



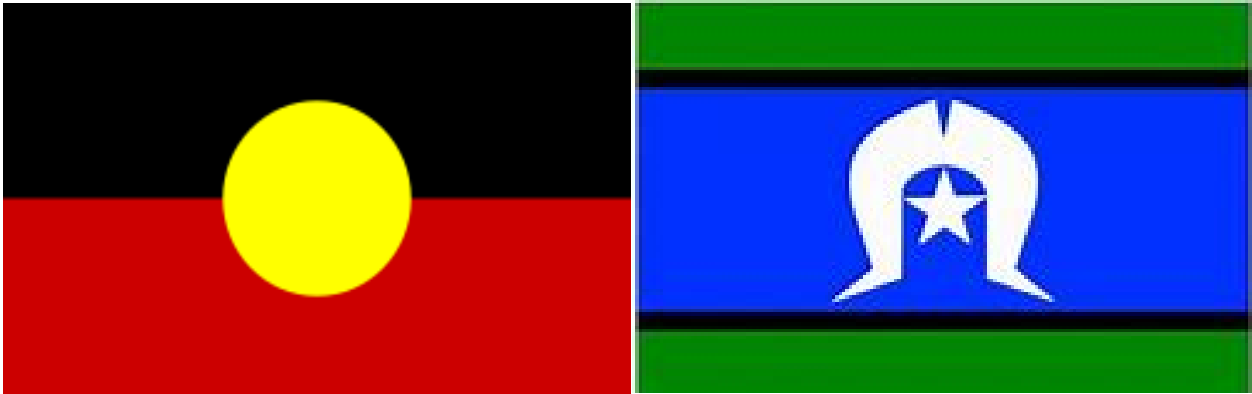
# ACTIVITY BOOK – NATIONAL RECONCILIATION WEEK

CHILD AND FAMILY CENTRES – *KIDS AND FAMILIES* PROGRAM



***Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly, as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples. We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.***  
(Source: Reconciliation Australia [nrw.reconciliation.org.au/](http://nrw.reconciliation.org.au/))

# Acknowledgement of Country to the Ngunnawal People



**Hello (Yuma\*) land –**

*Touch the land*

**Hello (Yuma\*) sky –**

*Arms to the Sky*

**Hello (Yuma\*) friends –**

*Open arms*

**And Hello (Yuma\*) me –**

*Hug yourself*

Thank you to the Ngunnawal People for letting us share your  
land and animals.

