

Ishq and the Cricket Changemakers

Playbook Printables

What things do boys do?

Before School:

- 1.
- 2.
- 3.

During School:

- 1.
- 2.
- 3.

After School:

- 1.
- 2.
- 3.



What things do girls do?

Before School:

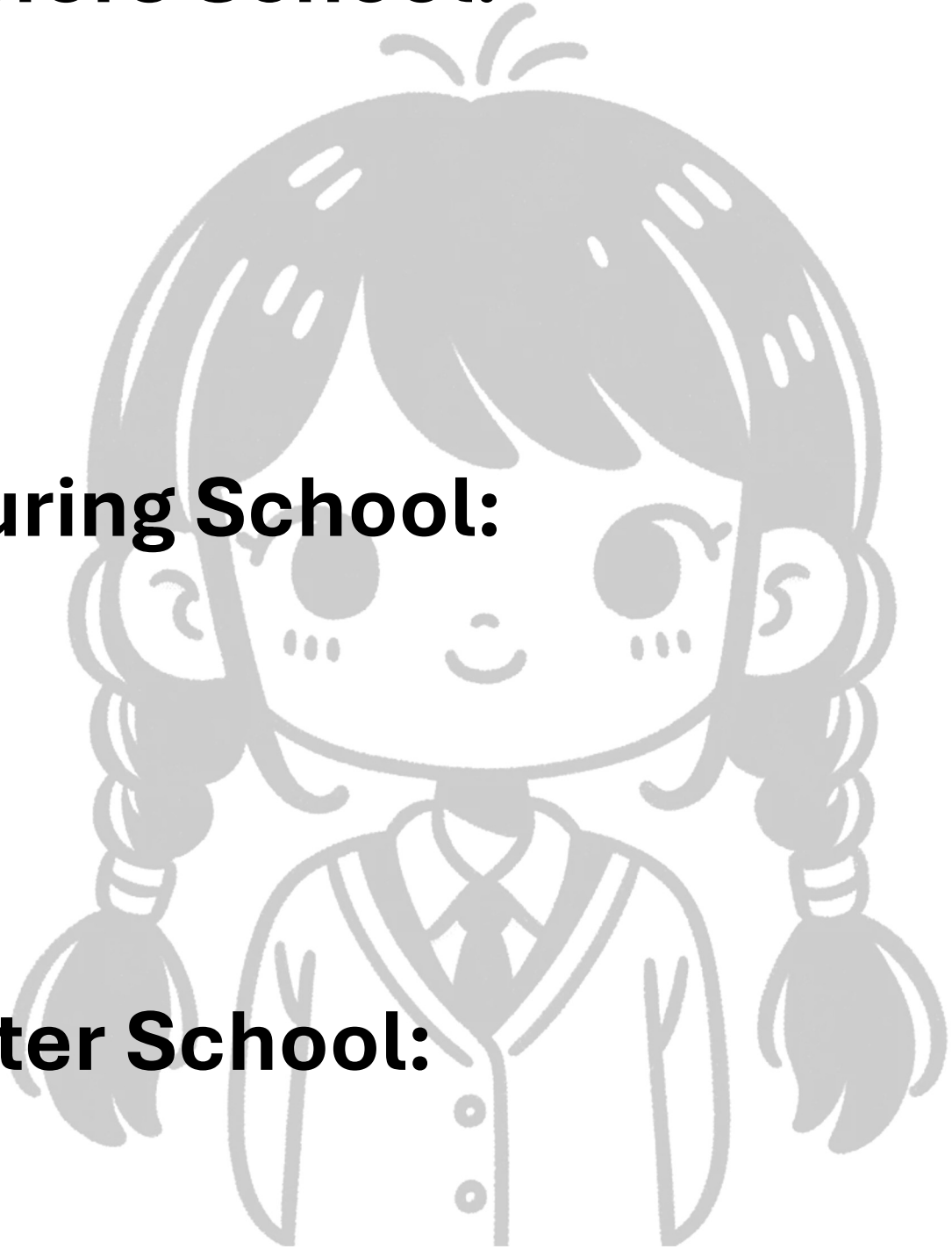
- 1.
- 2.
- 3.

During School:

- 1.
- 2.
- 3.

After School:

- 1.
- 2.
- 3.



Girls do not play cricket
because they have to stay at
home and do domestic
chores.



