



**you can  
sit with me**

# YOU CAN SIT WITH ME

5 little words to change  
a little life

## You Can Sit With Me Day: Primary School Pack

A day for kindness, inclusion, and making sure no one stands alone.

**When:** Friday, 5th June 2026.

**What to wear:** A touch of yellow.

**What to do in your classroom:**

Decorate your classroom with posters, balloons and streamers if you like and spread a whole lot of kindness.

**Why we do it:** You Can Sit With Me Day is a chance for every student to practise one simple, powerful thing: **noticing who's left out and doing something about it.**



Primary school is where children form their earliest ideas about belonging, about who fits in, who doesn't, and what to do when they see someone on their own. This day gives schools a fun, fuss free, cost free, low-pressure way to make those lessons stick.

**Fundraising (optional):** Write "You Can Sit With Me" in big chalk letters on the playground and invite students to cover it in gold coins across the day. A simple, visual way to turn kindness into action, and support our work in schools across Australia.

To make your donation please deposit the funds into.

YOU CAN SIT WITH ME account

Account Name: YOU CAN SIT WITH ME

BSB: 112-879

Account Number: 496414791



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## How to run the day:



### Activities/resources:

Inside this pack you'll find four ready-to-go classroom activities designed to spark conversation, build empathy and make inclusion feel natural.

### Whole school assembly:

Open the day with a short assembly to set the tone

- **Welcome and yellow:** Acknowledge everyone who's joined in
- **The big idea:** Explain what today is about: (You Can Sit With Me Day is a chance for every student to practise one simple, powerful thing: noticing who's left out, and doing something about it).
- **Story moment:** Share a short read-aloud or video about friendship and inclusion (Have You Filled a Bucket Today? by Carol McCloud).

- **Close:** Point out the chalk letters on the playground and invite students to add their gold coins at morning tea.

**Classroom discussion prompts:**

**For younger students (K-2):**

- How does it feel when someone asks you to play?
- How do you think someone feels when they're playing on their own and don't want to be?
- What are three things you could say to invite someone to join in?

**For older students (3-6):**

- Why do you think people sometimes get left out – even when no one means to leave them out?
- Have you ever felt on the outside of a group? What would have helped?
- What's the difference between being nice and being inclusive?
- If you saw someone sitting alone at lunch tomorrow, what's one small thing you could do?

## You Can Sit With Me Resources:

# YOU CAN SIT WITH ME CLASSROOM BINGO

Complete four acts of kindness in a row. It feels good to be kind!

Say something nice to a friend.	Be patient with someone in class.	Help someone with their work.	Smile at someone in the hallway
Be patient with someone in class	Introduce yourself to someone new	Say something nice for a classmate	Clean up after yourself.
Help someone who dropped something.	Clean up after someone.	Help someone with their work.	Thank a bus driver.
Compliment someone.	Let someone go in from of you in line.	Wave to a friend.	Invite someone to sit with you.



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# Kindness

Cut out the actions at the bottom of the page and sort them into the two columns: Kind or Not Kind. Once you've finished, have a chat with the person next to you about why you put each one where you did.

<b>Kind</b>	<b>Not Kind</b>

Calling someone names	Paying attention to others
Sharing	Yelling
Telling the truth	Making fun of others



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**I've got what it takes to say "YOU  
CAN SIT WITH ME**

**Colour in and cut out your very own badge to show everyone that you're inclusive and that they're always welcome to sit with you!**

**I'VE GOT  
WHAT IT  
TAKES TO  
SAY "YOU  
CAN SIT WITH  
ME"**



# YOU CAN SIT WITH ME DAY

## Spot the Difference

On You Can Sit With Me Day, every little act of kindness counts. Can you spot the differences between these two images:



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# YOU CAN SIT WITH ME

## Day Acrostic Poem

Create an acrostic poem using the letters in YOU CAN SIT WITH ME. Each line should begin with the next letter and celebrate diversity, inclusion, or what harmony means to you.

Y	_____
O	_____
U	_____
C	_____
A	_____
N	_____
S	_____
I	_____
T	_____
W	_____
I	_____
T	_____
H	_____
M	_____
E	_____



## Final message

YOU CAN SIT WITH ME is more than a wristband. It's a daily decision to create a community where no child feels invisible or alone.

We thank you for playing a vital role in nurturing that kind of world.

Together, we are raising a generation of inclusive, kind-hearted Australians.

**YOU CAN SIT WITH ME** has been recommended by the Australian Government in the 2025 Anti Bullying Rapid Review as a Tier 1 preventative program to eradicate bullying.



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