

Smiles
are the
Best! Love
them.



When I wake up I smile

A book of WELLBEING by 156 children across Tasmania



Amir • Amir Ali • Asieh • Avery • Charlie • Emma • George • Hosein • Hunter • Indiana • Jaxon • Jett • Jydan • Keliyah • Kenzie • Lucas • Maison • Michael • Primrose • Quinn • Rori • Samuel • Yeline • • Adalyn • Angus • Charlotte • Eadie • Edward • Esther • Evelyn • Gabi • Harry • Henry • Isaac • Isabel • Joseph • Lucy • Matthew • Nate • Oliver • Silas • Sylvia • Willem • • Alexis • Amarah • Amber • Braxton • Caily • Corban • Ella • Hunter • Isabella • Jaynaah • Jethro • Kathleen • Mason • Shyanne • Tiffany • Tyeesha • Zylah • • Ambreen • Angela • Apsara • Bilal • Bridie • CJ • Connor • Eleni • Elijah • Ermias • Fiona • Frankie • Harry • Hunter • Mohammad • Mulki • Nathanael • Ruby-Eve • Salar • Shammah • Sophia • Trilby • Tyler • Zahra • • Amarli • Amaya • Bellamy • Bentley • Charlii • Cody • Cooper • Drake • Fina • Genevieve • Hunter • Jayden • Jethro • Kobie • Kyra • Miranda • Naleyah • Nathanael • Oliver • Oscar • Reuben • Shannon • Samantha • Sophie • • Angus • Anakah • Augie • Bri • Elke • Elliot H • Elliot R • Ernie • Floyd • Flynn • Harrison • Hollie • Imogen • Indira • Izzy F • Jack • Joe • Josie • Lenny • Levi • Lily B • Maia • Othello • Ruby-Jane • Sava • Sophie • Vera • Vincent • • Angus • Billy • Charlotte • Clancy • Ellie • George • Harper • Jasmine • Lacey • Lola • Lucan • Lucas • Montana • Oliver • Olivia • Riley • Saphyre • Violet • Yara • Zoey

This picture book captures Tasmanian children's views on wellbeing.

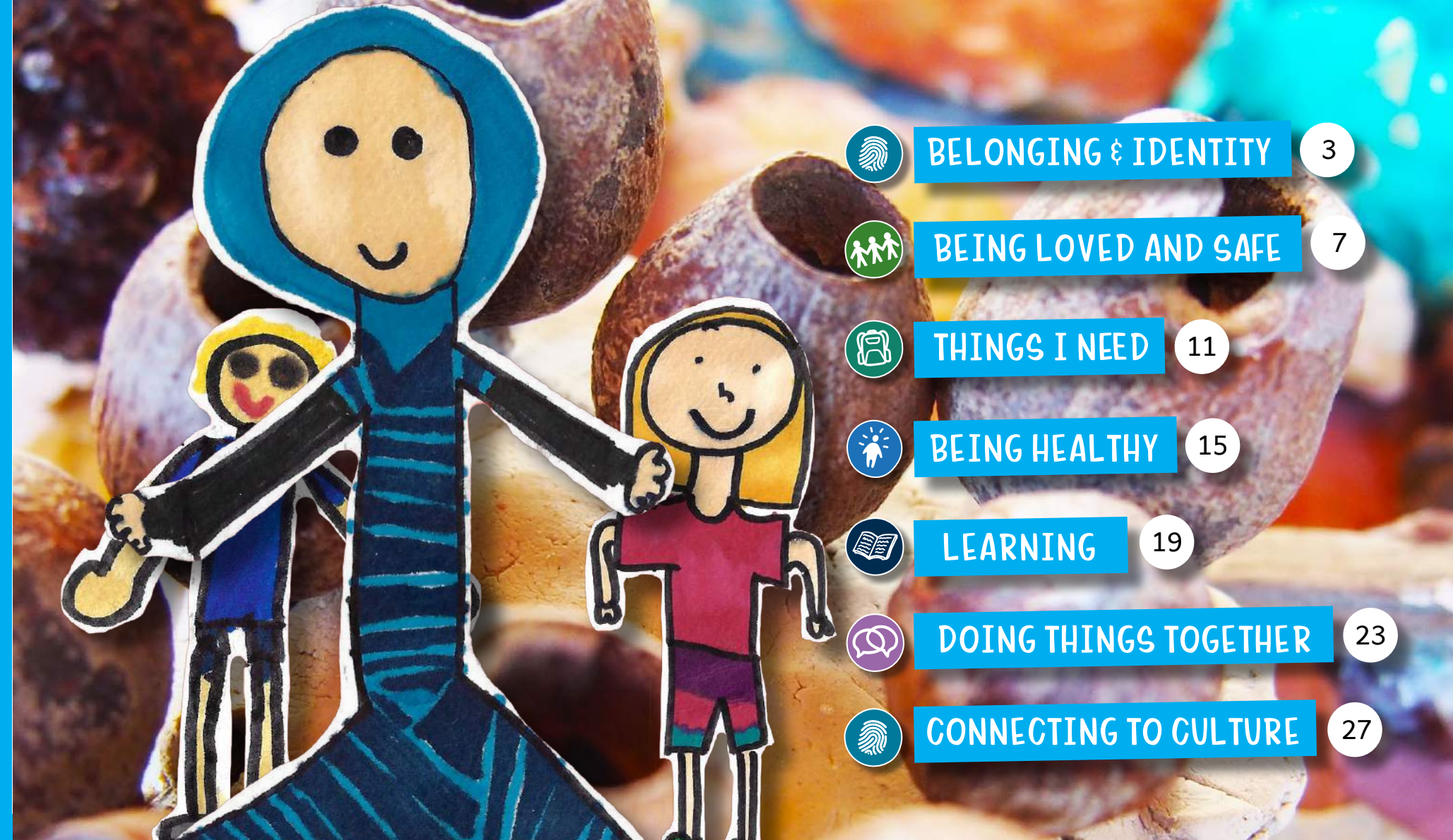
It's not just a 'picture book' (and a really beautiful one at that). It's also an incredibly insightful and honest look from a child's perspective at what Tasmanian children want and need to be happy, healthy and secure and to have the very brightest futures Tasmania can offer them.

Under the guidance of artists, children at each of the schools taking part in creative workshops explored one of the six domains of wellbeing: Being Safe and Loved; Having Material Basics; Being Healthy; Learning; Participating; and Having a Positive Sense of Culture and Identity.

The amazing contributions to this book result from these creative workshops. I hope you enjoy this book as much as I do.

Leanne McLean
Commissioner for Children and Young People

We acknowledge and pay our respects to the palawa people of lutruwita as the original and ongoing custodians of this land and for the more than 40,000 years they have cared for their country and their children.



