



Tools to Navigate Life's Terrain™



# Land of AND

## Activity Guide

How to Include Others and Embrace  
Differences Worksheets

Word Finder

Finger Puppets

Coloring Sheets

Yabbut Stuff

Guide to Including Others Poster

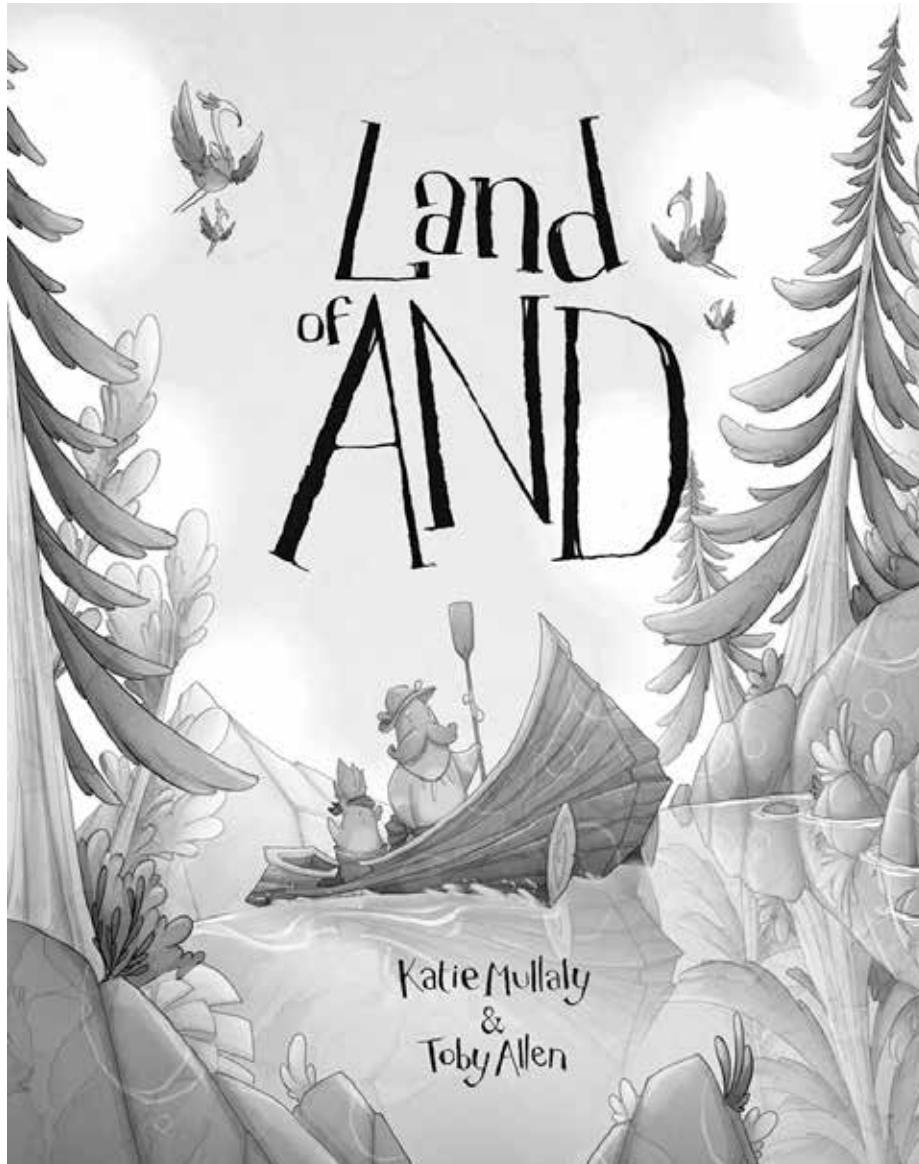
Awesomeness Certificate



# Land<sup>of</sup> AND

## How to Include Others and Embrace Differences

Here are some fun ideas and activities from your adventures in Land of AND to help you include others and embrace differences, even your own.



Climb on aboard and your world will expand.  
We'll include all we find in this grand Land of AND!



## - Lackluster Launch -

**“No, it’s not just your chums invited to come  
On our boat down this river to drift.**

**Bring the ones that seem strange, AND it’s you who might change  
Because your opinions could shift.”**

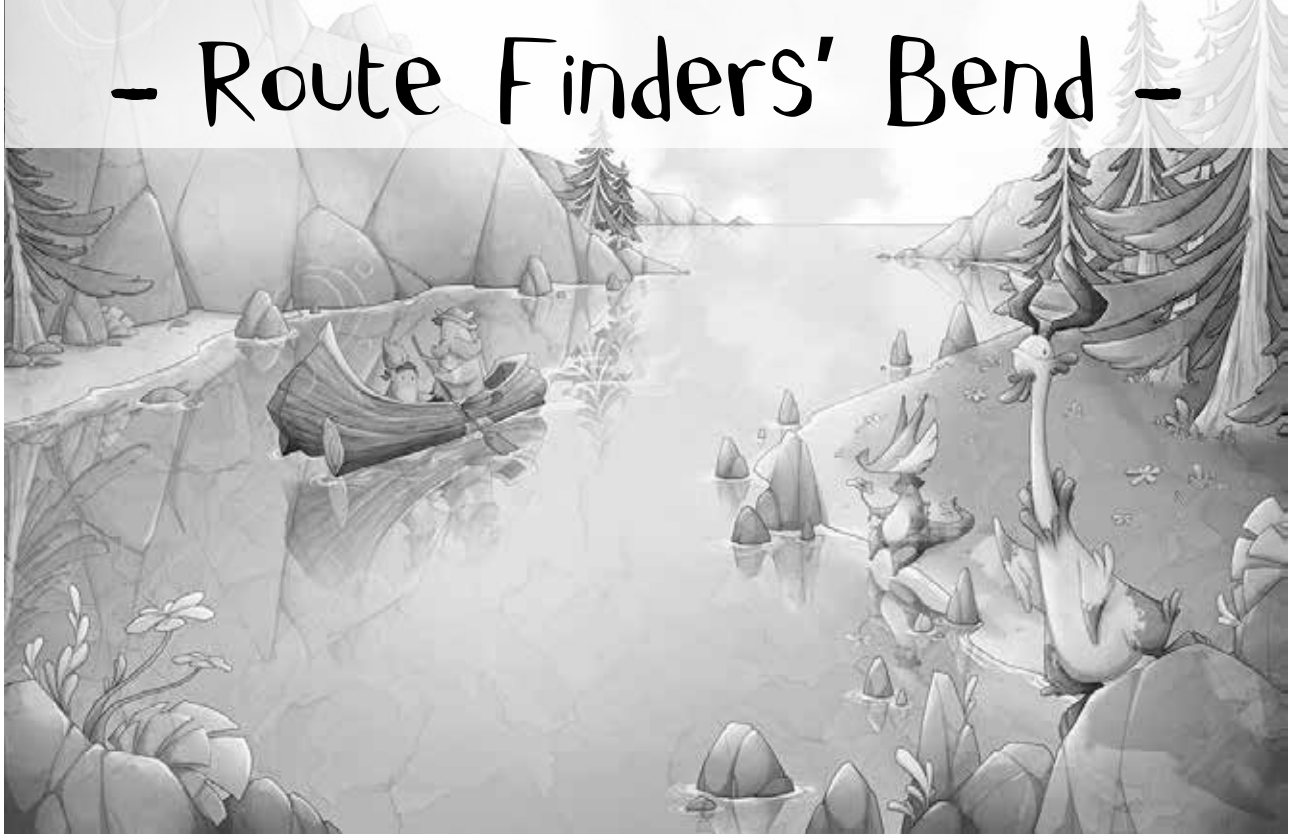
Things can be pretty boring and stale when you only include others that are just like you. When everyone is the same, it isn’t that fun or interesting.