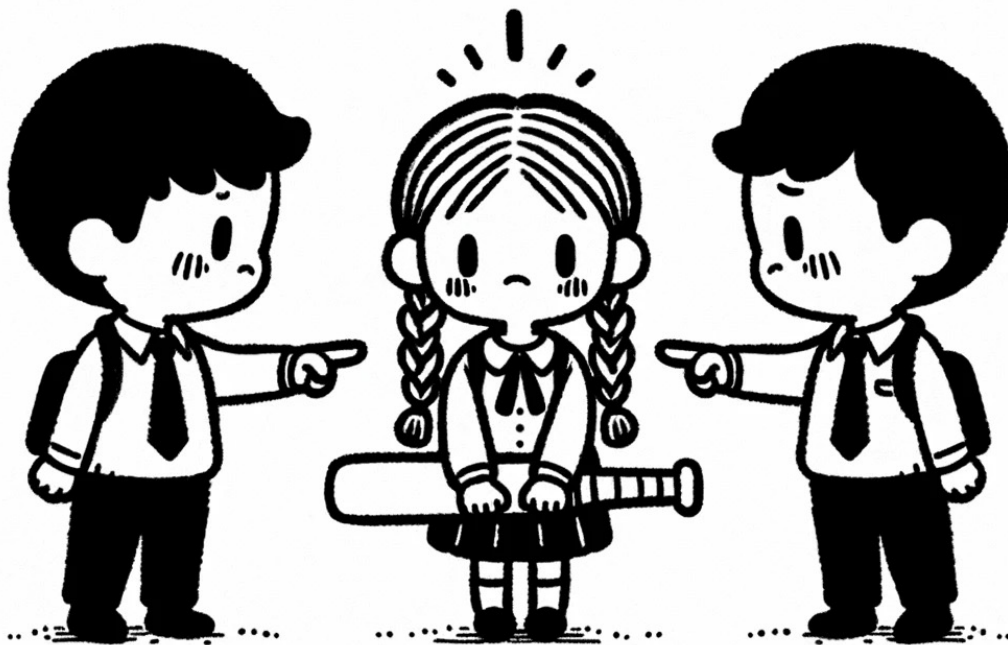
TRUE - DISCRIMINATION

Girls do not play cricket because boys tease and bully girls when they are playing.



TRUE - DISCRIMINATION

Girls do not play cricket because people harass girls as they walk to the ground.



TRUE - DISCRIMINATION

Girls do not play cricket
because there are less
opportunities for girls to
play.



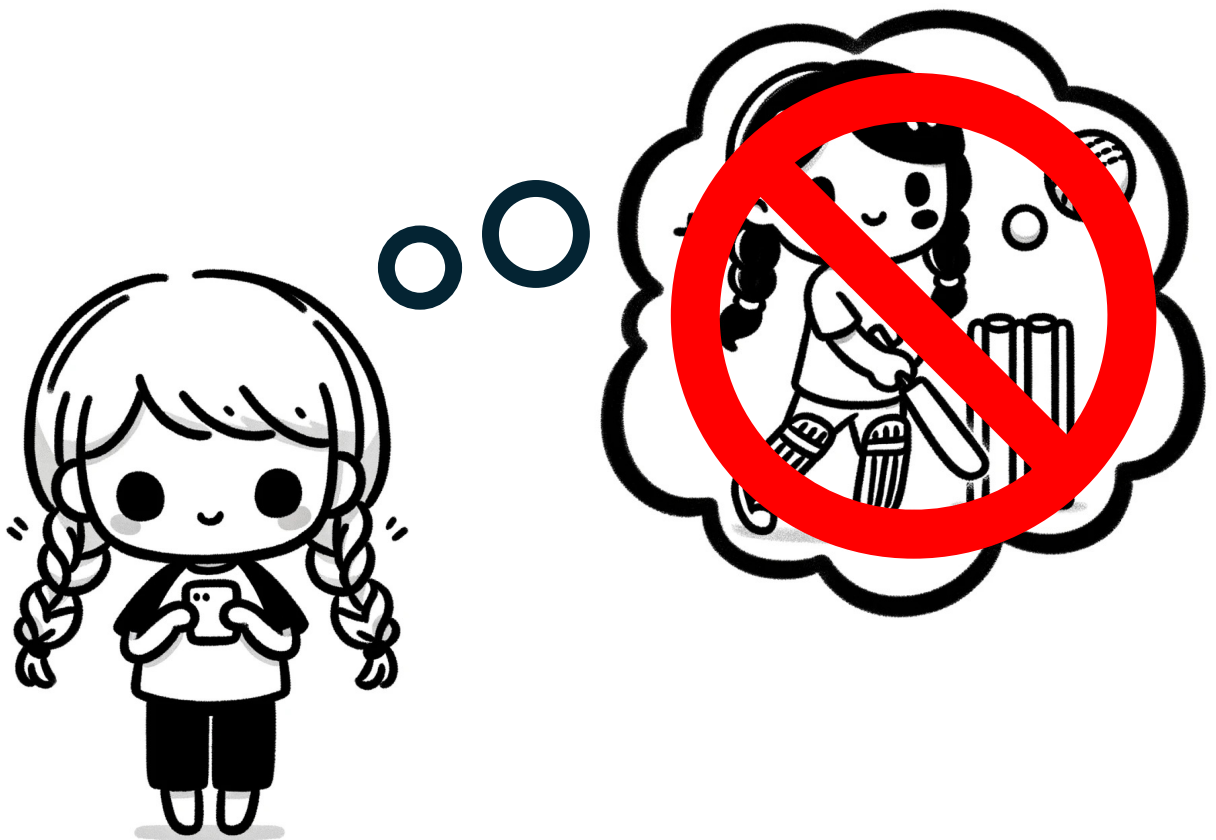
TRUE - DISCRIMINATION

Girls do not play cricket
because parents and
teachers are not allowing
them to play.