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I AM – WE ARE

I am Tasmanian, I am from Tasmania
I live on the land of the palawa people
My family is Aboriginal, I am Aboriginal, I am Australian.

I speak Sinhalese, I speak English
I speak Farsi and English, I am Farsi
I am Muslim, I celebrate Eid
I am half Indian and half Australian, I celebrate Divali
I am a Christian, I celebrate Christmas
I celebrate Easter and ANZAC Day, I am Tasmanian.

I have a dad and a mum, I am a daughter, I am a son
I am a big sister, I am a little sister, I have one sister
I have a half-sister
I am a brother, I have a brother, I have two brothers
I am a sibling, I have siblings, I am the oldest sibling
I am a kid, I am Australian.

I have aunts and uncles
I am a niece, I am a nephew
I am a cousin, I have cousins
I am part of a family of 53
I have a home, I am from the mainland, I am Tasmanian.

I go to reading club, I go to Jiu Jitsu, I go to dance group
I am a dancer, I am a gymnast, I am a climber
I practise soccer, I practise football
I practise Taekwondo, I am a greenbelt
I am a member of karate club
I am in the school climate action group, I am Australian.

I'm musical, I am Scorpio, I am Gemini
I am nice, I am kind, I am smart, I am caring
I have no pets, I have a dog and a cat
I'm a best friend, I have over 100,000 friends in this world
I am on the land of the palawa people
I am Australian, I live in Tasmania
I BELONG.



Poem created from direct quotes by children.

I'm the one who is Aboriginal royalty because my great, great, great, grandma – she's dead – is an Aboriginal warrior. I forgot her name, my mum told me two of her names. Remember always to be yourself, it doesn't matter if you're Aboriginal or not, you're still special.



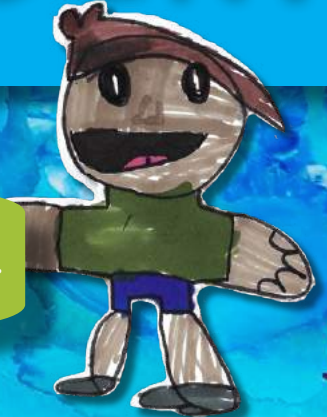
I feel like I belong when I stay at school a bit longer. When I first arrive, I don't feel like I belong then after a while I feel like I belong. I belong more at home though even though I have an annoying little sister. I like her. I love both my parents too.

My brother is 13 and he has autism. It's really hard to get a relationship with him. I really love it when we play together.



BELONGING & IDENTITY

True belonging is sleeping! It's relaxing and nice.



I'm part of the school climate group. We think of ways to help the Earth like recycling, reducing the use of cars to get to school, getting people to try and not bring as much plastic to school. It makes me feel like I belong because without my family I wouldn't be alive and if I wasn't alive, I wouldn't be able to help the Earth.

If someone came to this classroom who is new, I'd try to help them - ask them to play with me and make them my friend.

I live with my sister, but my mum and dad live separately so we take it in turns to go to their houses, but I belong in both of them because my parents are there. They make me feel safe.

I'd be sad if my sports club shut down. Mum and Dad drive me to sport.

When you don't belong you feel sad and like everyone is looking at you. On my first day at school, at recess, the boy who is now my best friend came up and said we could play. That made me feel good.

I feel I belong with music. I play piano and my dad has lots and lots of guitars. When I hear music, it makes me feel good.

My siblings don't have the same red hair as me but my parents do, so that makes me feel like I belong to them, even in a crowd.

This picture is me singing. I sing in the shower. Sometimes, when my family's around me I get stage fright when I sing.

I wanted to do karate next year. There's karate near the school. It's for people in Year Three.

I feel loved and safe with...

My family
my mum
my dad
my mum and dad.

My grandparents
my grandpa
my grandma
my poppy
Nanny!

My sister
my sisters
my brother
my auntie.

My dog
my fish
my cat
my bunny Dingus.

My teddy!

I feel loved and safe...

I feel loved and safe when...

When I make pancakes
When I go on the trampoline
When I'm swinging
When we build things together.

When my Auntie Rebecca lets me play games
When I go to the shops with my dad.

When I'm tucked up with my teddy
When I jump on my dad's bed!
When I hurt myself and someone asks
"Are you ok?"
When my mummy and daddy cuddle me
When I'm cuddling Blitzen my cat.

That makes me happy.

At **school**
in my school clothes
at Nanny's house
in my **bed**
on my dad's bed
on **the couch** with snugs
on the **excavator!**



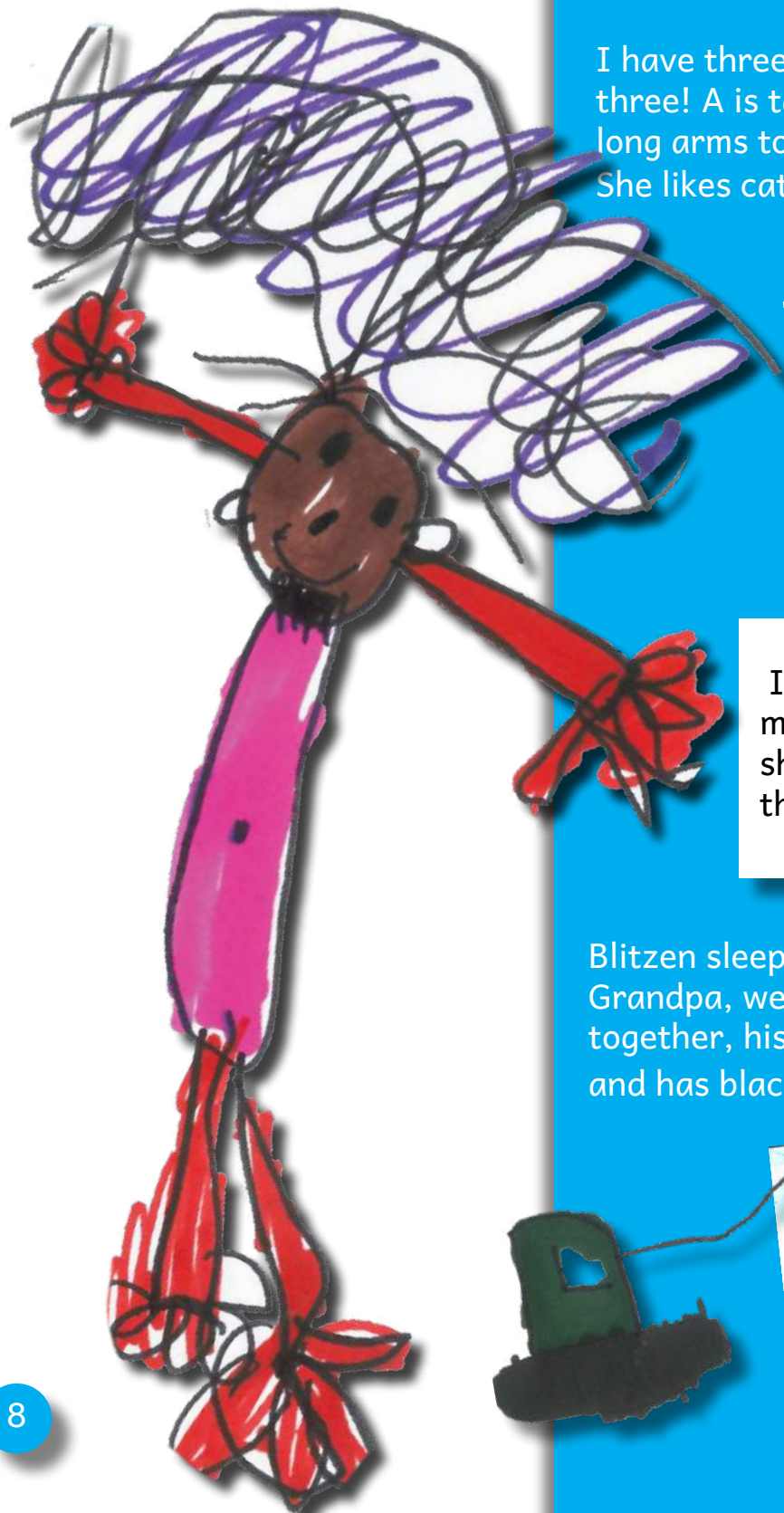
My dad is the biggest, look!
My mum is a bit small. I'm
going to draw my little
brother really little because
he is only three! Look how
small his head is! They can't
find me when I hide because
I'm so good!