Friends can come in all sizes, shapes, colors, and personalities.





## - Route Finders' Bend -



**“You may not have thought that these skills they have brought  
Would be useful but now you can see**

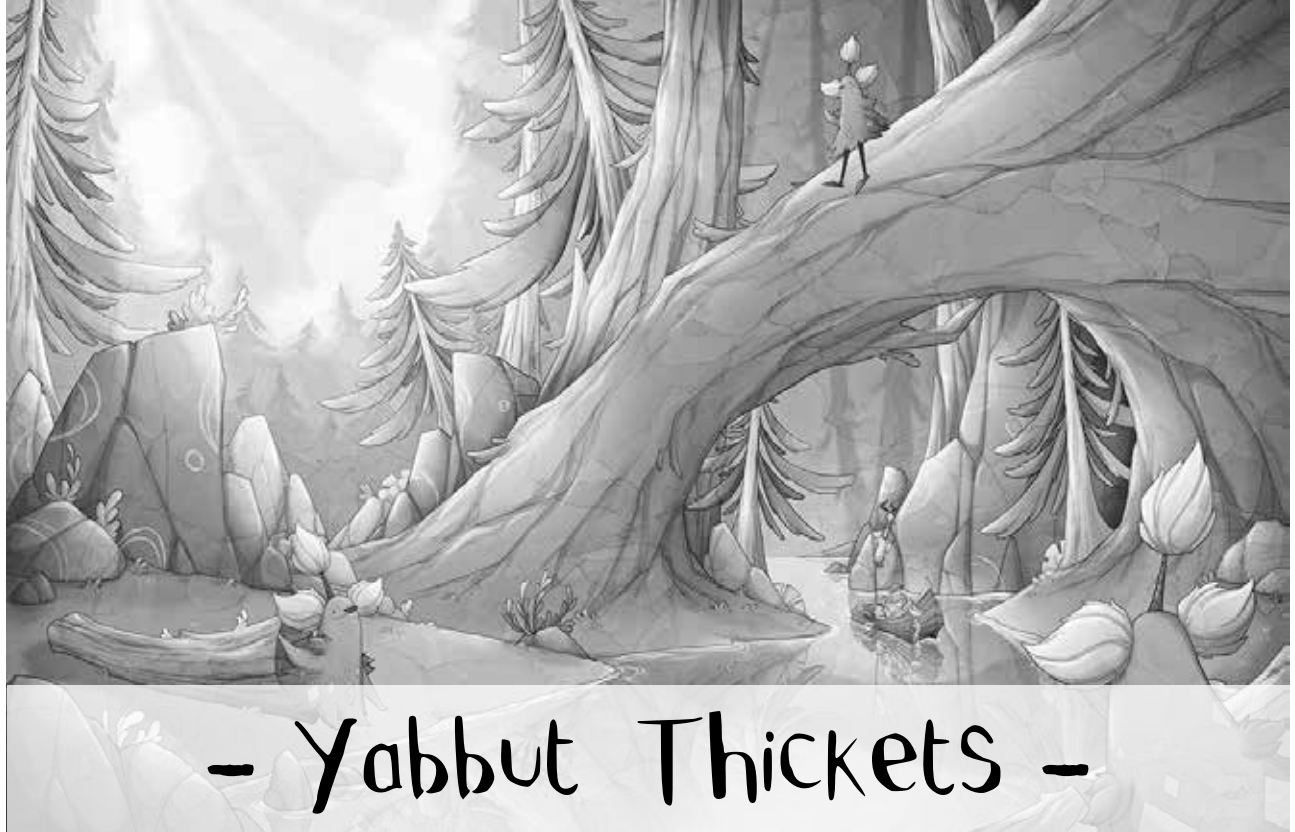
**That unique’s a great thing! With so much they can bring,  
They’re in no way considered faulty.”**

Everyone has unique skills to offer the world. When we appreciate people for the special things they can do, we learn that everyone is important and has something to offer.

Sharing our skills is sharing a part of us, and that is a great way to include others. If you see someone that can do something unique, ask them about it. Ask others what they like to do. What skills do you admire in others?







## - Yabbut Thickets -

“If you try to suggest bringing on all the rest,  
It’s the Yabbut that wants to refuse.

So please notice its tricks to influence your picks,  
AND include all we see on our cruise.”

Don’t let the lurking **Yabbut** convince you to exclude others. When we catch ourselves, or others saying “yeah but...” it is often followed by an excuse to leave someone out.

Make sure that no matter how different or unfamiliar someone may be, ignore the **Yabbut** and invite them along.

# - Yabbut Thickets -

## Activity

Copy a sheet for everyone in the family. Each time you hear “yeah but” from that person about why they didn’t **include someone**, mark it on the sheet.

