

# TOP 10 TIPS TO FAIR PLAY TODAY

## Activities to raise awareness and to build solidarity

We are all part of one human family. We all have rights and with rights come responsibilities. We have a responsibility to share what we have with others. We also need to think about our actions and their impact on other people. Everything that we do to care and respect ourselves, each other, the environment and our world is very important.

**Solidarity** means "loving our neighbour" no matter what their nationality, culture or religion. To help us to be in **solidarity** it is good to experience what it feels like to do without the things we take for granted. You can do just that by following these *Ten Tips* about *Fair Play Today*.

### TIP 1

PLAY FOR A DAY  
(with no equipment)



### TIP 6

COUNTRY  
COMPARISON



### TIP 2

CHOMP Fair Trade  
CHOCOLATE



### TIP 7

A RACE WITH A  
DIFFERENCE



### TIP 3

BE WATER  
WISE



### TIP 8

PLAY FAIR AT  
SCHOOL



### TIP 4

SIMPLY  
SHARE



### TIP 9

PLAY FAIRLY WITH  
OUR EARTH



### TIP 5

GREENING OUR  
ENVIRONMENT



### TIP 10

MAKE A MASSIVE  
MESSAGE TO MAKE  
POVERTY HISTORY



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### TIP 1 PLAY FOR A DAY (with no equipment)

Many children amuse themselves without toys or equipment. Your class could make up some games that do not require equipment. Organise a day for the whole school where everybody plays at playtime and lunchtime without equipment.



### TIP 2 CHOMP Fair Trade CHOCOLATE

Ask your teacher to source Fair Trade chocolate. Find out all about it and other Fair Trade produce. Buy a block to share. Tell your friends. Log onto: [http://www.fairtradeatwork.org.uk/FT\\_s\\_8\\_0.html](http://www.fairtradeatwork.org.uk/FT_s_8_0.html) to play a sudoku game about Fair Trade.



### TIP 3 BE WATER WISE

In some countries families manage on just one bucketful of water a day per person. At home after school today, fill a clean bucket with water. See if you can wash, drink, clean your teeth, wash your dishes etc with this one bucket of water till you come back to school tomorrow. No showers but you can flush the toilet!!



### TIP 4 SIMPLY SHARE

Most people who have very little live simply. They share what little they have. Hold a shared lunch and bring some food to share with your classmates.



## TIP 5 GREENING OUR ENVIRONMENT

Conduct an Environmental Audit for your classroom and then for your school. Perhaps you could also conduct one at home. Check up on **electricity** (standby, low energy light bulbs, natural light), **water** (dual flush, recycle), **heating and cooling** (unnecessary heating or air-conditioning) and **reuse, recycle, reduce, repair** (avoid using disposable cups and plates, use both sides of paper, compost).

**Present the results at an assembly and maybe recommend some changes.**



## TIP 6 COUNTRY COMPARISON

Find out facts comparing Australia with Bangladesh. Look at life expectancy, (don't forget Indigenous Australians), access to clean water, primary school attendance etc. Refer to the Primary Project Compassion Kit at: [http://www.caritas.org.au/project\\_compassion\\_07/materials/schools.html](http://www.caritas.org.au/project_compassion_07/materials/schools.html). Hold an assembly and invite students to deliver the findings. I'm from Australia and in my country 100% of people have access to clean water. I'm from Bangladesh and in my country... etc. Make a bar graph to highlight the differences and display in a prominent place.



## TIP 7 A RACE WITH A DIFFERENCE

Stage an uneven sporting event. For example, in each race some children run in bare feet, others carry a basket on their head, others walk carrying a bucket of water. With older children have some children start 10 metres before the starting line, some children at the usual starting line, some children start 50 metres into the race and some children start 10 metres away from the finish line. Each child should have a chance to feel what it's like to be in a race that is obviously unfair. This is an exercise of solidarity as many people in our world are not competing on a level playing field. For example, not everyone has the chance to go to school. Not everyone has clean water to drink. Not everyone can go to see a doctor when they are sick. We don't all have the same opportunities. In this way, not everyone starts at the same place in a running race. After the race, discuss why it was unfair and how did that make the children feel. Also discuss ways of how you can commit to *Fair Play Today* in all that you do.



## TIP 8 PLAY FAIR AT SCHOOL

God made the world so that everyone could have a fair share. It's not fair that millions of children are not able to go to school. *Play Fair Today*. Make the most of your educational opportunities and try your very best.



## TIP 9 PLAY FAIRLY WITH OUR EARTH

Tread lightly on our earth to keep it in good order. If you possibly can, ride, walk or catch public transport to school. Find out about the Walking School Bus. [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)



## TIP 10 MAKE A MASSIVE MESSAGE TO MAKE POVERTY HISTORY

Take eight long lengths of fabric or cardboard and in big letters, label each, with one of the Millennium Development Goals (MDGs). You could hang the strips vertically from a pole and display on assembly, at the school office or in the library. OR, remember cardboard WEAVING from preschool class? Lie four of the MDG strips of cardboard (or fabric) lengthways, side by side, then weave the other four strips across from left to right. With some strategic pinning (or sewing) to hold it all together, students and staff could hold all the corners of the fabric strips and carry the massive woven mat to the school oval in procession. Each class could write a message about Making Poverty History on one of the strips. *Some great photo opportunities for the local newspaper.* For information about the MDGs go to: <http://www.caritas.org.au/education/mph.htm>