I have a happy face when I'm swinging.



Being loved and safe

My grandpa's
name is Leigh.
He builds some
things with me.



I have three sisters! I am one, B is two and A makes three! A is taller than my mum, she is 10! She has long arms to pick me up! She likes cats, there is one on her top, her top is pink.



Dad and me are kinda like bros, we hang out together.



Me and Dad have a special thing: stars and a moon. It makes a "ne-naw" sound if someone comes to steal our money. We are safe!



Tomorrow we are going to build a dog house. I have two dads. I have a little dad. This is me in the middle.

I'm on the swing with my sister and my mum is watching.



Mum is coloured in black because she is wearing black. I am coloured in green because I am wearing my green school jumper.



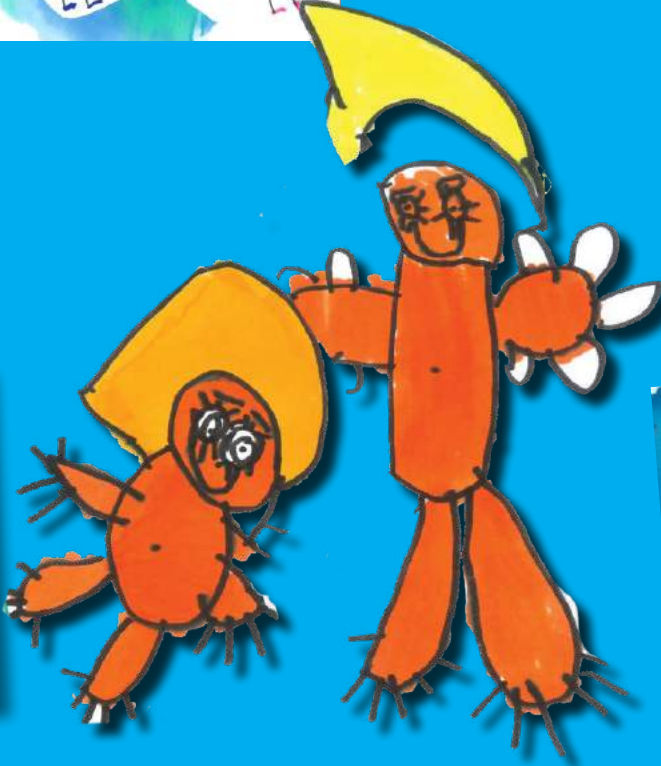
I feel loved and safe with my dad! I like to go to the shop with him. We go to the IGA. We buy stuff.

My mum helps me when I'm stuck. She keeps me safe because she is a nice mummy.

My dog licks me, he's really funny. Sometimes he wees too! My teddy is a horse.



Blitzen sleeps on my bed. I love my Grandpa, we go on the excavator together, his excavator is green and has black tracks.



I really like Miss French. She is wearing a blue dress, see! And she likes pink. I'm putting spots on me, I've got a yellow top on.



My bunny Dingus makes me feel safe. My dad has curly hair. Grandma and Grandpa babysit me. She is a purple grandma. My grandpa's hair is orange.

Rocky my dog fell off a really high building and I caught him. This is Rocky's brain, and it goes in Rocky's head.



I do lots of things with my grandparents. This is her crystal holder. She has a lot of crystals!

I NEED:

- Air
- The earth
- Food
- Clothes
- Family
- Animals
- School
- Help!
- Pens
- Friends
- Music
- Books
- Toys
- Smiles
- Tassie!

We need materials.
 We need lots of other material things like clothes, earth and lots of other things.
 My blanket is a material
 My toy is a material
 My clothes are a material
 My shoes are a material
 We need earth.



We need friends and family ☺



FAMILY

FOOD
 Milk! I eat cereal in the morning when I go to school.



I keep warm with my big big big big blanket - it's multicoloured.



MUSIC

Music is important.



TOYS

A teddy to cuddle and play with.



HELP

We need a hand. I need help with my spelling.

CLOTHES



My family is important to me, especially my dog and friends. My family is happy. If we didn't have parents we'd be poor and homeless.



Things I need



Making friends is important, so when you are sad, they make you feel happy.

We need water
to drink and
swim in.

I'm happy
even when
I'm at school



We need a house
to live in.

If you don't have air you will faint.
We have clean air in Queenstown.
That's why I live here. The ozone
layer is the thing that protects the
world because without it the sun
gets through.

Trees



animals

WHY WE NEED ANIMALS

We would die if we kill all the animals.
We would die if we didn't kill animals for food.
A cat, because they'll wake you up if there's a fire.
Some people want cats because they help us be calm.
They calm you down if you feel sad.
We need guide dogs to help with directions.
A guard dog.

My rabbit is Snowy.
My rabbit has a bowl of rabbit food.
She's fluffy. She has a fluffy carpet.

I love being with my animals.

my bunny
wake me
up



WE WENT ON AN EXCURSION UP IN THE BUSH...