## Count the Yabbutts!

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## - Pier of Pizzazz -



**“Well, our boat needs more zazz! Some razzamatazz!  
AND this group will sure brighten our space.**

**Because we want to grab those uncommon and fab  
AND not be afraid to embrace.”**

The world would be a VERY bland place if we all looked and acted like each other. If we're lucky, we'll meet people who act, sound, or dress differently from the way we do. It may seem strange, but they are just being themselves. Instead of being offended or annoyed by them, why not admire their style? What about you? Are you being true to your OWN style of who you are?

Find ways to include those that look different: ask them about how they dress, where they are from, and compliment them on their style if you like it.

Dress the way that you really want to, don't just try to fit in, but be yourself with how you look.

# - Pier of Pizzazz -

## Activity

We all have a unique style. What are your favorite colors, types of clothes, hair styles, and such?

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What are some ways that other people you know sound or dress or act that are different than you? And what do you like about them?

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The Flock  
Oro Rojo Azul Verde

We love style, flair, and color, and hope that you do too!  
The world needs more pizzazz.





## - Herme's Hollow -



**“There’s so much to discover AND learn from another.  
New perceptions will be our reward.”**

Give people you meet a chance to be heard by listening to them. Everyone has something interesting to say. Listening to someone is a great way to include them, and you’re almost sure to learn something new every time.

Share your stories with others. Stop and listen when someone is talking to you. Ask others about their lives, and really hear what they have to say.

# - Herme's Hollow -

## Activity

What are some interesting things about you and what stories you can share with someone else?

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What are some fun stories you have heard from someone else lately that helped you understand them and get to know them a little better?

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### Herme

I have so many stories I want to share with you. And, I really want you to share yours with me.





**“See, different’s not weird, or a thing to be feared.  
It only means not just like you.”**

Some people may look very different to you. But that doesn’t mean they are weird or odd. They are just not like you.

It might be how they speak, or the way they walk, or even what they look like (tall, short, big, or small). But they aren’t weird, just different from you. And remember, you are different from them as well.

# - Hairy Beast Bay -

## Activity

What are some differences about others that you notice around you?

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How are you different than other people?

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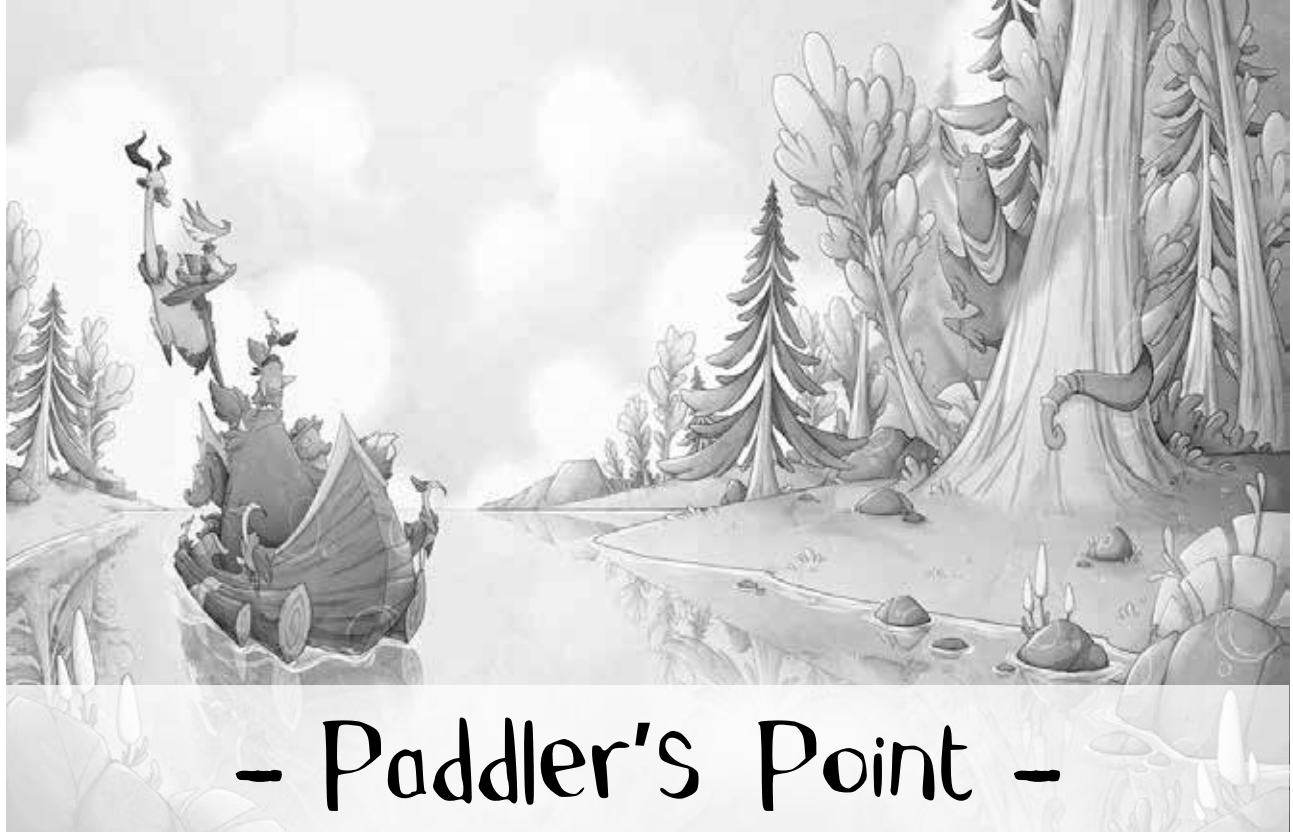
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### Snarül

People are often afraid of me because I am so big and hairy. But I can't help it, it's just the way I am. But you should see me smile!







## - Paddler's Point -

“A peculiar outside can cause someone to hide  
Because they were never accepted.

But since now we agree they're just like you and me,  
Let's take them to where we are headed.”

When someone feels like they don't fit in, they may hide from others or be shy or not want to participate. But we are all different, no one is “normal.” Some of us are just typical.

Let others know they are accepted for who they are. You want people to accept you for who you are, right?

# - Paddler's Point -

## Activity

Who do you know that isn't very confident, that tries to avoid all the others because they think they aren't welcome?