TRUE - DISCRIMINATION

Girls do not play cricket
because they are not
interested in playing.



NOT TRUE - STEREOTYPE

Girls do not play cricket
because they are too weak
to play.



NOT TRUE - STEREOTYPE

Girls do not play cricket
because cricket is a sport
for boys only.



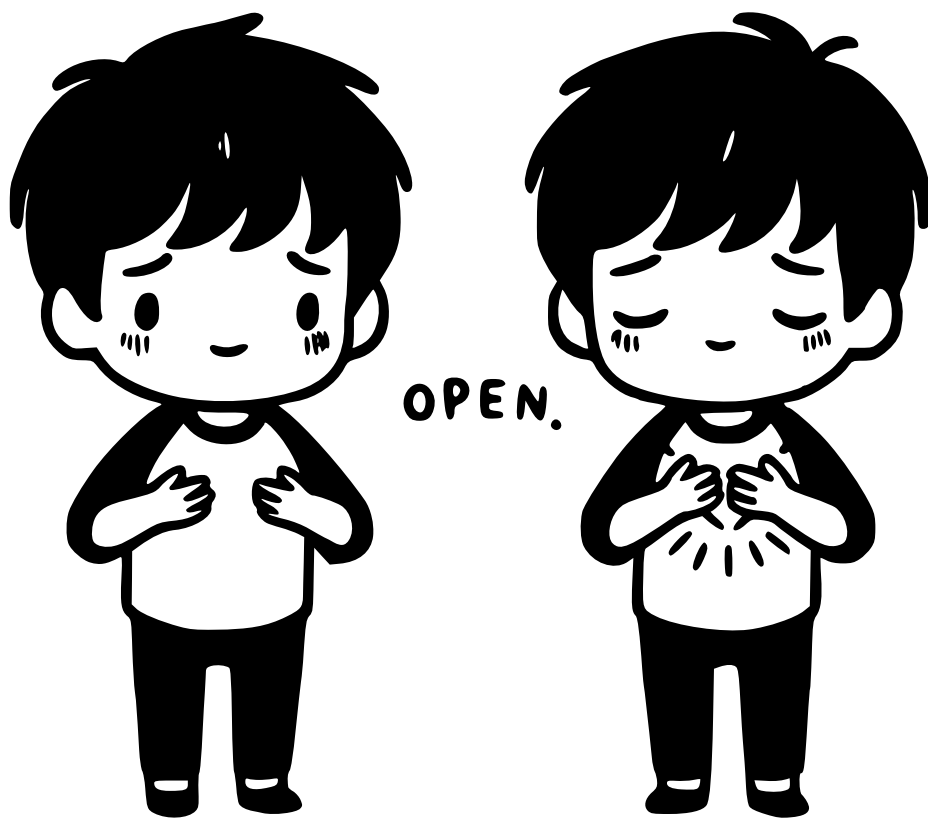
NOT TRUE - STEREOTYPE

There is no future for girls
who play.



NOT TRUE - STEREOTYPE

It's okay for boys to show their emotions. Being open about feelings is a sign of strength.



POSITIVE

Standing against those who bully and harass others is a mark of a true leader and a respectful man.



POSITIVE

Consent is crucial in all interactions. Respecting a person's 'no' is a sign of true strength and character.



POSITIVE

Winning isn't everything.
Playing fair and doing your
best is what truly matters.



POSITIVE

Boys Positive and Harmful Masculinity

The only way to respond to an argument is to show how tough you are, even if it means fighting.



HARMFUL

A real man controls his woman, even if it means getting aggressive to show who is the boss.



HARMFUL

Men and boys are the only people in society who can be guardians and leaders.



HARMFUL

Boys Positive and Harmful Masculinity

Boys don't cry. It is shameful
to show your emotions to
others.



HARMFUL

What can boys do to help girls play cricket?

What can girls do to help girls play cricket?



How can we work together to help girls to play cricket?

Boundary Breakers! Cricket for Equality



Name: Sanu Rajbanshi

Age: 21

Location: Biratnagar, Nepal

Special Skill: Batting

How did they make change?

Sanu started playing cricket when she was 14. She attended Mahendra School, Biratnagar. With hard work and practice, she was selected to represent Nepal Under 19s and won Player of the Match against Bhutan. Now, she continues her training while giving back to her community, coaching in schools in Biratnagar and inspiring other girls to play.

Your challenge!

Sanu can play shots all around the ground, can you?

