

National Aboriginal and Torres Strait Islander Children's Day

4th August

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National Aboriginal and Torres Strait Islander Children's Day is celebrated annually on 4th August. Children's day is a day for all Australians to celebrate the strengths and culture of Aboriginal and Torres Strait Islander children. It is an opportunity to show support for Aboriginal and Torres Strait Islander Children and learn more about the role of culture, family and community in their lives.

This years theme is **'My Dreaming, My Future'**

The theme recognises that Aboriginal and Torres Strait Islander Children are born into the stories of their family, culture and Country, and will shape their own futures. This year encourages us to ask children what Dreaming means to them and what aspirations they hold for the future.

The Good for Kids team have a few ideas on how you can recognise Children's Day 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. Bush Tucker Walk

Go on a bush tucker walk, with community organisations and community members, including Elders. Take photographs of locally significant plants and create a story book about the walk with the children. You could use local language to name the plants and use the photographs to have conversations that promote healthy eating and literacy.

Activity 2. Obstacle Course

Visit a special or culturally significant place in the local community. Then develop an obstacle course at your service with input from the children to recreate their recollection of the visit. For example, Activity 1 could be jumping like a frog, Activity 2 may be standing strong and tall like a tree.

Click [here](#) for more information on the theme and how you might celebrate Children's Day at your service.



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