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What are some ways that you can make them feel included and show them that they are welcome and have a lot to offer?

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Handi

I usually hide because I look so unique, but I just really want to be accepted for who I am.





## - Freckled Fields -



**“Inclusion’s a breeze! You can do it with ease.  
It’s basic and quick, like a smile.”**

Everyone wants to be acknowledged. So even a simple “hello” or a wave to someone will make them feel noticed, and that **THEY** matter. We all feel happier when someone else notices us.

Make eye contact with someone and simply smile or say “hello” to them. If someone is helping you in a store or assisting you, smile at them and say, “thank you.” Acknowledge the help they are providing to you. Everyone wants to know that they matter, even you.





## - Spin About Falls -



**“They were constantly passed. But they’re picked up at last,  
Since we chose to snag all that we found.”**

If you see someone being left out, ask them to join you. Whether it is on the playground, having lunch, or any other time when there is a group doing something but someone was left out, invite them over. Being left out never feels good, does it?

Make sure that everyone is picked for a team. Ask the shy or quiet kids to join you at lunch or come play with you.

# - Spin About Falls -

## Activity

Who do you know that gets left out? How can you include them?

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What did you do today that included someone who was left out or shy?

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Were there times that you were left out? How did it make you feel?

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## Shù & Flötz

We were always left out and no one had invited us to join. Now we finally feel like we belong!







## - Rejection Rapids -

“But here in this land, inclusion’s our stand.  
AND everyone gets to stay on.”

Don’t let the **Yabbut** talk you into excluding your new friends. Don’t let others make fun of your new friends. Don’t ignore the new people you meet just because they seem different.

ALWAYS include others and stand up for what’s right by being kind, accepting, and embracing others and their differences.

# - Rejection Rapids -

## Activity

Were there times that you excluded someone because they were different than you?  
Why did you do that?

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Who are some of your new friends that are different than the others? What are some of the great things you like about them?

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## The Yabbut

I am not very comfortable with differences. I like things to be the same, all the time. But, I know that can be a little boring. Maybe you can help me learn to enjoy all the differences around us.





## - Best Friends Beach -



“Inclusion can reach beyond just this beach,  
And rub off on to those who now see,  
That AND isn't scary. In fact, it's quite very  
A marvelous, fun way to be!”

When you include others, your world becomes more fun, colorful, and exciting. Including others is just the simple act of being nice, saying hello, accepting others uniqueness and differences. You may even make a new friend out of the experience, and so might they.





# Land of AND Finger Puppets!!!

To make these fun puppets, just follow these simple steps.

**You will need:**



CRAYONS

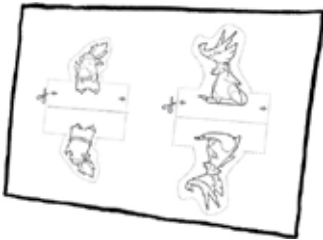


SCISSORS

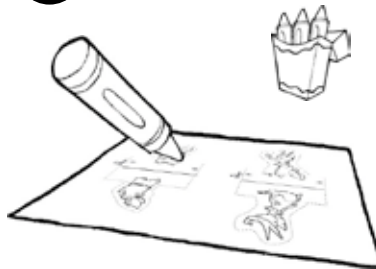


TAPE

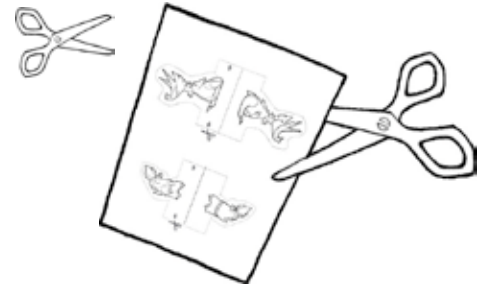
**1** Print this PDF.



**2** Color the puppets.



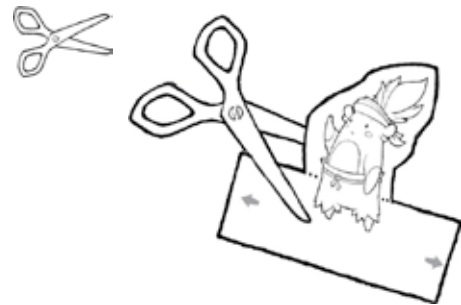
**3** Cut along the dashed lines to cut out the puppets.



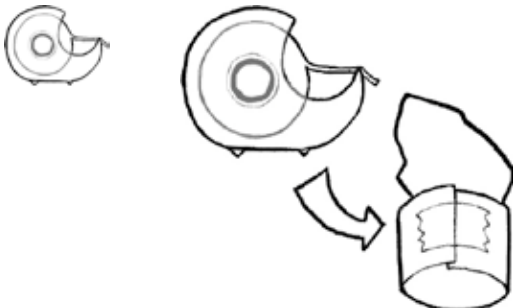
**4** Fold each puppet in half along the black solid line.



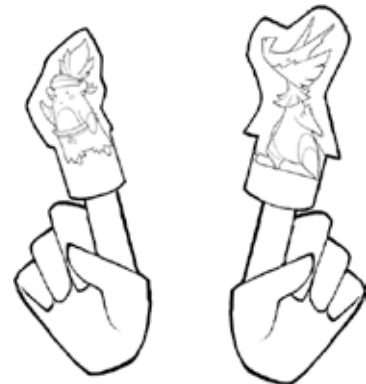
**5** Cut along the dotted lines.

