



National Reconciliation Week



Background:

National Reconciliation Week is held each year from 27 May to 3 June. The week provides an opportunity for Australians to explore our history and share our diverse cultures. It is a time to reflect on how we can contribute to reconciliation in Australia.

This year's theme is: _____

The theme for National Reconciliation Week changes each year. Add this year's theme above. Below are activity ideas to recognise National Reconciliation Week, or you may like to adapt the activity in line with this year's theme. To find out more visit: [**National Reconciliation Week**](#)

Physical Activity: Heads, shoulders knees and toes in language

Use local language in songs that engages children to move their bodies. Use the link below to learn "[**Heads shoulders knees and toes**](#)" in the Awabakal Language of NSW.

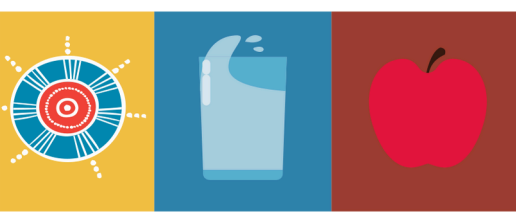
Healthy Eating: Right under your nose

"[**Right under your nose**](#)" is an episode on Little J & Big Cuz. Nanna takes the boys to the beach to catch fish and cook in a fire pit when the electricity goes out. There are educator resources available to download for engaging with and embedding Aboriginal perspectives, and pedagogies in early childhood environments.

Healthy Eating: Planting local food plants

Together, with children, families and communities, plant one or several local food plants. When planting, yarn about the country that you are on (e.g., Awabakal), what type of plant you are planting, how to care for the plant and the country which you are on, and what it means to local Aboriginal people and communities.

Refer to the accompanying guide for guidance on how to implement activities in your service.



Worimi artist, Lara Went
"The heart of a child"

Good for kids
Good for life

