Recognising Australia Day, Invasion Day and/or Survival Day

Participating in activities to celebrate Australia Day, Invasion Day and/or Survival Day may have significant meaning for children, families, services and communities. For example, participation in activities may promote a sense of belonging and identity or may form an important part of a healing journey.

The preference for recognising Australia Day, Invasion Day and/or Survival Day will vary between children, families and/or communities. As such, there are multiple ways to recognise this day. To understand the best way to recognise this day, work with your staff, children attending your service, their families and significant community members. Of particular importance is working with Aboriginal children, families and communities.

The Good for Kid's team have a couple of suggestions to recognise Australia Day, Invasion Day and/or Survival Day. These suggestions promote healthy eating and physical activity, and do so by embedding Aboriginal perspectives. The activities include:

Getting active during story telling time.
Read a book from Aboriginal and Torres Strait Islander authors, like **My Country** or **Awesome Emu**. There are always plenty of opportunities in books to encourage physical activities, like "dance with the lightning clouds" or 'run fast like dhinawan (emu).'

Planting local food plants.
Together, with children, plant one or several local food plants. When planting, yarn about the **country that you are on** (eg Awabakal). Encourage the children to care for the plants together, like watering and weeding. Use the activity as a basis to discuss other curricula activities during the year, like healthy eating, being water wise, physical activities and more.

Although these and other activities may seem symbolic, it is working in partnership with Aboriginal people that will help make activities feel authentic and meaningful.

Artwork: 'Heart of a child'
Worimi Artist Lara Went