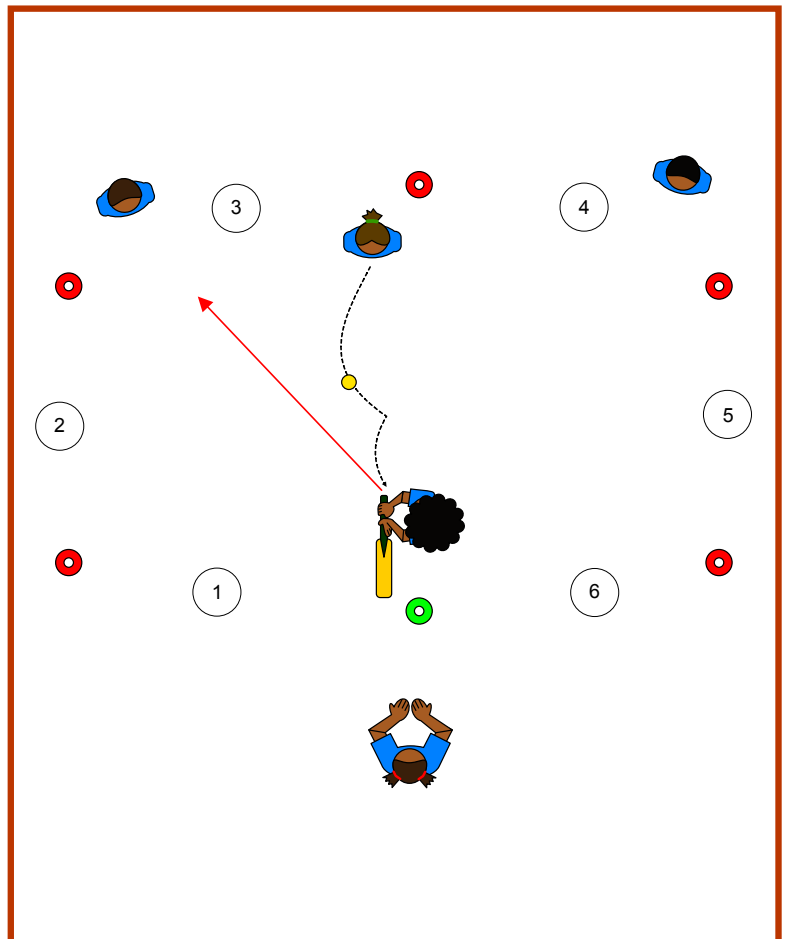
This game is called around the world – there are 6 gaps for you to hit the ball towards, and you have 6 goes to hit the ball. Can you hit each gap?

Equipment you will need:

- 1 bat
- 1 ball
- 6 cones

Make sure you throw the ball underarm to the batter.

This game is about control, not power! Use the bat and your feet to direct the shot.



Boundary Breakers! Cricket for Equality



Name: Sarah Taylor

Age: 35

Location: Sussex, England

Special Skill: Wicket Keeping

How did they make change?

Sarah is a world-famous international wicket keeper, videos of her super quick stumpings and amazing diving catches have gone viral around the world. After retiring from playing, Sarah now coaches other international wicketkeepers, men and women, and uses her platform to educate fans about looking after your mental health and wellbeing.

Your challenge!

Sarah has lightening quick reactions, how about you?

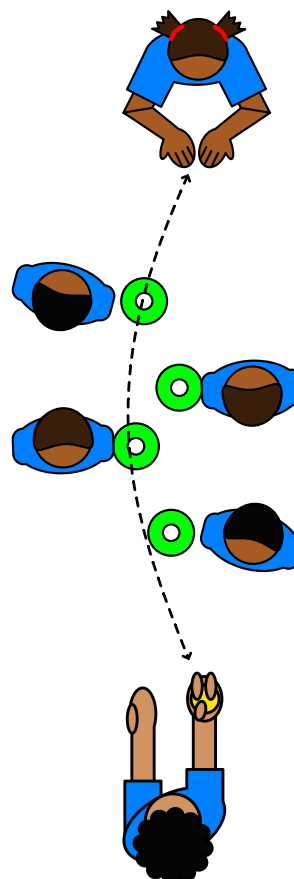
This game is called distraction catching. The aim is to catch quickly without being distracted

Equipment you will need:

1 ball
6 cones
Anything else you can distract with!

The role of the people not catching the ball is to distract the wicket keepers – but don't let the ball touch you!

See how many catches each pair of wicket keeper can take in 1 minute.



Boundary Breakers! Cricket for Equality



Name: Glenn McGrath

Age: 52

Location: NSW, Australia

Special Skill: Bowling

How did they make change?

McGrath, renowned for his precise fast-medium bowling, is also known for his charity work through the McGrath Foundation, which he founded. His charity is focused on promoting women's health and empowers women through health education and support. Every year, cricket in Australia holds a big fundraising event to support women's health.

Your challenge!

