

Celebrating NAIDOC Week 2nd - 9th July

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National NAIDOC Week celebrations are held every year, from the first Sunday in July. NAIDOC Week celebrates and recognises the history, the culture and the achievements of Aboriginal and Torres Strait Islander people. NAIDOC Week is an opportunity for all Australians to learn about Aboriginal history and culture.

This year's theme is **Get Up! Stand Up! Show Up!**

The theme is encouraging all Australians to advocate for systemic change - environmental and heritage protections, institutional change, collaborative and cooperative reforms, and calling out racism. The aim is to move towards a relationship between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians based on justice, equity, and the proper recognition of Aboriginal and Torres Strait Islander peoples' rights. It is also a time to celebrate those people who have led change in the community.

The Good for Kids team have a few ideas on how you can recognise NAIDOC week in your service. 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 meaningful.

Activity 1. Aboriginal Food Diorama

Combine craft and culture with this activity where children make a diorama to represent the local environment, including animals, plants and water. Yarn with children about land conservation and caring for country practices. Invite an Elder or community member in to speak about local caring for country practices, including food collection activities. [Aboriginal food diorama \(vaeai.org.au\)](http://vaeai.org.au).

Activity 2. Hopscotch for the Mob

Replace the numbers in a hopscotch game with animal tracks. This activity is a great way to add Aboriginal culture to your daily Fundamental Movement Skills practice. [HOPSCOTCH \(vaeai.org.au\)](http://vaeai.org.au).

Activities sourced from the Victorian Aboriginal Education Association Inc.

[VAEAI – Victorian Aboriginal Education Association Inc.](http://vaeai.org.au)



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