**\*Yuma means “hello” in Ngunnawal Language**

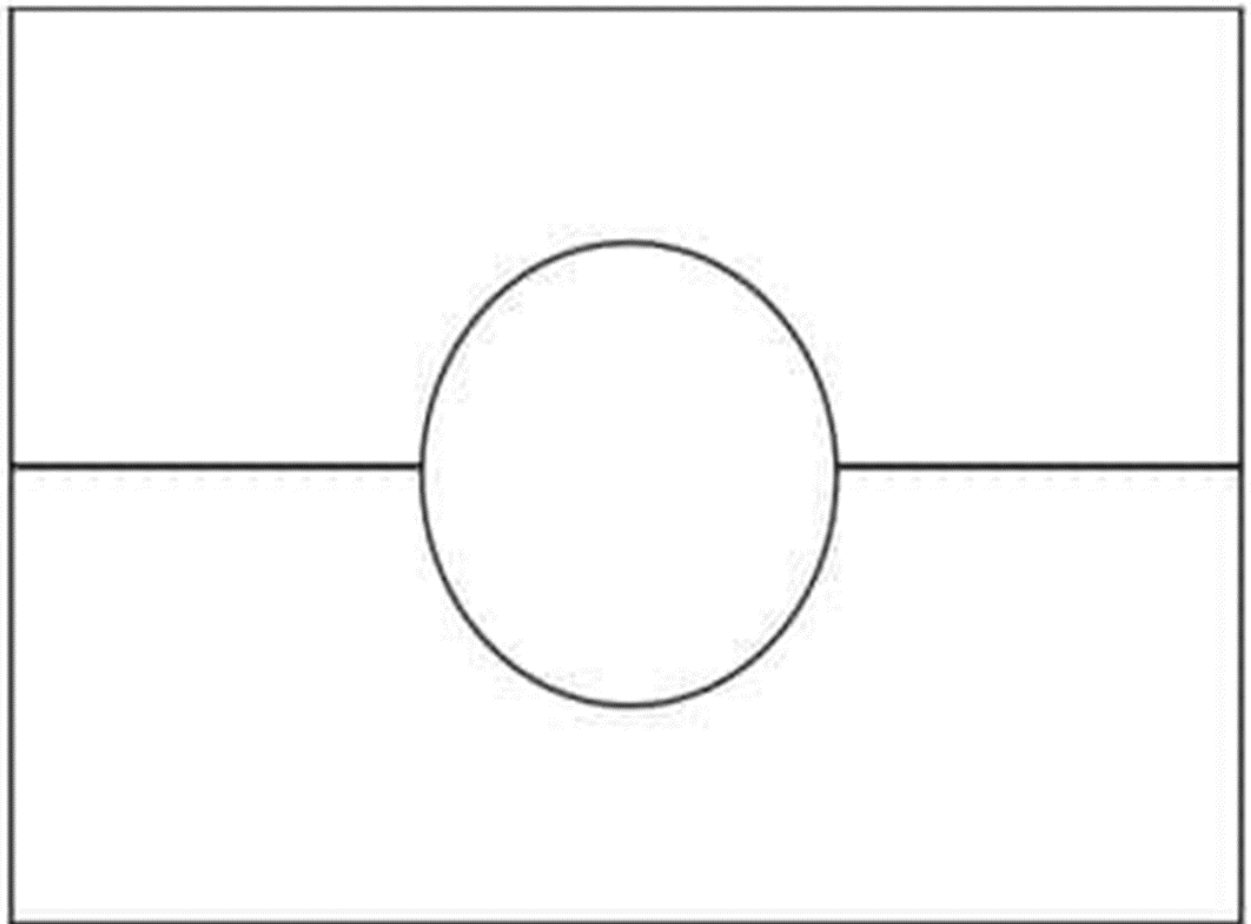
# The Aboriginal Flag

The Aboriginal Flag was designed in 1971 by Aboriginal Artist Harold Thomas, who is descended from the Luritja People of Central Australia.

- Black represents the Aboriginal people of Australia
- Red represents the ochre colour of the earth.
- Yellow represents the sun, the giver of life and protector.



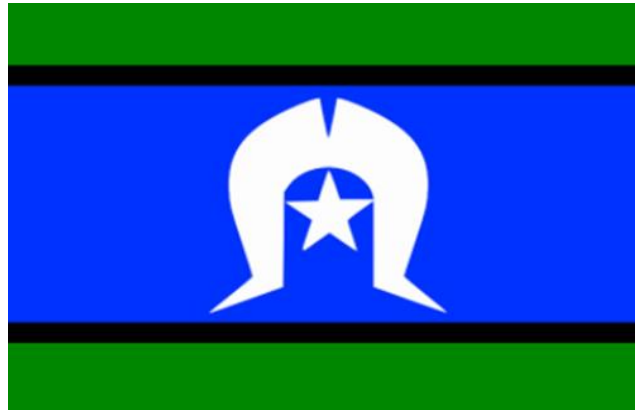
**Flag collage:** Tear or cut up old magazine paper, glue the paper onto the flag using the same colours in the flag. Take a photo of you with the flag and send it to the Child and Family Centre.