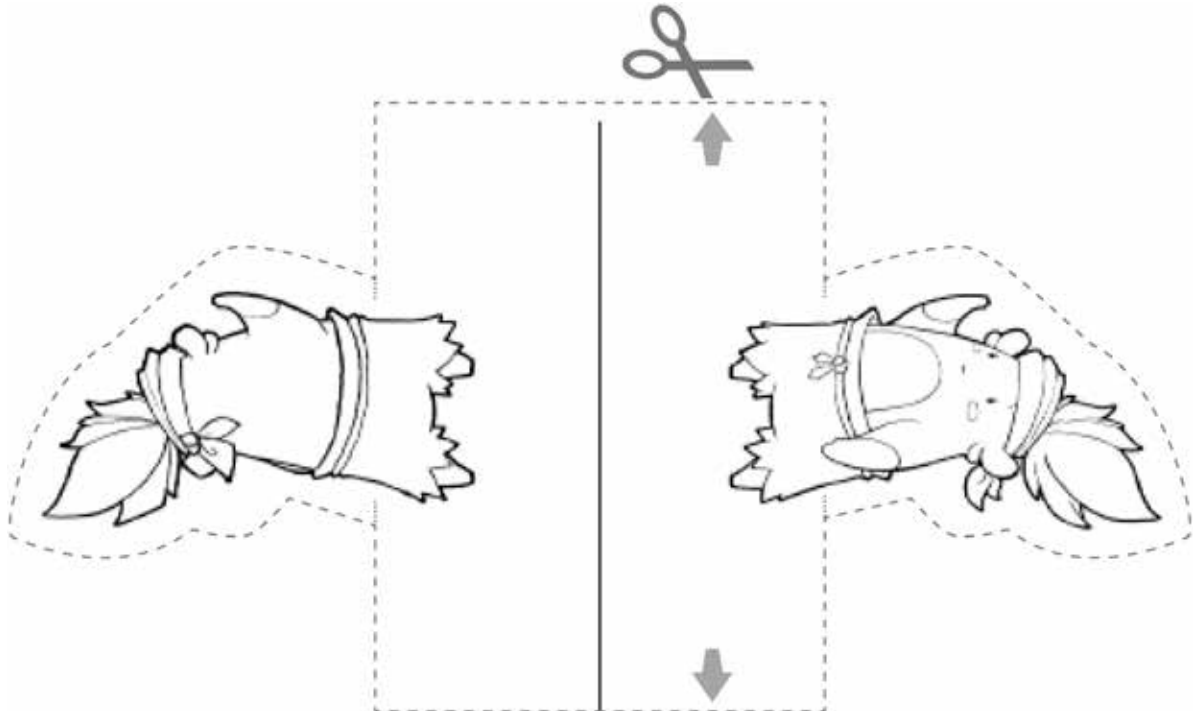


**6** Roll the bottom into a tube so that the arrows touch; then tape it together. It should be a little bit bigger than your finger.