A HEALTHY FOOD ABC

All fruit and vegetables, like **A**pple and **A**vocado
Bananas, **B**roccoli, **B**russel sprouts
Cabbage, **C**orn, **C**arrots, raw **C**arrots (I don't like raw carrots)
D... I don't like **E**ggs
Fried rice **F**ried egg, **F**ruit
I love **G**reen (eggs and) **H**am
I, **J**, **K**... **L**ettuce
Meat, **M**eatballs, **M**ushrooms, **M**ashed potato
N, **O**... **P**eas, **P**ineapple, **P**izza, **P**umpkin soup
Q... **R**aspberries, **S**pinach, **S**trawberries,
Seafood chowder and **S**moothie
Tomatoes, **T**hai curry
U... **V**egetables
Water!
When I was a baby I did not like **W**eet-Bi**X**, **Y**, **Z**.



Poem created from direct quotes by children.



Being healthy



WHAT HELPS US TO BE HEALTHY?

Lots of nature, lots of outdoors.

Birds sing to me in the backyard when I wake up.

Respecting nature!

Fern trees and all the trees that are good for the lungs.

Getting married!

Trees make air. You get more oxygen.

We have animals and we have trees and we have birds.

Birds singing. It sounds really nice.

It makes us feel good that we have a free country.

Being an outside kid... that's me.

WATER

It's about spending time outside and caring about nature.

Sleeping

Swimming, soccer, netball and football

WHAT MAKES IT HARD TO BE HEALTHY?

Watching the iPad too much!

Junk food!

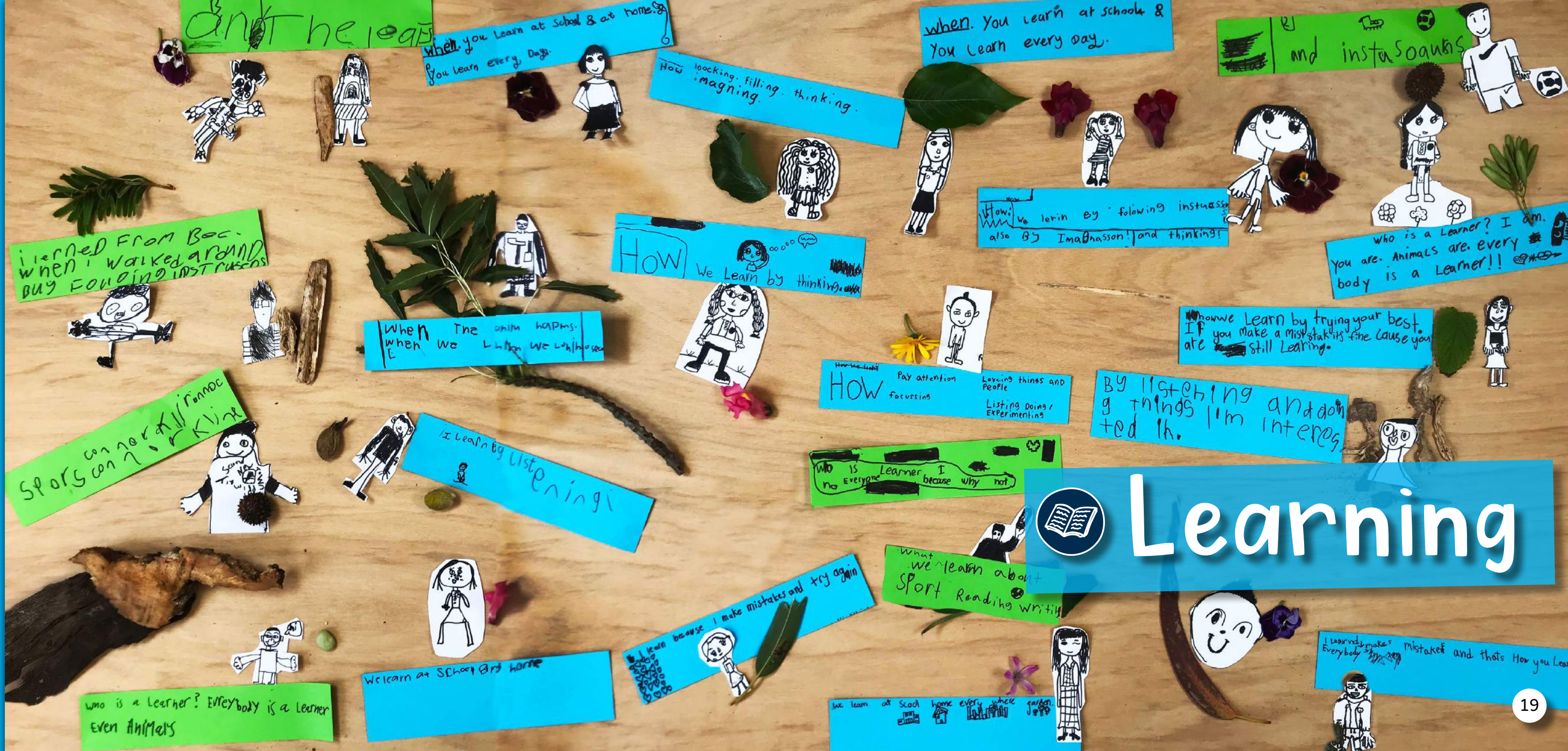
The sun makes you hot and sweaty and stinky!



WE LEARN...

At school, home, garden,
everywhere.
I learn on the weekends.
You learn every day
Inside, outside
In the church
At the tap.
We learn by
listening and looking,
thinking and imagining,
by trying your best.
If you make a mistake
it's fine...
You are still learning
by making mistakes
that's how you learn.
By doing things
By experimenting
By playing sport
Being active
By doing things with
your body
By moving
By being curious.
Being excited
every day
every second...
not every second.
Sometimes we're not
paying attention!

Poem created from direct quotes by children.



Learning

MY DREAM SCHOOL

I dream of a music school because I love music lots.
It makes me happy.
I like music, instruments and dancing as well.
It makes me feel amazing and good. I'm in music land.

My dream school has a zip line that goes through the roof past the tree and when you go down the slide you magically appear inside.

My dream school has walls around it so that only school kids, teachers, parents and helpers can get in.
It makes me feel safe. A friendship school.

My perfect school would have a playground with lots of different equipment.



What makes LEARNING hard?

My friends that distract me.

I like to play soccer and I think about it all the time.



Poem created from direct quotes by children.



What helps LEARNING?

I like learning outside.



CURIOSITY

I learn better when I can move my body

I help my friends do their work and they help me.

Talking to a friend can help you learn.