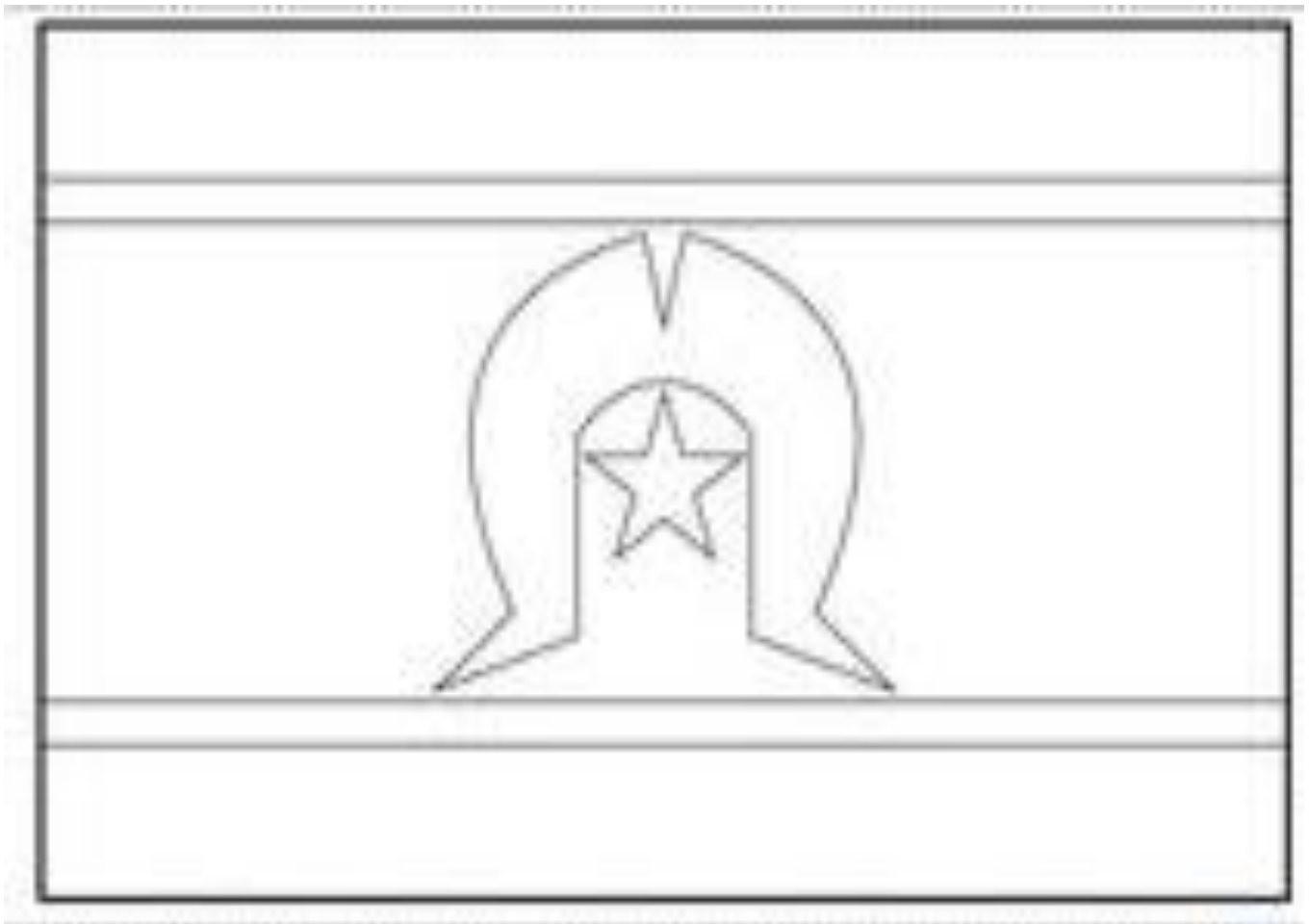
## Torres Strait Islander Flag

Each part of the flag gives meaning to the Torres Strait Island culture:

- Green represents mainlands of Australia and Papua New Guinea.
- Blue represents the colour of the Torres Strait Island waters.
- Black represents the people of the Torres Strait Islands.



**Flag collage:** Tear or cut up old magazine paper, glue the paper onto the flag using the same colours in the flag. Take a photo of you with the flag and send it to the Child and Family Centre.



## Painting Gum Leaves

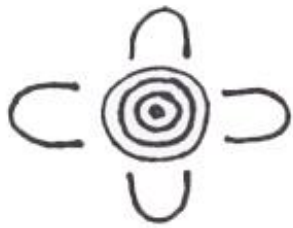


<https://www.sbs.com.au/nitv/article/2016/12/22/fun-australian-christmas-activities-kids>

1. Collect some big gum leaves from around your house or at the park. For the best result use dried leaves.
2. Paint the leaves using acrylic paint with paint brushes (you can use the end of the brush to create dots).
3. Laminate them for bookmarks and give them as a gift.