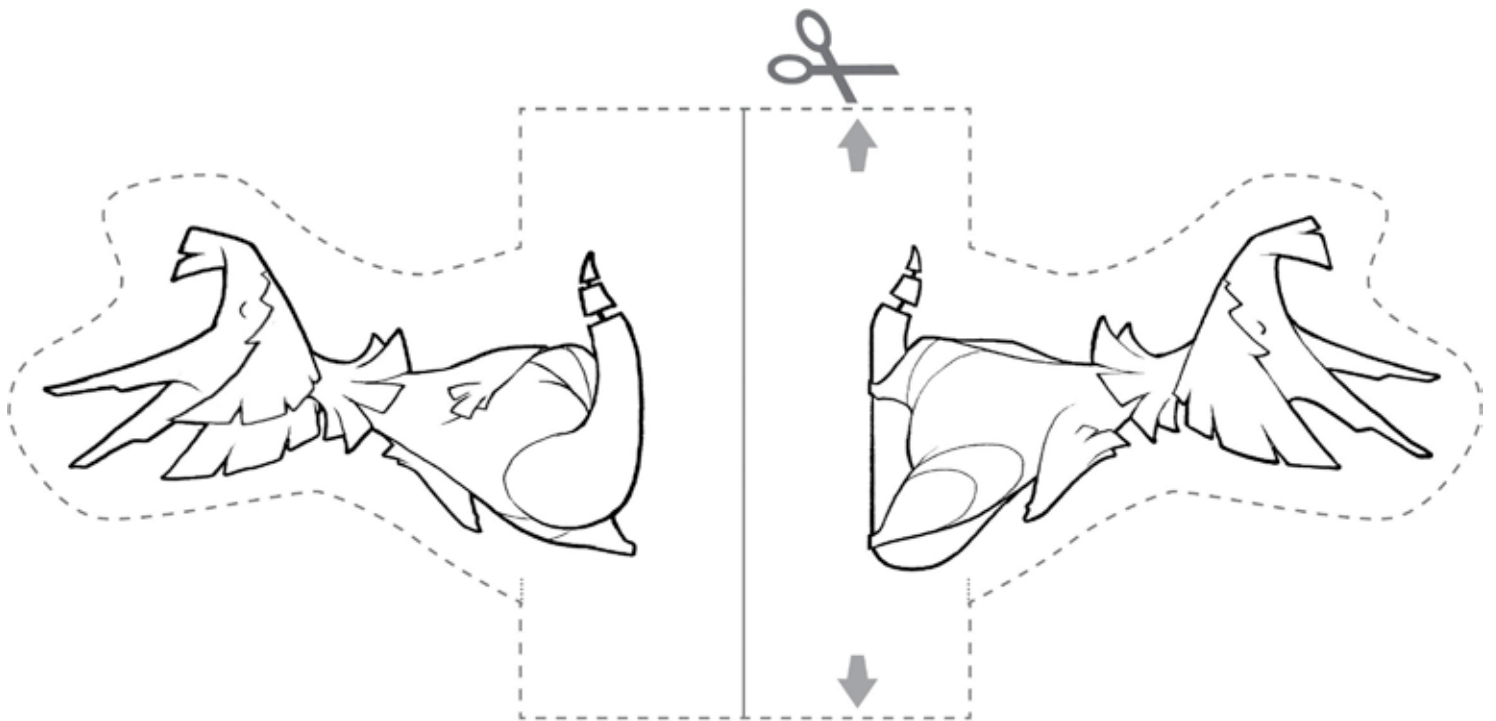


**7** Hooray! You just made finger puppets!





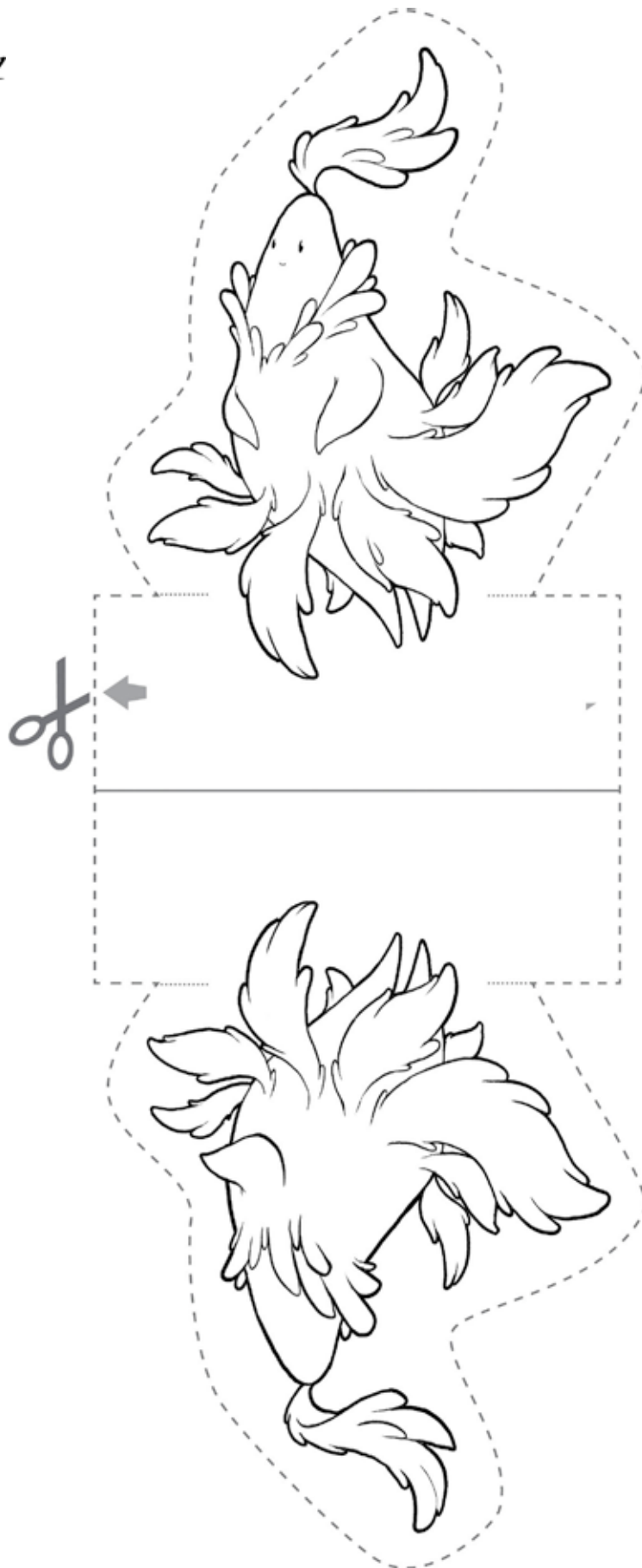
The Kid - YOU in Land of AND



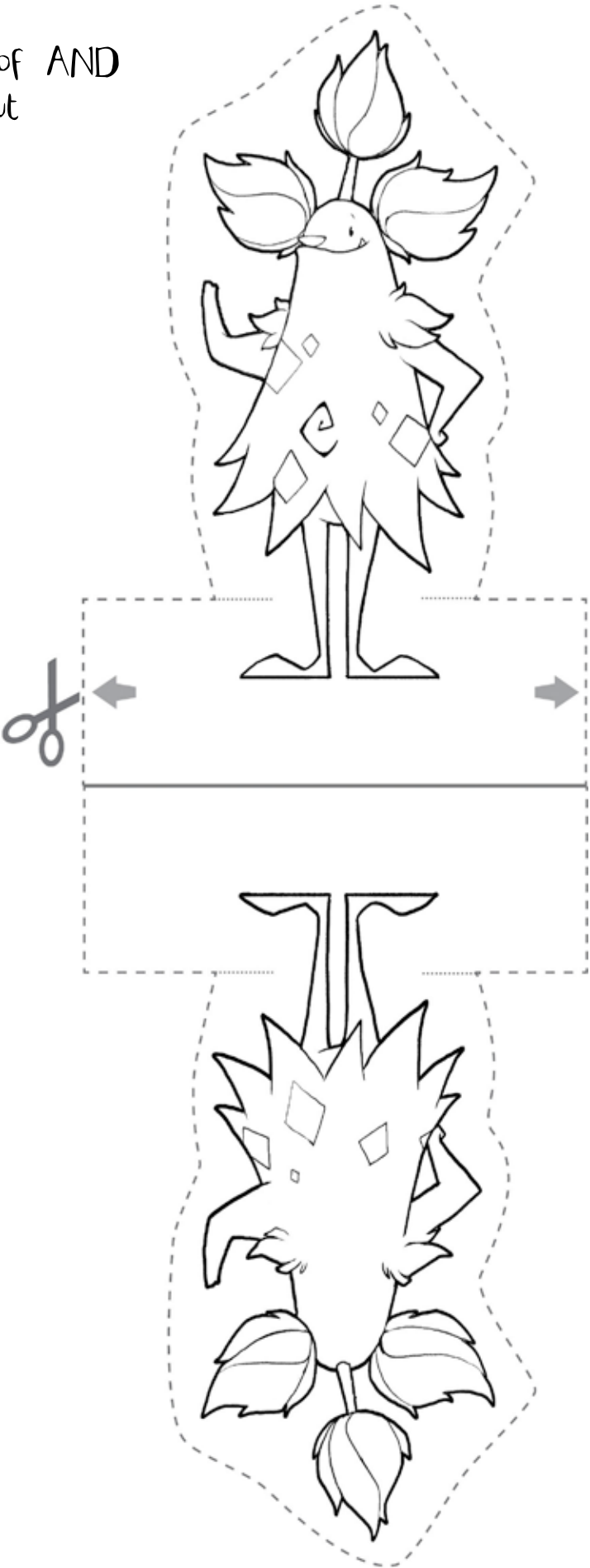
Sniph



Flötze



The Land of AND  
Yabbut



# Land<sup>of</sup> AND

## Word Finder

How many words can you find from Land of AND.

