

# Saying Sorry: Sorry Day May 26th



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Every year on 26 May, National Sorry Day marks the anniversary of the day, in 1997, when the [Bringing them home report](#) was first tabled at parliament. That report highlights the forced removal and treatment of Aboriginal and Torres Strait Islander people, known as the Stolen Generation.

National Sorry Day provides an opportunity to acknowledge the continuing trauma and loss, resulting from forced removals and mistreatment. National Sorry Day also provides an opportunity to focus on healing.

Early Education and Early Childcare services play an important role in sharing information relating to National Sorry Day. Perhaps it is sharing a story from one of the many age appropriate books available on the topic, or perhaps it is about talking about how some actions can hurt others and it is important to say sorry and recognise any hurt caused.

The Good for Kid's team have a couple of suggestions to acknowledge Sorry Day. These suggestions promote healthy eating, and do so by embedding Aboriginal perspectives. Remember to work with local Aboriginal people to ensure the following activities (or others) for National Sorry Day are authentic and have meaning.

## Activity 1 – Recognise Sorry Day

To recognise Sorry Day, your service might choose to do a number of activities from this [Healing Foundation activity sheet](#), such as:

- Establishing a yarning circle somewhere within your service
- Reflect on stories, songs and artworks using the 'I think, I feel' resources and worksheets

## Activity 2 – Explore food using traditional ingredients

Use a recipe from the [Feeding Your Mob](#) bush tucker tips recipe book in a planned cooking experience, or ask your service cook to add one to the weeks' menu. There are 13 recipes to choose from, each including bush tucker tips that allow you to experiment with ingredients used in Aboriginal food preparation.



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