

Sometimes we don't do things the way we hope to

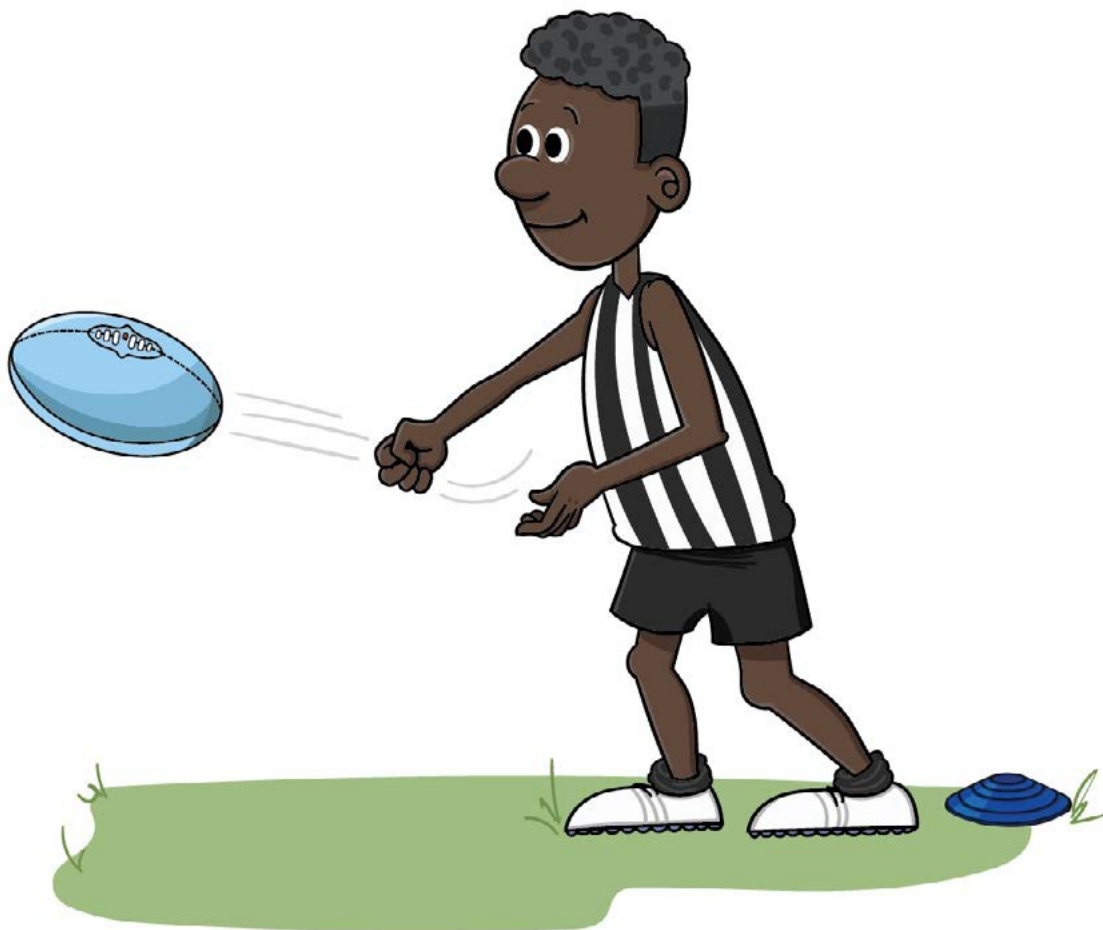


Reader note: while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

It can be fun to go to NAB AFL Auskick,
do the activities and kick the footy!



It can be fun to practise handballing.



Sometimes, I might make a mistake. Sometimes,
I won't do things the way I hope to.
I might not kick the football as far as I want.



I might not be able to handball the football to my teammate.



It's okay not to do things the way we hope to.
There are things I can do if I feel upset when I don't
do something the way I hope to.

I can tell the coach that I would like to go to a quiet
place to take a break. I can do some slow breathing.
I can move my body in ways that help me feel calm.
I can ask the coach or a helper for help.



I can tell myself that it's okay not to do something the way I hope to and that Auskick is about having fun. I can also remember that making mistakes is part of learning.



There are things I can do when I don't do something the way I hope to. I can have fun at Auskick!





AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.

Cartoon illustrations by Michelle Commandeur (www.commic.com.au)