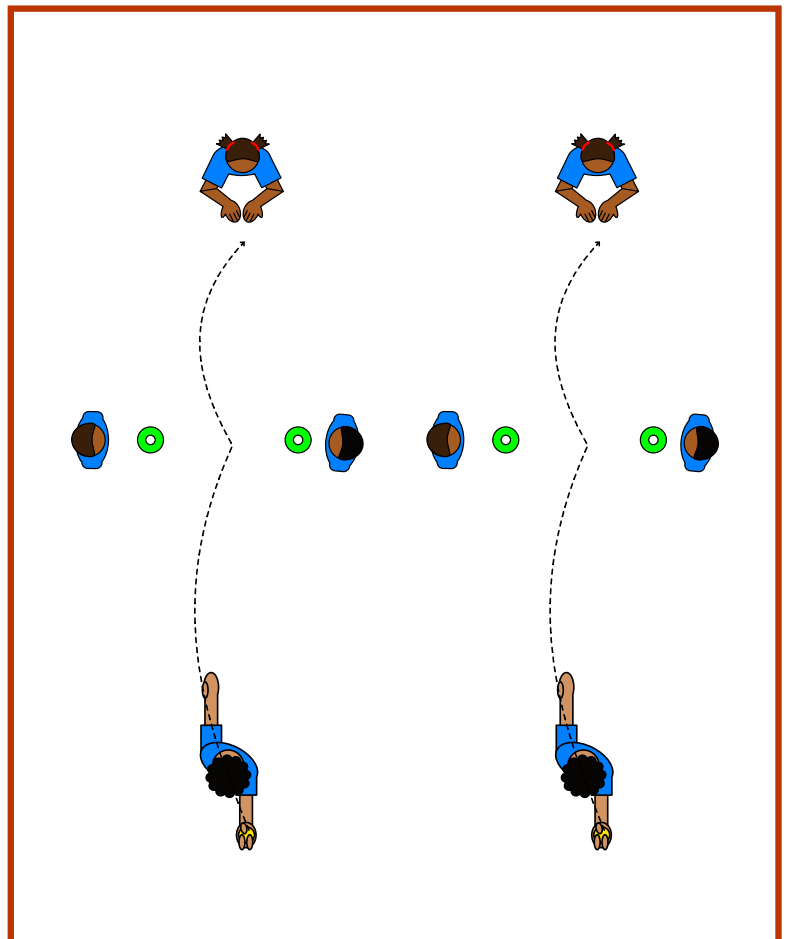
Glenn McGrath was famous for his super accurate bowling, how accurate can you bowl?

This game is called shrinking targets. Your target starts wide, but every time you land the ball in the target you bring the cones closer together – can you get them to touch?

Equipment you will need:

- 1 ball per group
- 2 cones per group

One pair bowls and one pair or player moves the cones. The people moving the cones in should switch with the bowlers 6 balls.



Boundary Breakers! Cricket for Equality



Name: Bibek Yadav

Age: 20

Location: Rajbiraj, Nepal

Special Skill: Batting

How did they make change?

Bibek is a star player for Madhesh Province, hitting the ball miles and scoring lots of runs. He makes change by supporting his sister Sakshi to play cricket too and encouraging her to hit the ball hard like he does. Now she also represents Madhesh Province, and scores lots of runs just like her brother who advocated for her right to play.

Your challenge!

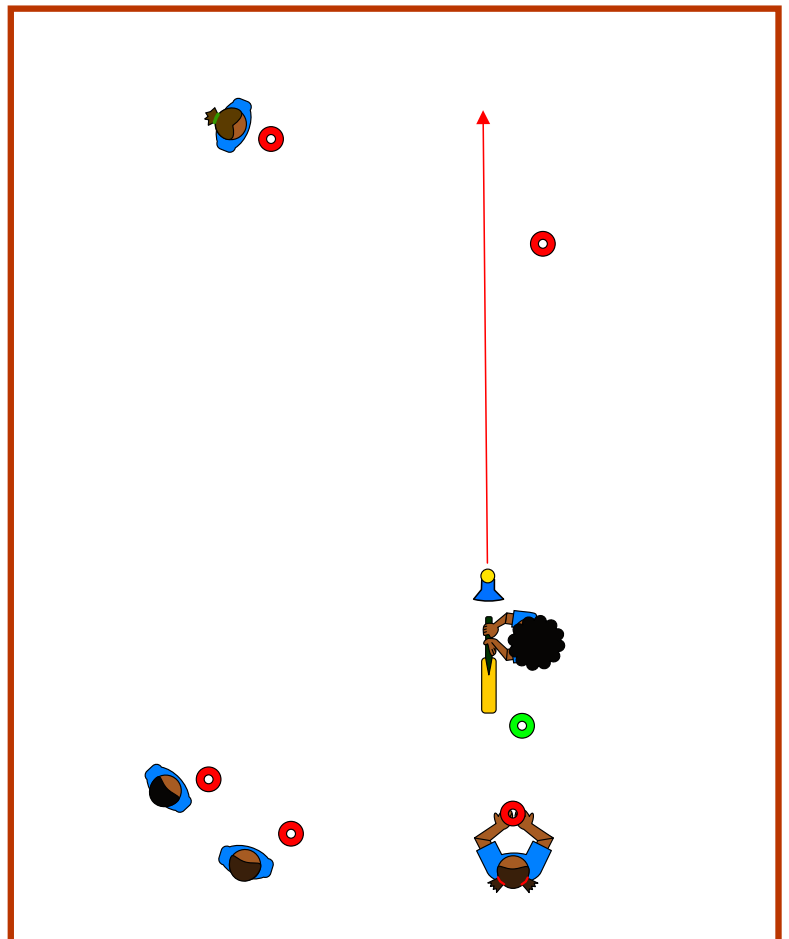
?? can hit the ball really far, can you?