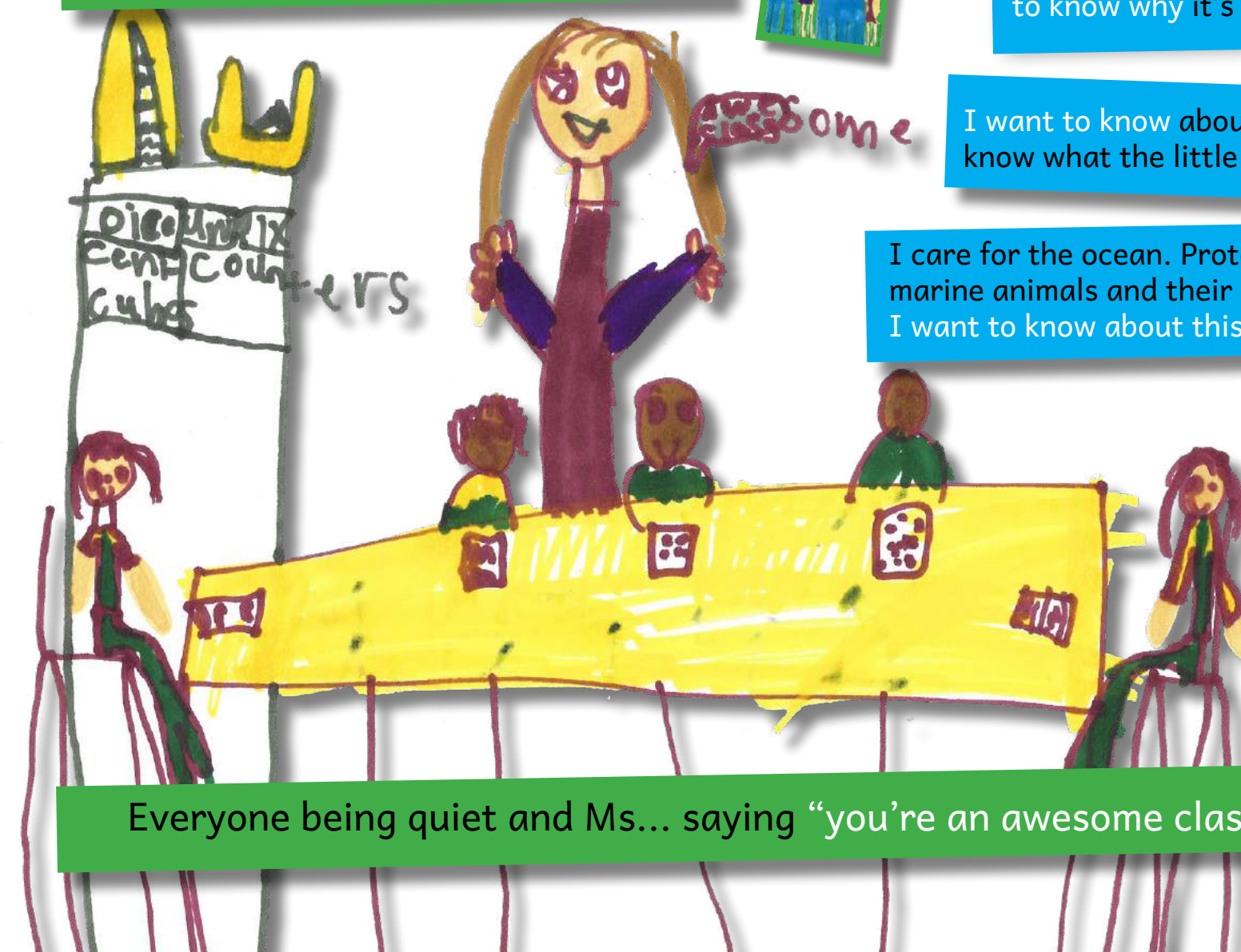


The two flowers look the same but are different colours. I'm curious about the colour. I want to know why.

I found a broad bean. I want to know why it's that shape.

I want to know about this leaf. I don't know what the little bumps on it are.

I care for the ocean. Protecting marine animals and their environment. I want to know about this.



Everyone being quiet and Ms... saying "you're an awesome class."

I LIKE...

I like going to the beach and doing things with Dad
 I like getting to stay at the beach and hearing the water
 I like swimming
 I like doing environmental things because it's fun. Like finding little shells and little fish.

I like doing swimming contests
 I like to do sports, I'm super fast
 I like participating in racing with my dog, I like doing it because it's good exercise.
 I like participating in running on the oval with my friends
 I like mountain biking and running
 I like riding my bike from the wharf all the way to Lions Park with my brother.

I like participating in races at Little Athletics
 I like running in cross country competitions at school
 I like motorbike riding because I started when I was little and I'm good at it.

I like doing artwork with my mum at home, I like doing dancing class too
 I like watching the TV with my family because I like doing things with my family
 I like watching movies together on family night.

I like it when it's Christmas
 I'd like to go to a circus, but we need more time and we need more money.



Poem created from direct quotes by children.



Having nice friends and being at school makes it easy to play with my friends.

Participation means working together. I like working with my mum – like cooking or dancing together.

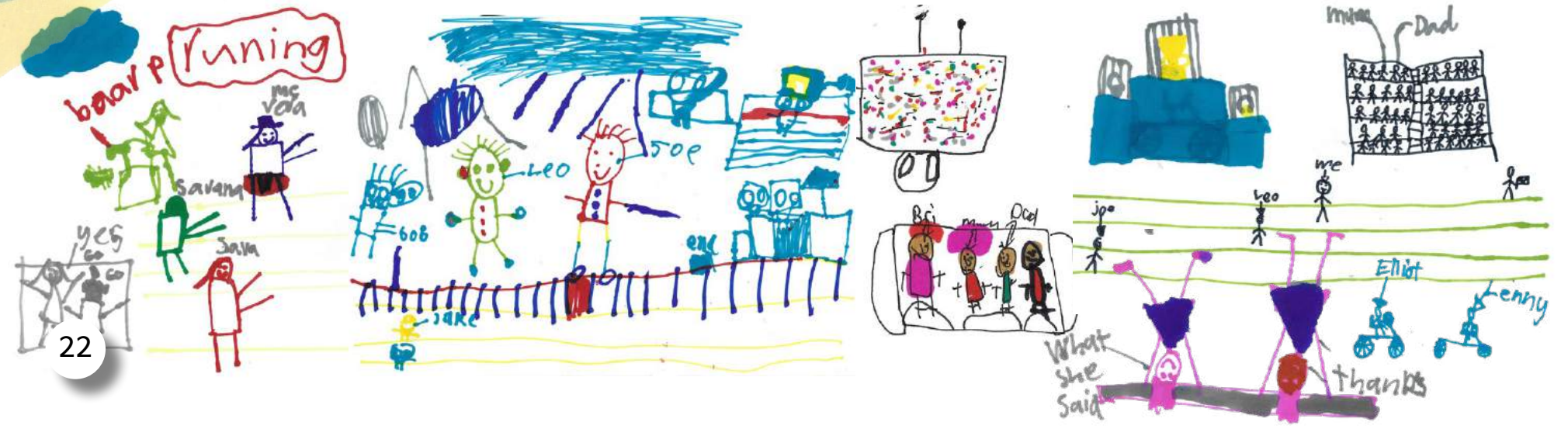
I like watching movies together on family night. I like seeing movies, but the nearest cinema is in Launceston. We go most of the time at Xmas time.