# Draw a map using the Aboriginal symbols below:

## Aboriginal Symbols



People Sitting



Animal Tracks



Sandhill



Rain



Honey Ants



Spears



Woomera



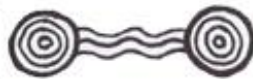
Shield



Emu



Bush Tucker



Waterholes & Running Water



Boomerang



Kangaroo Tracks



Tracks/Waterholes



Meeting Place



Campsite/Waterhole



Hunting Boomerang



Coolamon



Digging Sticks



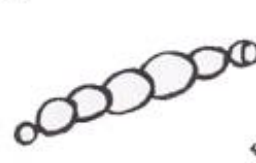
Woman



Man



Person



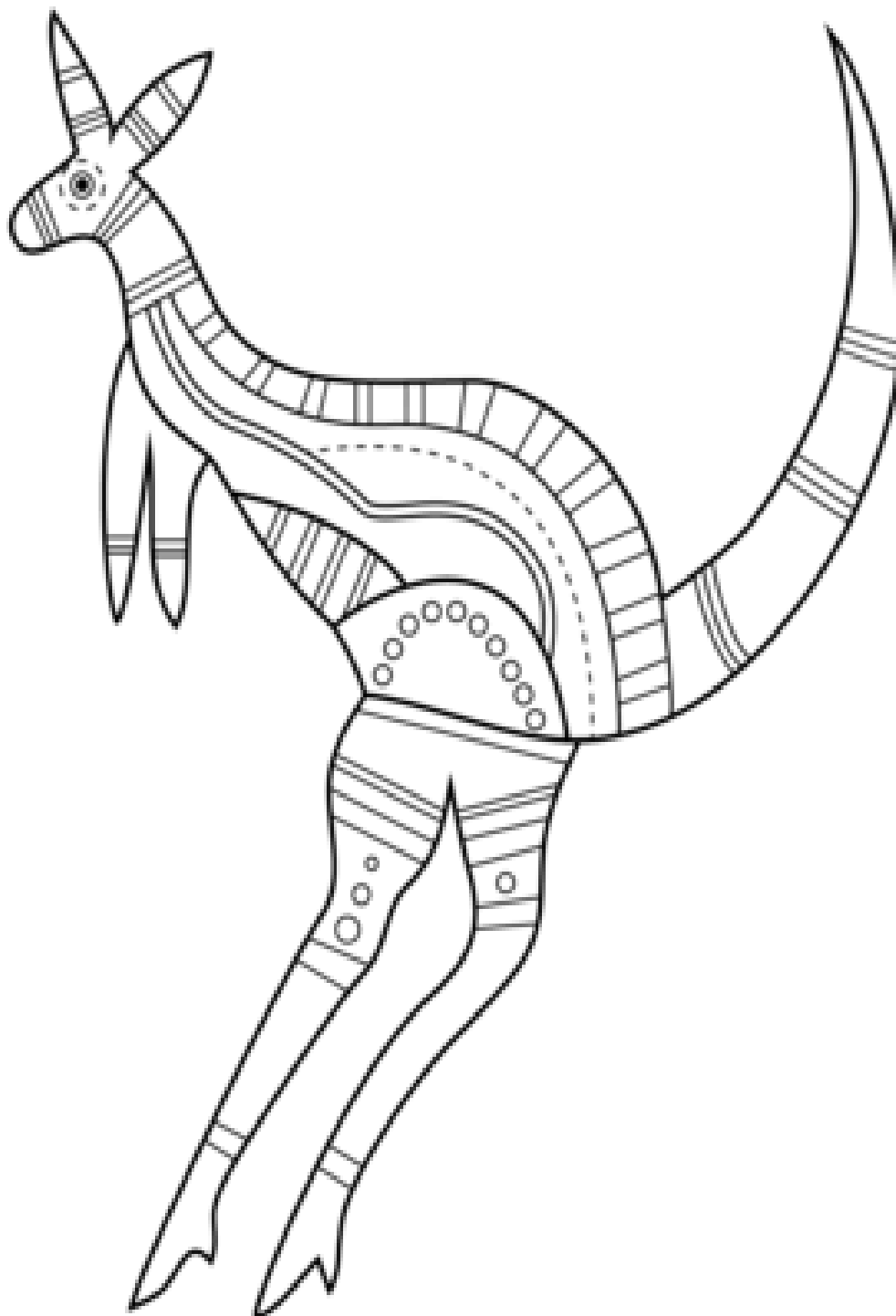
Witchetty Grub



Goanna

<https://www.aboriginalartshop.com/>

Hello kangaroo! What great jumping you do...