This game is called longest drive – every player starts from the same place with a ball on a tee – the aim is to be the player who can hit the ball the furthest!

Equipment you will need:

- 1 bat
- 1 ball
- 1 tee
- 1 cone per player

Make sure each player marks their effort with a cone. ???'s record for a 6 is ?? meters – how close can you get to that?



Boundary Breakers! Cricket for Equality



Name: Mithali Raj

Age: 41

Location: Jodhpur, India

Special Skill: Leadership

How did they make change?

As a former captain of the Indian women's cricket team, Mithali has changed women's cricket in India and globally. She scored 116 on her international debut, aged just 16, and her achievements on the field and her advocacy for women's cricket have inspired many young girls to take up the sport. There has even been a movie made about her inspiring story!

Your challenge!

Mithali is an amazing leader who always gets the best out of her team.

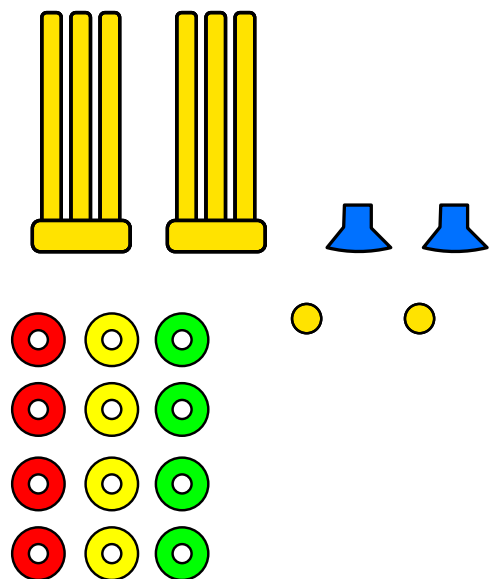
This game is called team-up tower.

Equipment you will need:

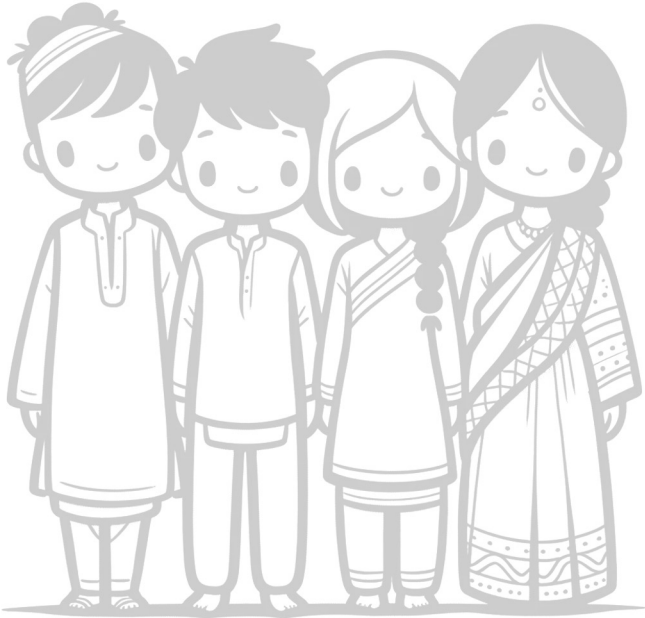
- 2 set of stumps (1 per team)
- 2 balls (1 per team)
- 2 batting tees (1 per team)
- 12 cones (6 per team)

The aim of the game is to build a tower! Split into two teams - use the equipment to build the tallest tower you can with a ball balanced on the top.

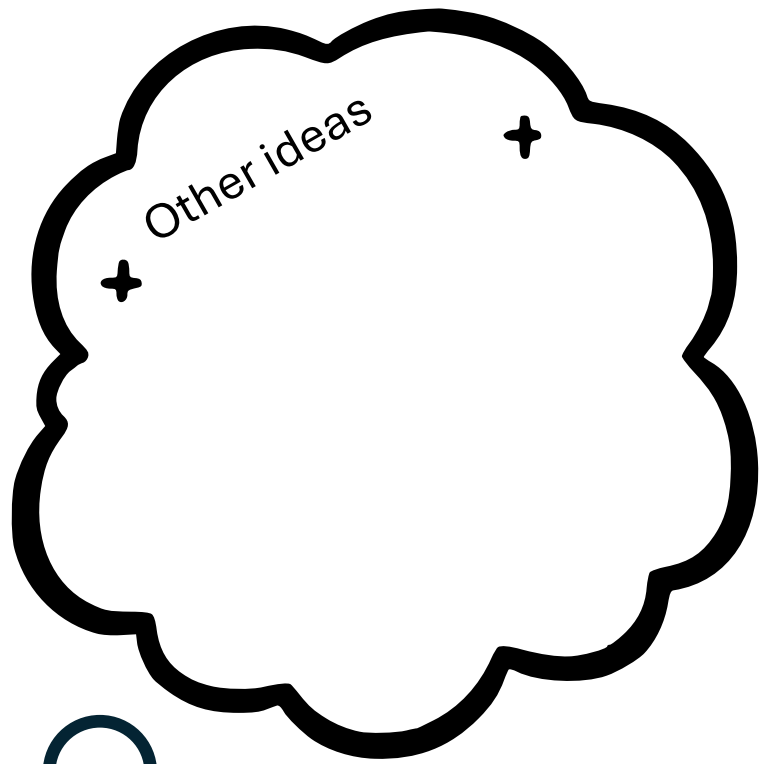
Then, try again with both teams working to build the tallest tower! How high can you go? Work together to get as high as you can!