Doing things together

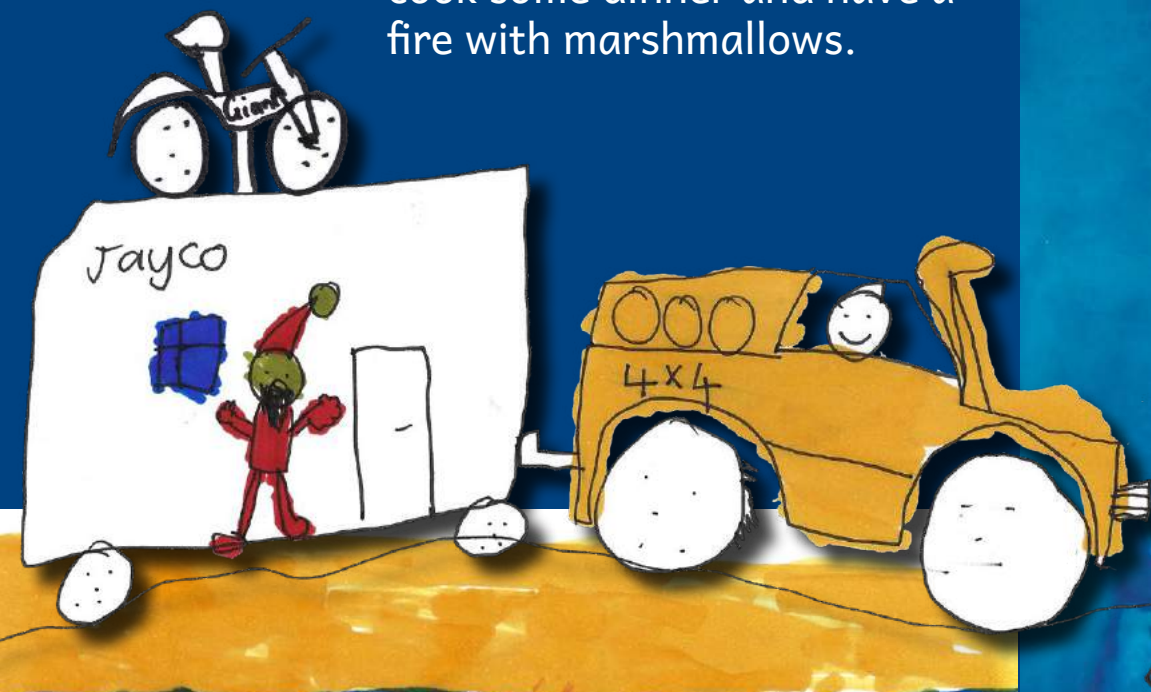


My name has Māori spelling. I like describing and drawing people. I do it mostly at Nan's home.





I have never been camping in my life – I want to. I would cook some dinner and have a fire with marshmallows.



Me and Dad are running on the beach and we're making a hole. Up the top is eggs that's where all the eggs are laying. My dad and I found those big round things with legs - jelly fish.

At the beach, I go surfing with my dad, my brother and sometimes my pop. We just go down our hill and down another hill to get there. Mum got into surfing this year so now she goes a lot. She used to sit on a towel before. It's better now we all do it.



I just go to any beach, I don't care. I have to travel a long way to get to the beach. I would like to go one time a day, but I go probably two or three times a month.



WE CONNECT WITH...

- Our culture
- Our Aboriginal culture
- The Earth
- The sun
- People
- Our family
- Mum and Dad
- My Nan
- Our friends
- Stories
- Flowers, roses
- My teddy.

ANIMALS!

- Dogs and cats
- Bunny rabbits and puppies
- A mummy cat, baby cats – kittens!
- Ducks
- Baby foxes
- Reindeer
- Snails, I really like snails
- Snakes, sloths and llamas
- Tigers, turtles
- A crab, a slug!
- Platypus, eels, mutton bird, fish, swan, echidna and green parrot.

ANIMALS OF lutruwita



Because I'm Aboriginal.

It's a flower with lots of gumnuts in it.



I am going to make my dog.

I am making a little teacup – A cup of tea with sugar!

I am making holes for the worms.



Connecting to Culture

A Rapunzel tower... I need to get the stick for the middle. Let down your hair!

Connect with the earth. A fossil is a rock with patterns in them and are shapes of animals that died.

CONNECTION IS...

When someone's getting married

Internet connection

When my mum and dad get back together

When people love each other, and they break up and come back together...



LOVE!

On the weekend I go to my Nan for a sleepover.
I love going there.
We connect at Christmas time.
On Christmas day we connect with family
and decorate the house.

