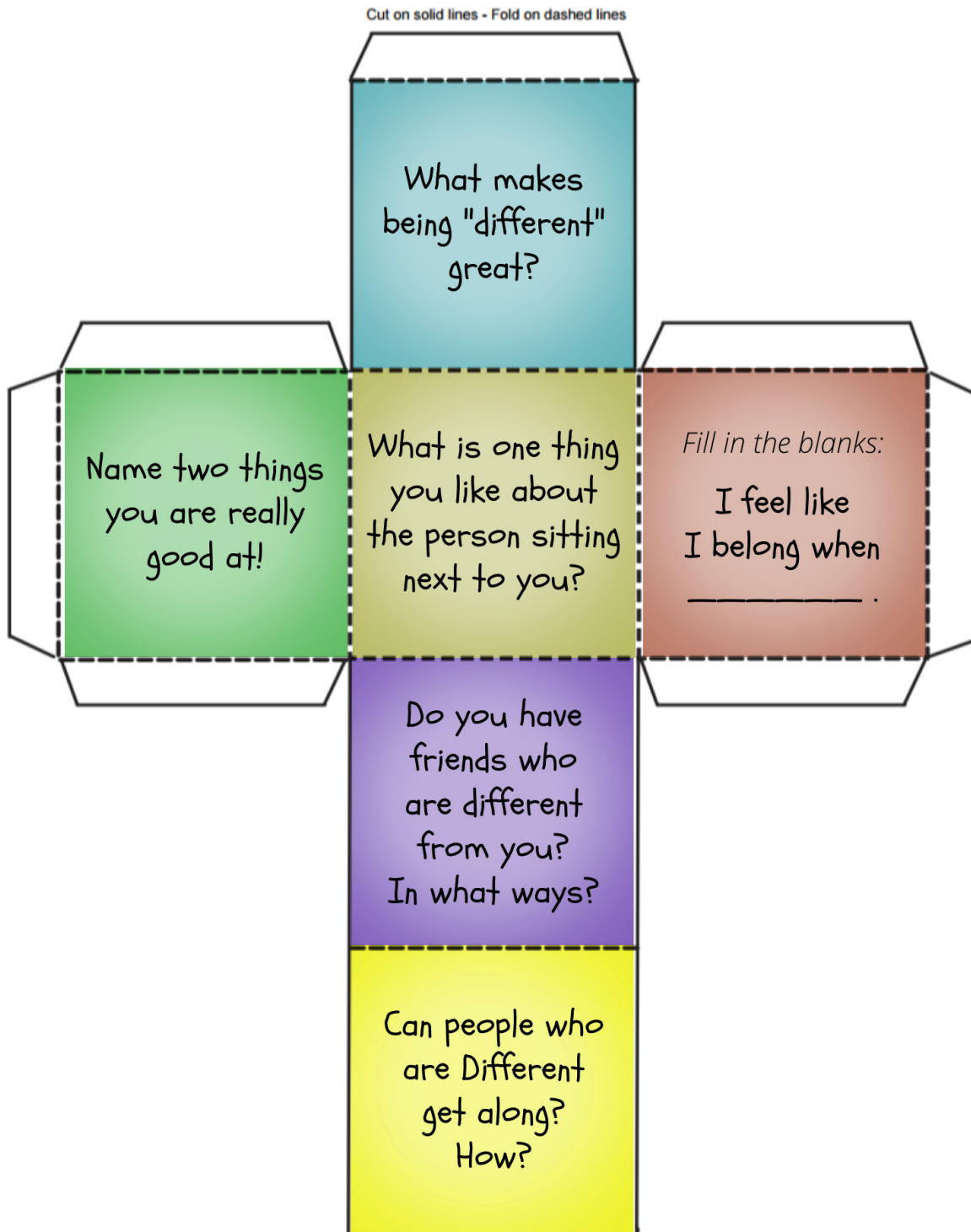
Color and cut out yourself—along with Macy, Tru, Nova, and Shepp—and put on your very own show!



# A DIFFERENT KIND OF DICE

This is a great icebreaker or rainy-day activity. You can play it with a group of friends or just around the family table!

- Cut the pattern out along the solid lines. Fold along the dashed lines and add glue to the angled tabs. Fold into a cube and let it dry.
- Roll the dice and answer the question that is rolled!





# THIS OR THAT

Find out how different or alike you are along with your family and friends! Can we like different things and still be friends? Could we learn to like something that someone else likes too?

## THIS OR THAT

Circle your preferences for each of the following, then share your answers with a friend.  
Discuss how different and alike you are!



