

# National Sorry Day

## 26 May



### Background:

Each year on 26 May, National Sorry Day marks the anniversary when the *Bringing Them Home* report was first presented in Parliament in 1997. The report documents the forced removal and treatment of Aboriginal and Torres Strait Islander children and the ongoing impacts on families and communities. These children are known as the Stolen Generations.

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.

To find out more visit: [\*\*National Sorry 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:

NSW Aboriginal Education Consultive Group (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.

To find out more visit: [\*\*Aboriginal Education Consultive Group\*\*](#)

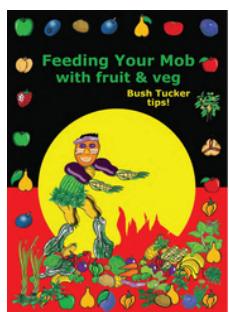


### Healthy Eating:

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 menu. Discuss the ingredients you are using and how they are connected to Country; e.g. hens lay eggs on Country, lettuce grows in Country and more.

To find out more visit: [\*\*Feeding your mob\*\*](#)



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