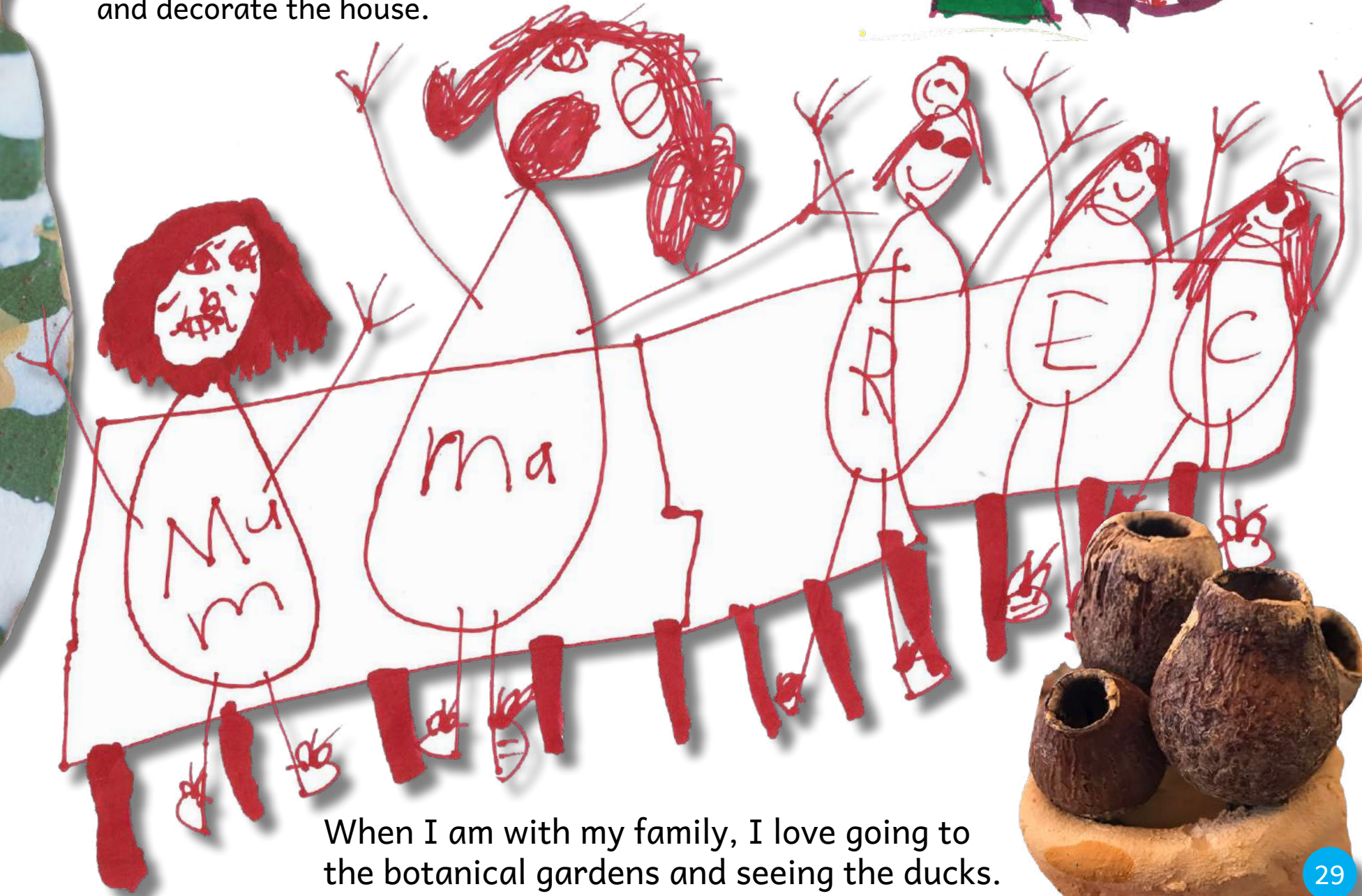


A ring connecting love!



When I connect to my friends

A cat and a dog connect together



When I am with my family, I love going to the botanical gardens and seeing the ducks.





When the Tasmanian Government asked me to help children co-design Tasmania's first ever whole-of-government Child and Youth Wellbeing Strategy to improve the wellbeing of children and young people across Tasmania – of course, I said yes!

I believe the voice of the child is best represented by children themselves. In late 2020, the wonderful team of artists at All That We Are agreed to facilitate creative workshops for children aged four to eight at each of seven participating schools, so that we could capture their views on wellbeing. These artists work regularly with children in their communities and we thank them for the dynamism and aesthetic sensitivity they bring to facilitating the authentic voices of children in a rich, arts-led process.

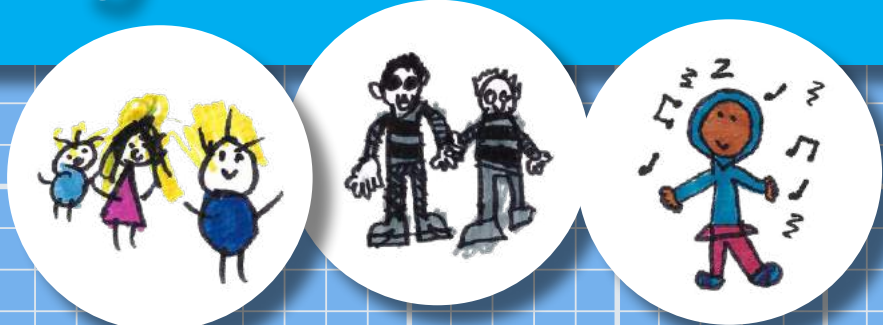
Meanwhile, I also visited Child and Family Centres, Early Learning Centres and Launching Into Learning sites around the state to speak with younger children under the age of five years of age, and their parents, about wellbeing, their hopes for their or their children's futures and the support they need to realise them. Themes that came out of these sessions are presented on pages 34 and 35. This book, along with a report detailing the themes emerging out of all my wellbeing consultations around the state, was presented to the Tasmanian Government in early 2021 to inform the Government's Child and Youth Wellbeing Strategy. Issues that have been raised with me by children, young people and their carers will also form the basis of my advocacy in the coming months and indeed years.



Leanne McLean
Commissioner for Children and Young People



Creating this book



Connection

The process of designing and publishing books with children as authors balances representing each child and creating a book that can be enjoyed by many at different levels. It is an imperfect process of design, undertaken with heart and love.

We know that relationships are at the centre of any project. Where possible, schools partnered with artists in their local neighbourhood and built on existing relationships to make this project a rich and meaningful process while producing a book to a tight deadline.

Research shows that children experience great pride in seeing their published books reach a wider audience, and there can be significant social benefits. Publishing books with children as authors can support their literacy engagement, their cultural and linguistic identity, their creative confidence and sense of agency in their world. It can also help to strengthen relationships within families, schools and the wider community.

Each group of children involved in the project was led by an artist who brought their individual style and approach. Everybody used a standard set of markers, and an agreed colour palette of green and blue to ensure some continuity through the book. The artwork was created using a variety of different artforms from collage to clay-work. Some children created their own micro-publications using single sheets of paper while others went for a walk collecting natural materials for collage. For some the process started with discussion while for others the artform enabled the discussion.



The United Nations Convention on the Rights of the Child, Article 12 states that 'Children have the right to say what they think should happen when adults are making decisions that affect them and to have their opinions taken into account'.

QUOTES FROM PARENTS OF UNDER-FIVES ACROSS TASMANIA...

PARENTING

“Childcare is a real gap. Parents do not get a break” • “Raising kids in Zeehan is taxing because of the weather.” • “We’re highly strung because we don’t have an outlet. We don’t have any time for ourselves.” • “Dads are stressed out.” • “Beer with bubs would be great.” • “There is a threat of family violence and trauma in the community.” • “Family violence is still a pretty big taboo topic.” • “For parenting skills, we’ve got YouTube and that’s about it.” • “This year has been horrendous what with the weather and COVID. Lots of parents have really struggled – I know I have.” • “There is no public playground in Lilydale” • “Do they want to keep families here? Or do they want to turn families away? We need infrastructure here that’s going to keep families in Zeehan.”

EDUCATION

“I didn’t realise I had to read to my child. I didn’t realise it was such an important thing. I didn’t really know or have the support to read to my child.” • “The school is not opening their eyes to the fact we have a whole new generation of hyperactive kids, kids [with autism], special needs children and [needs to] incorporate them with everyone and not put them on the side like 22 years ago.” • “The impact COVID has had on the kids is unbelievable. We moved from the mainland just before COVID. My son had to stop school as soon as he started. He had no friends.”

