



NAIDOC Week

National Aboriginal and Islander Day Observance Committee



Background:

National NAIDOC Week celebrations are held every year, from the first Sunday in July. NAIDOC Week celebrates and recognises the history, the culture, and the achievements of Aboriginal and Torres Strait Islander people. NAIDOC Week is an opportunity for all Australians to learn about Aboriginal history and culture. For more information visit: [NAIDOC Week](#)

Theme: _____

Date: _____

The theme and date for NAIDOC Week change each year. Add this year's theme and date above. Below are activity ideas to recognise NAIDOC Week, or you may like to adapt the activity inline with this years theme.

Physical Activity: Turi Turi (tur-i tur-i)

This skipping game Turi Turi was played by the Maidhargari children in northwest central Queensland and a similar game was played by Wogadj children in the Northern Territory.

- Have the children form groups of six
- Each group has two children holding each end of the skipping rope (turi turi)
- The turi turi is held low (ankle height) and swung slightly side to side
- Each child takes a turn jumping over the turi turi three times then runs to the back of the line
- Ask children to practice jumping side to side while waiting for their turn

Game is resourced from the [Yulunga Indigenous Traditional Games](#)

Healthy Eating: Aboriginal food plants

- Ask a local Aboriginal community member about a food plant that you can use in your program.
- Ask children to draw the food plant, talking about how it feels, smells, looks, and moves in the wind.

For more information go to: [Victorian Aboriginal Education Association Inc.](#)

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


NSW
GOVERNMENT