

Respecting culture in Harmony Week

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Harmony Week is a week of cultural respect for everyone living in Australia, including the Traditional Owners and to others who have come from or descended from many countries around the world.

By participating in Harmony week activities, people can aspire to learn more about the multiple cultures that exist in Australia. For some services and communities, this may include exploring the historical context of Australia and how it came to be the nation it is today.

Orange is the colour chosen to represent Harmony Week, which signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Harmony Week promotional and educational resources are available [here](#).

To understand the best way to acknowledge 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 acknowledge Harmony Week. These suggestions promote healthy eating and physical activity, and do so by embedding Aboriginal perspectives. Remember to work with local Aboriginal people to ensure the following activities (or others) are authentic and have meaning.

Activity 1 - Hold a scavenger hunt

Ask children to bring in an item that represents their heritage and/or country. Ask children to draw their item and share a story with others about the item. Use the items for one or more scavenger hunts.

Activity 2 - Orange food and food plants

Include a curriculum activity that focuses on orange food and/or food plants. These foods could be local to the to the area and/or or brought in from other countries. Ask families to bring in the food item, plants and/or images of food that is significant to them. You may choose to display any images for a short period of time.



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