<http://www.supercoloring.com/coloring-pages/aboriginal-kangaroo>

## Bush Muesli Bars

**Prep time:** 15 Minutes

**Cook time:** 15-20 Minutes

**Bushfood ingredients:** Macadamia nuts, wattle seed

### Ingredients:

- 1 cup of rolled oats
- 1 cup muesli
- ½ cup dried apricots, diced
- ½ cup raw sugar
- ½ cup self-raising flour
- 1 tablespoon honey
- 1 tablespoon wattle seed
- 150g melted butter



**Optional – macadamia nuts**

### Method:

1. Heat oven to 160 C.
2. Place all the dry ingredients together into a large bowl and mix well.
3. Melt honey and butter together.
4. Make a well in the centre of the dry mixture and add the butter and honey and mix together.
5. Pour into a greased slice tray.
6. Bake in the oven until golden brown.
7. While still warm gently cut into slices with a sharp knife and leave in tray to cool.

**ENJOY your delicious bush muesli bars – yum!**

Recipe by Heather Salter from Treetops Guesthouse in Western Australia. <https://www.outbackchef.com.au/recipes/bush-muesli-ba>



## Seed Patterns

Gather a range of grains, legumes and seeds (like poppy seeds, sunflower seeds, pepitas, corn kernels, star anise, chickpeas, lentils or pine nuts) and arrange them in separate bowls or containers.

Get some playdough and flatten it out, either with a rolling pin or with your hands.

Your child can then press the grains, legumes and seeds into the flattened play dough and make patterns.



## Make a Spiral Snake



1. Decorate the template on the following page with pencils or textas.
2. Once the snake has been decorated, using scissors cut along the the solid black lines.
3. Use a hole punch to put a hole in the tip of the snakes tail and tie string onto the hole.
4. Hang your snake by the string.



Aboriginal art is one of the oldest art forms. The Aboriginal people would mix crushed ochre, water and animal fat to make these hand stencils. The lower stencils were children's and were made when they were very young. The higher up the stencils, the more of the wrist and arm appeared and the more important the person was. Only the Elders had a stencil of their entire forearm on the rock wall.

### **Materials**

To make your Aboriginal Hand Stencils, you will need:

- Water colour liquid paint – ideally brown, red yellow and orange.
- Water
- Spray bottles
- Thick paper or card

### **Method**

1. Place some watercolour liquid paints in your spray bottles. Add a small amount of water, place the lid on tight and shake to mix.
2. Place your hand onto the paper and spray a couple of times.
3. Carefully move your hand around the paper, spraying in different colours as you go.
4. Once you have done one handprint, lift your hand, wipe off the excess paint, (or this will run onto your page) and place your hand down on another part of the paper and spray again.
5. Continue until your page is covered with colourful hand stencils.

## Wattle Seed Pancakes

### Ingredients:

- ½ cups of milk
- 1 egg
- 1 tsp vanilla
- ¼ tsp bi-carb soda
- 2 tbsp sugar
- 1 tbsp wattle seed – finely ground



### Method:

1. Mix in a pouring jug the egg, vanilla and milk.
2. Sift the flour, wattle seed and bicarb into a bowl then stir in the sugar.
3. The best way to mix the two together is to make a well in the centre of the flour mixture then add the milk mixture and whisk until combined.
4. You might want to add some more milk at this stage if you feel that the mixture is too thick and if you would prefer a thinner pancake or a crepe that you can fold over.
5. Heat a large, non-stick, frying pan and add approx. 1 teaspoon of butter to cover the pan, then add approx. 1/2 cup of pancake mix, leave until bubbles form on the surface of the pancake then flip over and cook.
6. When you have a stack of pancakes serve them with your favourite fruits, berries yoghurt, cream or anything yummy.

<https://www.outbackchef.com.au/recipes/pancakes-with-wattleseed/>

What colours will you use for this snake?