WHAT DO WE LEARN FROM CRICKET?



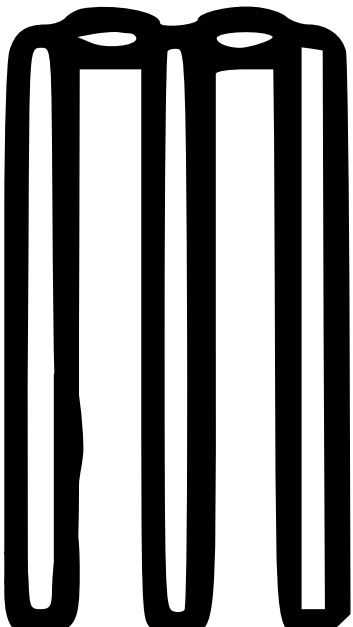
About our community and peers



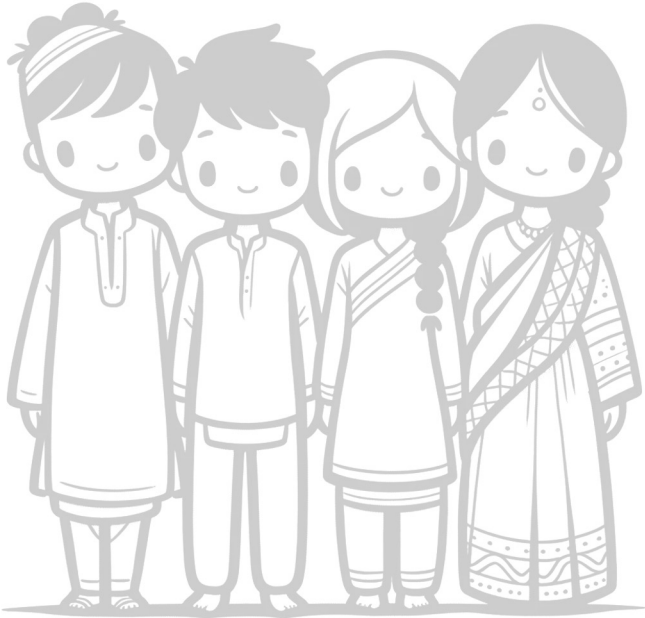
About ourself



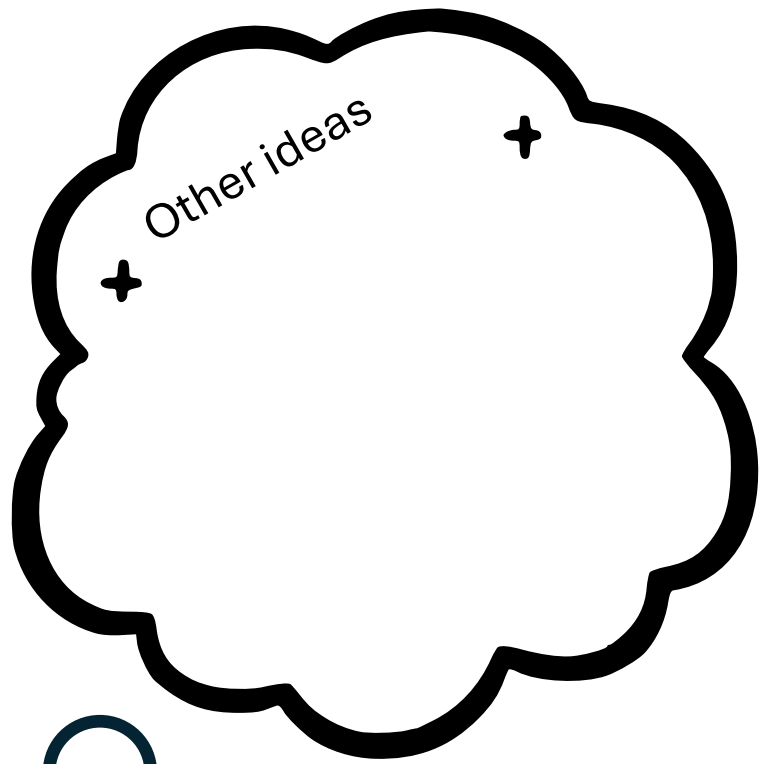
