



# National Reconciliation Week



## Background:

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. It is held each year from 27 May to 3 June.

## This year's theme is: \_\_\_\_\_

*The theme for National Reconciliation Week changes each year - add this year's theme above.*

Below are some activity ideas to help your service recognise National Reconciliation Week. You may also choose to adapt these activities to reflect this year's theme. To find out more visit:

[National Reconciliation Week](#)

## Physical Activity: Heads, shoulders knees and toes in language

Using local language in songs can support cultural learning and engage children to move their bodies. The link below will teach **“Heads shoulders knees and toes”** in the Awabakal Language of NSW.



## Healthy Eating: Right under your nose

**“Right under your nose”** is an episode from the animated *Little J & Big Cuz* television series. When the power goes off, Nanna takes the kids to the beach to catch a feed and cook it in a fire pit. Download resources from the series website to support the inclusion of Aboriginal and/or Torres Strait Islander knowledge, understanding and skills in your programs.

## Healthy Eating: Planting local food plants

Involve your local community and families in planting native bush foods together. As you plant, enjoy a yarn about the Country you are on (e.g. Awabakal), and share knowledge about local bush foods—how to care for them and their cultural significance to the Aboriginal community.