T U T I Y L W N Q X I R S K I L L S S E  
B N U Z O S O E S V J I B T T B M M H M  
N I B E L E D T M K K V N B X F E V P L  
R Q B V G P O Z E B E E D U S C G A B S  
A U A Z W R V R B S R R Q D O P D O C I  
Z E Y B I V E H I E D A E P I D A D U H  
Z U G E D Q D I F E T W C J L T H Q G S  
A J S Z O P M F O E R K Z E B L G E W P  
M K H D Z E I O H D A L X R E G E S H Q  
A P V Y W D T R U N P K K B W N W G Y T  
T I V Y L H J P I N I A S Z G Y W V C O  
A G P Y E S O U F U D C A N D C T D N A  
Z Z N R N P I O Z L S M I V G M P L D T  
Z A S G F N N H T T O T V J B H B V X Z  
W L B Y C I F R P R A C C E P T E D B F  
P O S L R G W D E O E R Z K V N F W J R  
D P U U R E H Z L F J P L W T Q V Z K K  
V D V E S S F F U G Z R K U F Z N E E W  
E K E I V L N U O K V L R P R F Z K M H  
S T S N Z F M E K B D E M O L N Q Z U T

INCLUDE  
AND  
ADVENTURE  
SKILLS  
RAZZAMATAZZ  
JOIN  
GREET

OTHERS  
RIVER  
FLOATING  
UNIQUE  
EMBRACE  
PADDLE  
RAPIDS

DIFFERENT  
BOAT  
MORE  
YABBIT  
STORIES  
ACCEPTED  
BEACH

# Land<sup>of</sup> AND

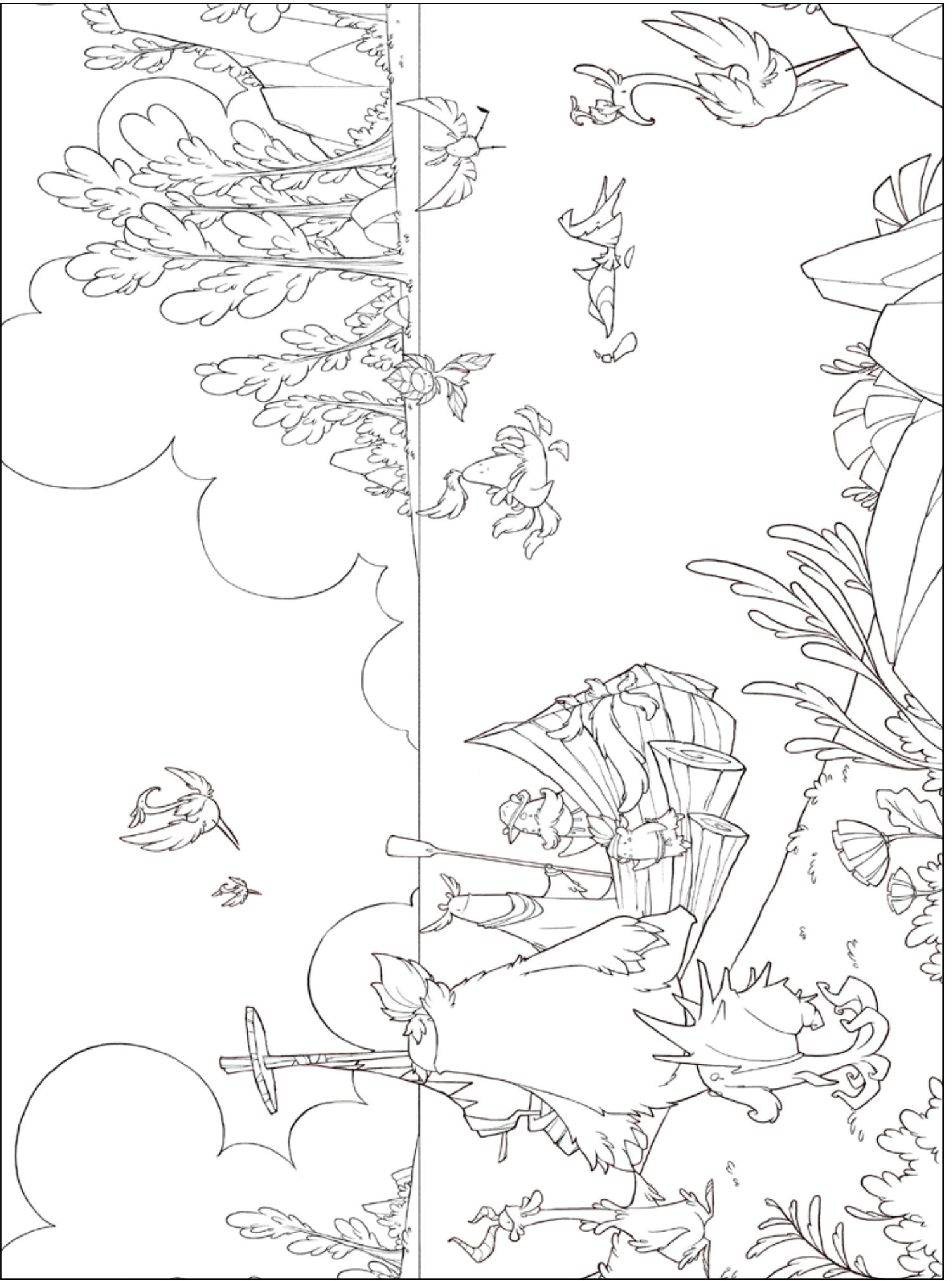
## Word Finder Key

T	U	T	I	Y	L	W	N	Q	X	I	R	S	K	I	L	L	S	S	E
B	N	U	Z	O	S	O	E	S	V	J	I	B	T	T	B	M	M	H	M
N	I	B	E	L	E	D	T	M	K	K	V	N	B	X	F	E	V	P	L
R	Q	B	V	G	P	O	Z	E	B	E	E	D	U	S	C	G	A	B	S
A	U	A	Z	W	R	V	R	B	S	R	R	Q	D	O	P	D	O	C	I
Z	E	Y	B	I	V	E	H	I	E	D	A	E	P	I	D	A	D	U	H
Z	U	G	E	D	Q	D	I	F	E	T	W	C	J	L	T	H	Q	G	S
A	J	S	Z	O	P	M	F	O	E	R	K	Z	E	B	L	G	E	W	P
M	K	H	D	Z	E	I	O	H	D	A	L	X	R	E	G	E	S	H	Q
A	P	V	Y	W	D	T	R	U	N	P	K	K	B	W	N	W	G	Y	T
T	I	V	Y	L	H	J	P	I	N	I	A	S	Z	G	Y	W	V	C	O
A	G	P	Y	E	S	O	U	F	U	D	C	A	N	D	C	T	D	N	A
Z	Z	N	R	N	P	I	O	Z	L	S	M	I	V	G	M	P	L	D	T
Z	A	S	G	F	N	N	H	T	T	O	T	V	J	B	H	B	V	X	Z
W	L	B	Y	C	I	F	R	P	R	A	C	C	E	P	T	E	D	B	F
P	O	S	L	R	G	W	D	E	O	E	R	Z	K	V	N	F	W	J	R
D	P	U	U	R	E	H	Z	L	F	J	P	L	W	T	Q	V	Z	K	K
V	D	V	E	S	S	F	F	U	G	Z	R	K	U	F	Z	N	E	E	W
E	K	E	I	V	L	N	U	O	K	V	L	R	P	R	F	Z	K	M	H
S	T	S	N	Z	F	M	E	K	B	D	E	M	O	L	N	Q	Z	U	T