About cricket



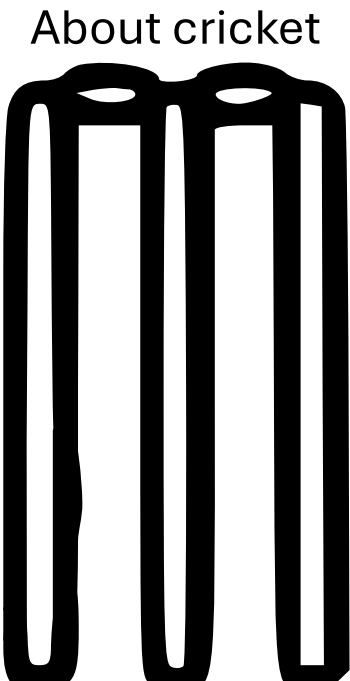
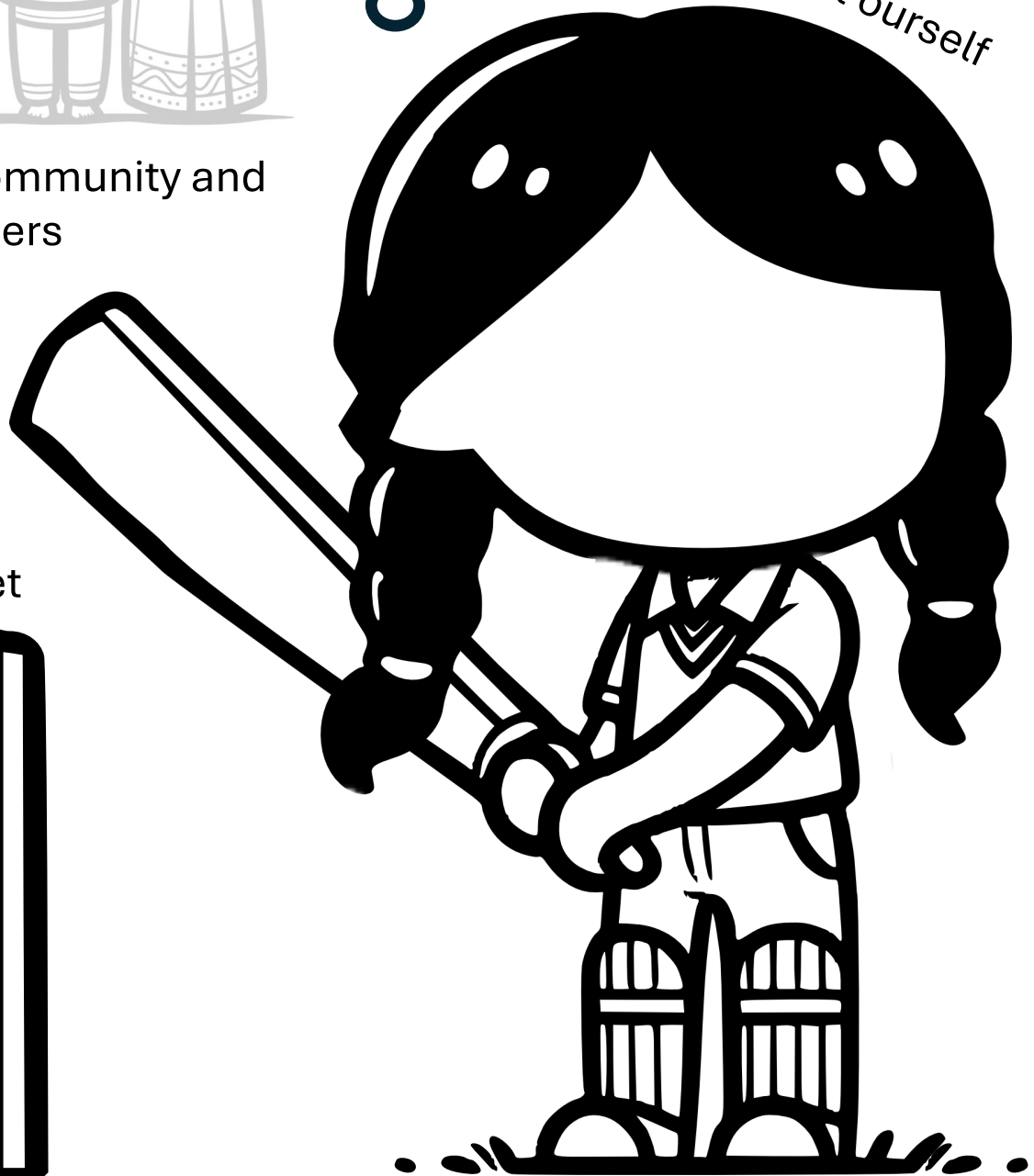
WHAT DO WE LEARN FROM CRICKET?



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About ourself



About cricket