



Anniversary of National Apology Day

13 February

Background:

The anniversary of the National Apology marks 13 February 2008, when Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples. The apology gave special recognition to the Stolen Generations, who were taken from their families under past government policies.

These policies caused deep and lasting harm to Aboriginal and Torres Strait Islander people, their families, and communities. The apology recognised this harm and its ongoing effects, and was an important step toward reconciliation in Australia.

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

If you need some support at this time or know of any Aboriginal people who need support during this time, you can call 13YARN (13 92 76)

Physical Activity: Circle time stretches and breathing

Form a circle and invite everyone to stand or sit together. Explain that circles are important in many Aboriginal cultures because they represent connection, community, and coming together.

Guide the group through gentle stretches and simple yoga-style movements, such as reaching up, bending down, or slow breathing. Encourage children to move slowly and notice their breathing.

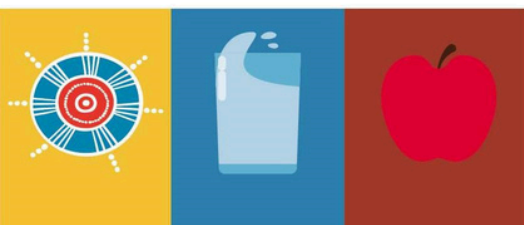
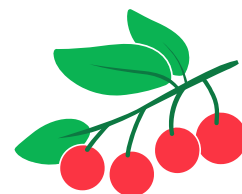
Talk about caring for ourselves and each other, listening with respect, and feeling connected as a group. Explain that these values are important in Aboriginal cultures and are also part of reconciliation.



Healthy Eating: Share a healthy snack together

Prepare a healthy snack using vegetables, fruit, or bush tucker (if available). Share the food while sitting together as a group.

Talk about the importance of sharing, taking turns, listening, kindness, and looking after each other, and making sure everyone feels included at the table. These are all values connected to reconciliation and respect.



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

Good for kids
Good for life