CREATIVE COMMUNITIES

“Activities for kids – so we can have a break. Especially winter time.” • “We don’t want them on their iPads but sometimes that’s the only way here that we can get a break.” • “We’ve got Kids Club, but there’s a waiting list.” • “We now have an arts-based activity in Beaconsfield.” • “If the Zeehan neighbourhood centre had more funding, then we could run a second day with kids club that would allow them to do more activities like the holiday program.” • “Bring the community back together. As kids we used to have festivals.” • “We need a child-centred approach to park planning – a beautiful children’s park with a toilet and BBQ in one place.”

SERVICES

“Raising kids in Beaconsfield is much better now we’ve got Child and Family Centres (CFCs).” • “I get to see how other children are developing at different rates, which lets me know whether my child is on track.” • “The CFC is great. There’s a variety of quality toys to keep them engaged– we couldn’t provide this many. We also get to meet other parents.” • “There are only two buses a day to and from the city. These are a non-convenient time to attend appointments.” • “Housing development is slow because there is no sewerage system.” • “There are community services here so there is room for growth.” • “The rent is cheap here, but the groceries are not.” • “There are many families in the community who are not willing to engage with Launching into Learning (LiL) out of fear of services.” • “LiL is the one thing that is free, and fun for the kids.” • “I know the concept for LiL is that you’re supposed to interact with your kids, but the reality is that you just send them off to play and it’s the adult time. It’s like our sanity, we can chill out. It’s our reprieve.”

HEALTH

“Child health nurses are really good, they come every fortnight.” • “Speech pathologists are needed desperately in Lilydale. If families go into the city to seek this service, there are waiting lists of over 18 months long.” • “We can’t access child health nurses as much as we would like.” • “There’s no continuity with GPs. We have a GP who visits Zeehan twice a week and the rest of the time it’s a locum. If you’re struggling already you don’t want to go and spill your guts to a dozen different doctors just to pick up a prescription.” • “It can traumatise your child when you haven’t got the connection or trust with a family doctor.”

SPORT

“We’ve got a football team but it’s so hard to find a coach.” • “There is a public swimming pool but there are no swimming lessons available.” • “Put a roof over the pool.” • “Shift work impacts on the community. My husband is 4 on 4 off, so if my daughters want to get into sport, he can’t take a coaching role and he can’t commit to be there.” • “We had a Beaconsfield team but they shut us down because we weren’t competitive enough.”

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Amelia Campbell, Alison Jales, Heidi Jones,
Sarah Smets, Cyntra North

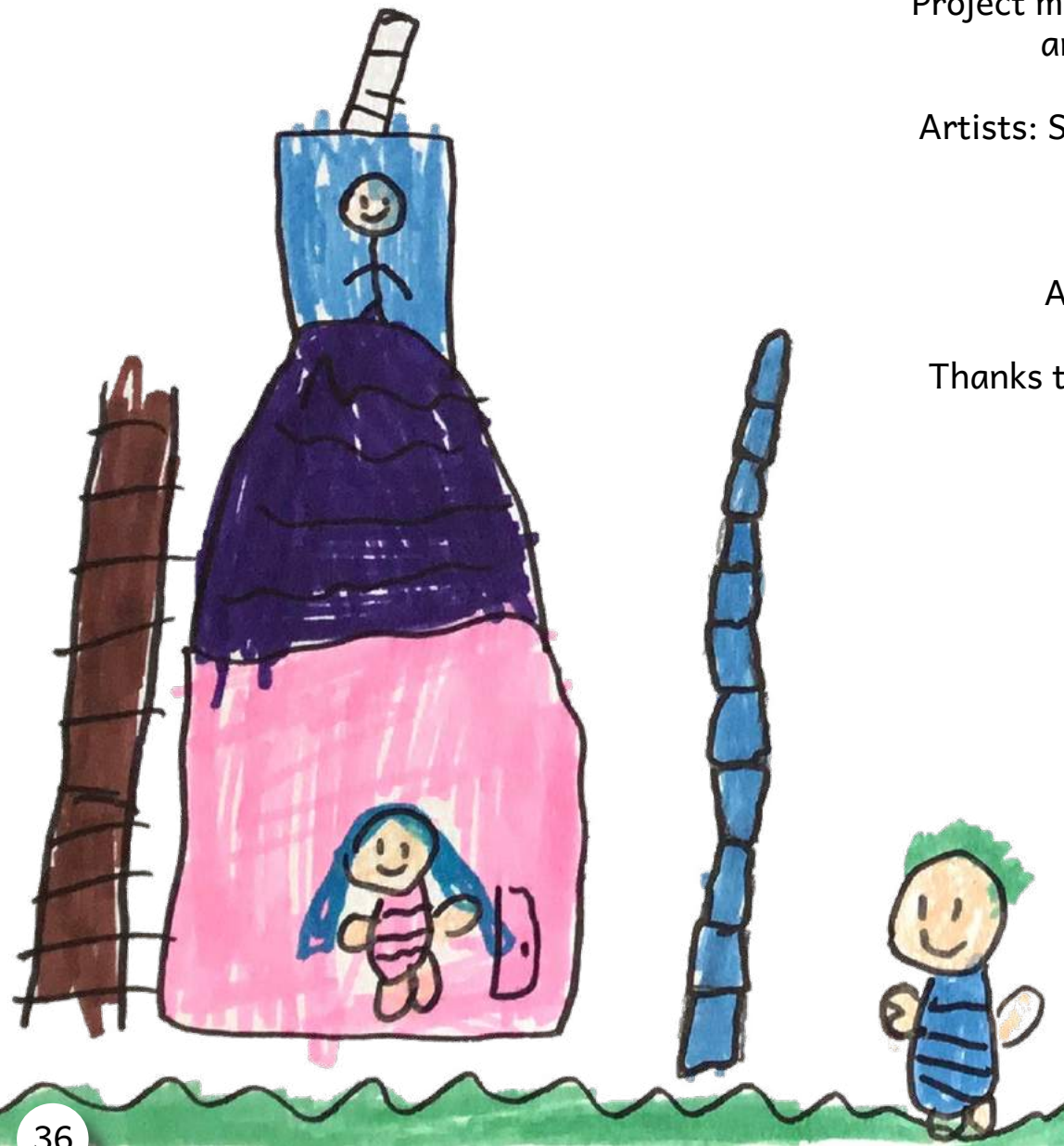
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Nixon Street PS, Devonport
Mountain Heights School, Queenstown
St Helens PS
St James Catholic College, Cygnet

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When I wake up I smile
everyday for school.
Smiles are the best, I love them.
I love to make everyone smile.
Smiles are gorgeous.

This is a book by children, for children
and adults. It gives an incredibly
insightful and honest look from a child's
perspective at what Tasmanian children
want and need to be happy, healthy and
secure and to have the very brightest
futures Tasmania can offer them.

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