



National Sorry Day - 26th May

Background

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.

For more information visit: [National Sorry Day](#)

Physical Activity:

NSW (New South Wales) AECG language app

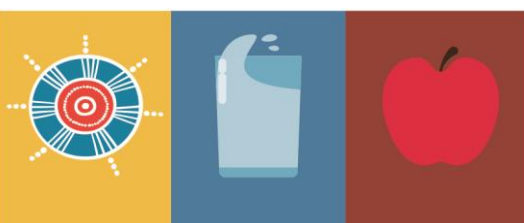


Download the NSW AECG language app. Using the language local to where you live, teach the children the Aboriginal word for various animals and ask the children to move around like that animal.

Healthy Eating: 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. Discuss the ingredients you are using and how they are connected to Country. Eg hens lay eggs on Country, lettuce grows in Country and more.

Refer to the [accompanying guide](#) for guidance on how to implement these activities in your service.



Worimi artist, Lara Went
"The heart of a child"

Good for kids
Good for life