INCLUDE  
AND  
ADVENTURE  
SKILLS  
RAZZAMATAZZ  
JOIN  
GREET

OTHERS  
RIVER  
FLOATING  
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EMBRACE  
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RAPIDS

DIFFERENT  
BOAT  
MORE  
YAB BUT  
STORIES  
ACCEPTED  
BEACH



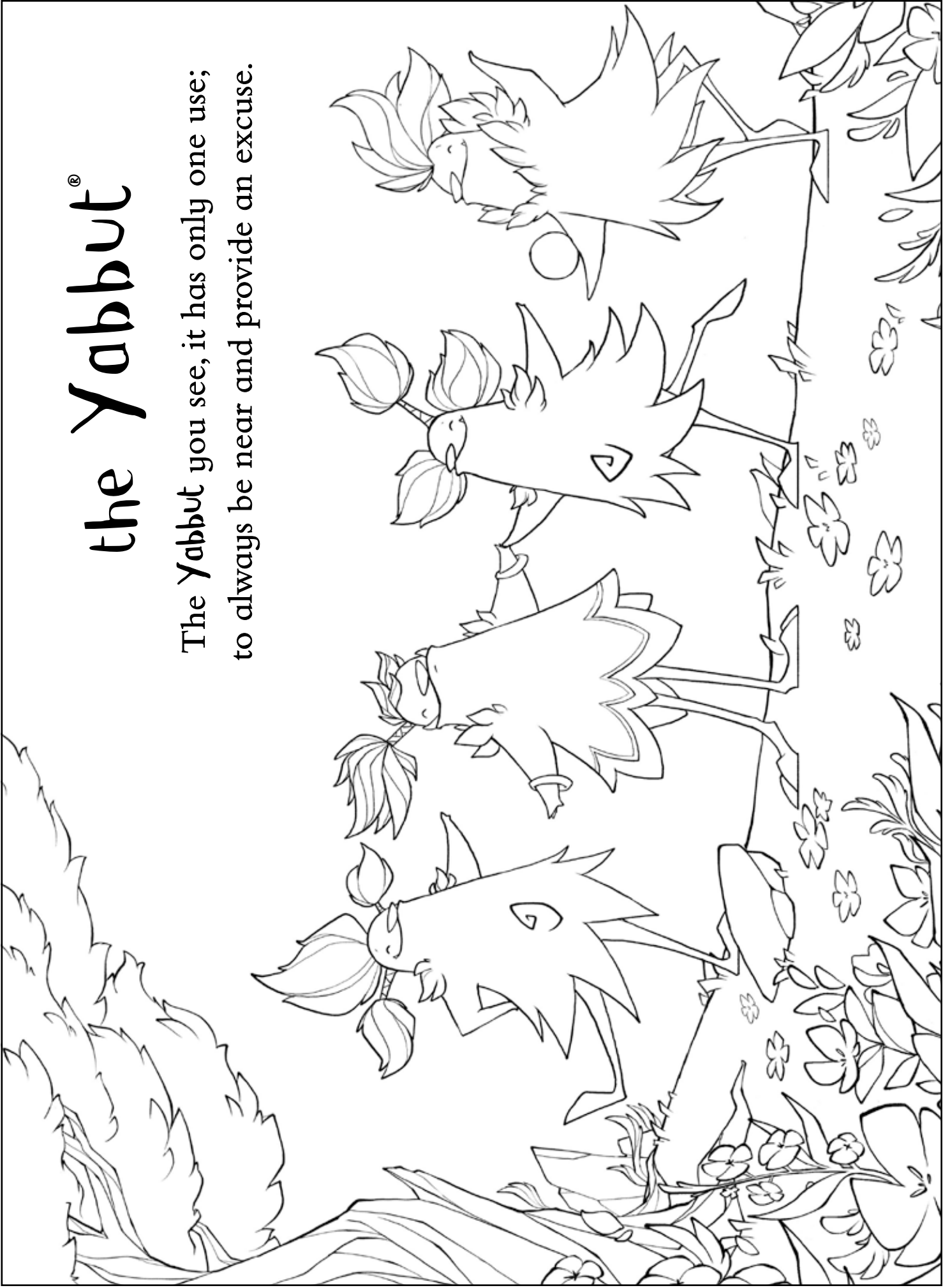
the Yabbut®  
Land of AND





# the Yabbut®

The Yabbut you see, it has only one use;  
to always be near and provide an excuse.



# Land of AND

## Guide to Including Others & Accepting Differences

1. Know that we all have special skills.
2. Appreciate the different and unique style and clothing of others.
3. Listen to other people and share your stories with them.
4. Understand that different doesn't mean weird or wrong, just not like you.
5. Accept people for who they are.
6. Acknowledge others with a simple smile or a "hello."
7. Make sure that everyone is included in the things you do.

Remember to watch out for the Yabbut!

From your friends in  
Land of AND.





# Certificate of Awesomeness

Is Presented To: \_\_\_\_\_

for INCLUDING OTHERS!  
And for using the lessons in Land of AND to embrace differences!

Date: \_\_\_\_\_ Presented By: \_\_\_\_\_

We salute you for your commitment to including others  
and for remembering your journey through Land of AND.

*Katie Mullaly*  
Katie Mullaly, Author



*Toby Allen*  
Toby Allen, Illustrator