Strawberry milk

OR



Chocolate milk

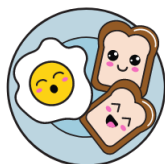


Puppy

OR



Kitten



Breakfast

OR



Dinner



Art

OR



Math



Sunny day

OR

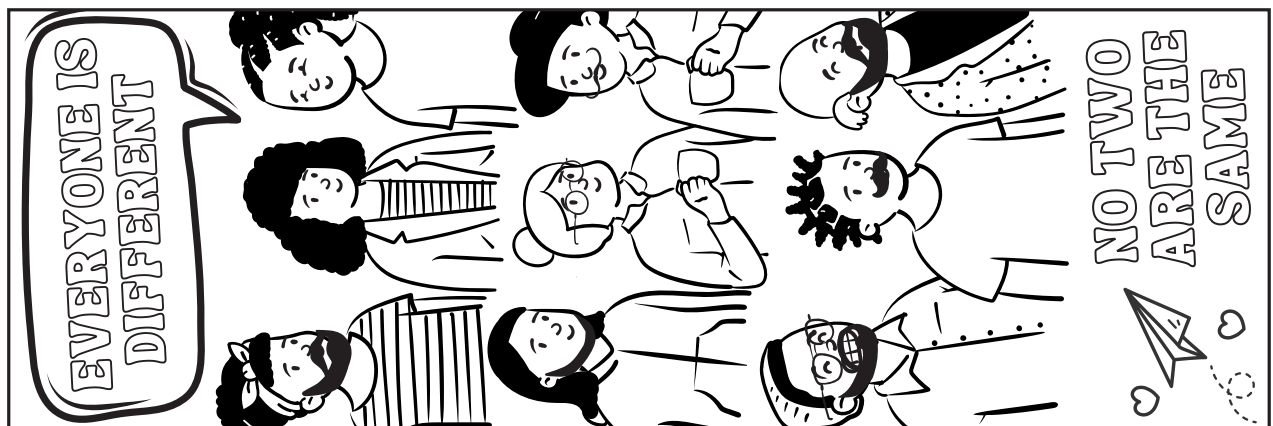
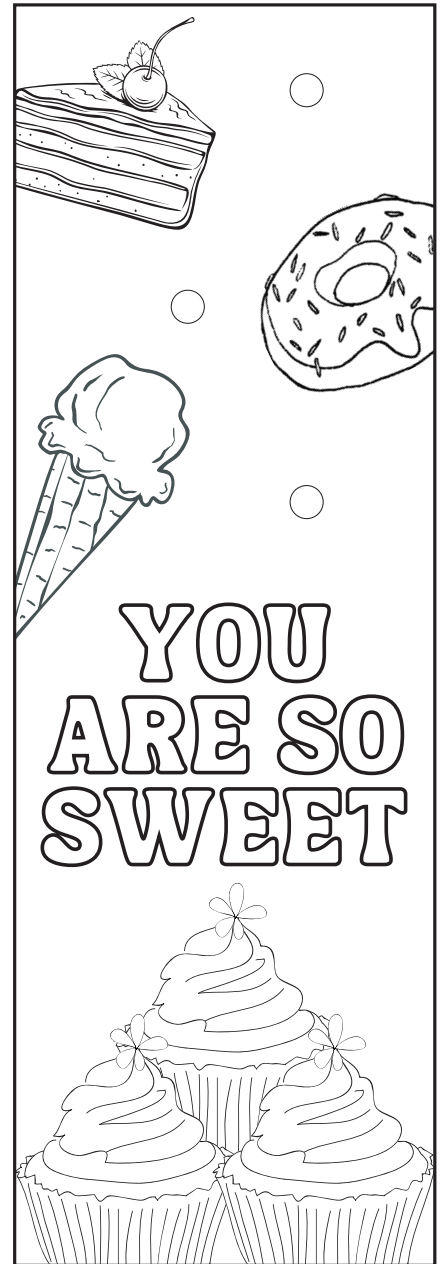
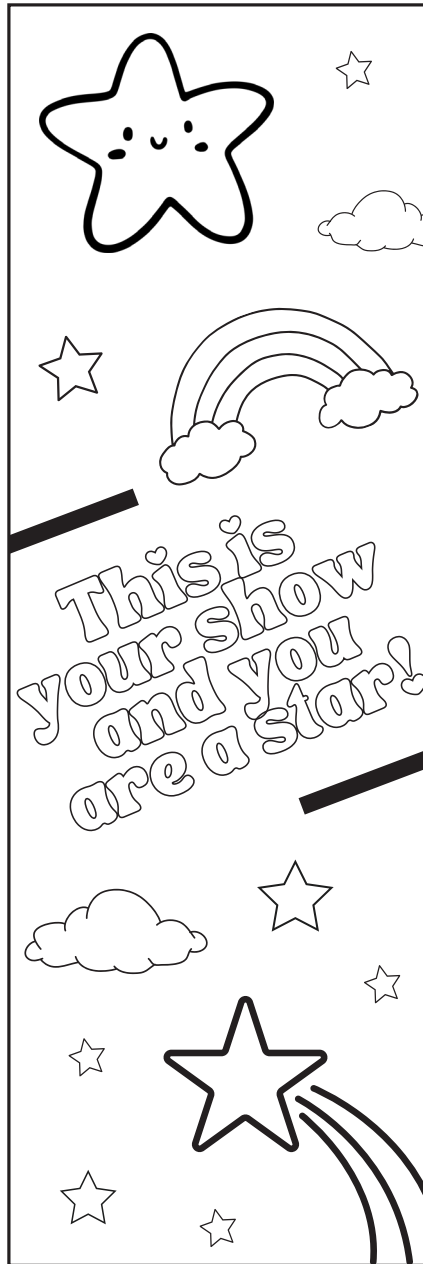


Rainy day



# BELONGING BOOKMARKS

Send someone some light today with a handmade belonging bookmark!



# SAME, SAME, BUT DIFFERENT

## SAME, SAME, BUT DIFFERENT

How am I similar to my friends? How are we different?  
Draw a picture of you and a friend, and describe how you are similar and different. Use describing words for your personality.

ME: \_\_\_\_\_

MY FRIEND: \_\_\_\_\_



Thank you for downloading this activity kit  
and joining us in our mission to create a more  
inclusive world where . . .

# EVERYONE BELONGS!

We'd love to stay connected  
[@theluckyfewofficial](https://www.instagram.com/theluckyfewofficial)  
[hello@theluckyfew.com](mailto:hello@theluckyfew.com)  
Please tag us at [#EveryoneBelongsBook](https://twitter.com/EveryoneBelongsBook)

Add Heather's picture books to your book collection!  
Available wherever books are sold.

