

NAICD Children's Activity Kit



Dear friends

For National Aboriginal and Islander Children's Day 2007 SNAICC is providing this Children's Activity Kit. The aim of the kit is to assist services by providing materials for them to involve their children in positive enriching activities.

This year's theme is: **Raise Children Strong in Culture - Pathways to Healing and Revival.** SNAICC encourages everyone with some role in raising Aboriginal and Torres Strait Islander children to raise them strong in their Aboriginal or Torres Strait Islander culture. Communities and families that raise their children strong in culture create many pathways to healing and revival.

We encourage all services, carers, schools and groups to use these activities in their work with children. Note that some activities may not be suitable for all children. You should select and use activities that are most suitable to the children that you are working with. Be mindful of what is happening in the child's life when choosing activities.

Happy National Aboriginal and Islander Children's Day.

Carmen Isherwood
NAICD Project Officer

ABORIGINAL HAND PRINT

The Aboriginal flag is very important to Aboriginal people all over Australia. It has been flown since the 1960s. When looking at the Aboriginal flag, there are three colours.

The top half is black and represents Aboriginal people from all over Australia.

The bottom half is red and represents the land "Our Mother Earth".

The yellow circle in the middle of both colours represents the sun "The Renewer of Life".



- A4 paper
- Red paint, yellow paint, black paint
- Thick paint brushes
- Paint containers



Paint the child's hand using thick paint brushes.

The top half of the hand is black and the bottom half including the thumb is red.



Place child's hand on the A4 paper and press down.

Lift up and the hand print will be on the paper.



Place a yellow dot in the middle of the hand.

Children can also dot paint around the hand to be more creative.

ABORIGINAL HAND PRINT ON A PAPER PLATE

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- Red paint, yellow paint, black paint
- Thick paint brushes
- Paint containers
- Paper plate, stapler or tape
- Crepe paper (red, black and yellow) cut into strips



Paint the child's hand using thick paint brushes.

The top half of the hand is black and the bottom half including the thumb is red.



Press the hand down in the middle of the paper plate.

When lifted, place a yellow dot of paint in the middle.

Paint around the edges with the thick paint brush making strokes.

Cut crepe paper of red, black and yellow into strips, 2cm wide and 30cm long and staple to the bottom of the plate.

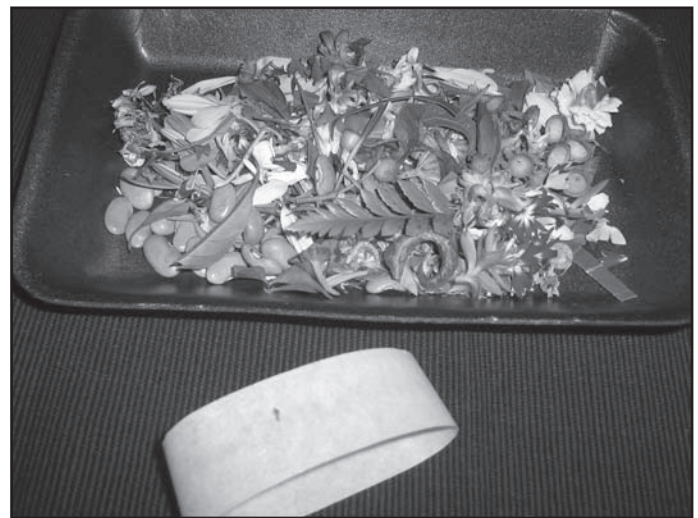
NATURE BRACELET

Aboriginal and Torres Strait Islander women spend many hours gathering natural materials such as seeds, nuts, shells and flowers from the bush to make traditional jewellery.



WHAT YOU NEED:

- Masking Tape
- Small seeds
- Small fern leaves
- Small flower leaves
- Small flowers
- Pot pourri
- Beans
- Small shells
- Flat containers to put the resources in



Cut up the leaves and flowers into small pieces.

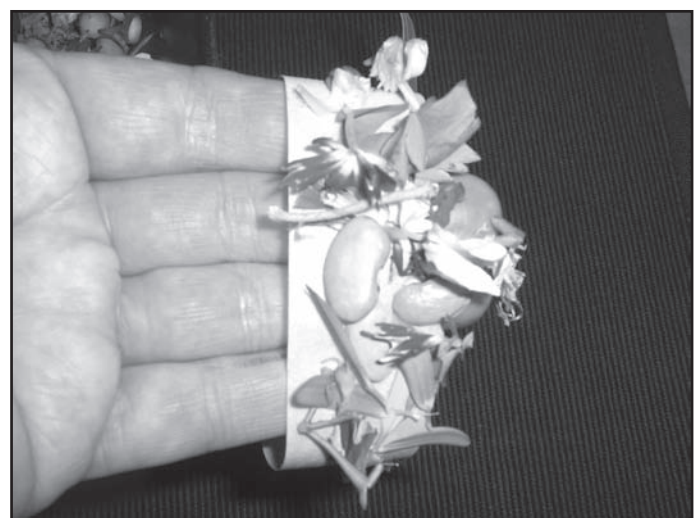
Mix them all around with the other natural materials.

With the masking tape, measure around the child's wrist and cut a piece making it a little larger to fit over hand. The tape needs to be sticky side up.



Children can now decorate their tape with the natural materials.

Encourage children to pick up small pieces at a time and place on sticky side of tape.



When complete the children will have a lovely natural bracelet.

This can also be done for a necklace.

SHAKER

Using red, black and yellow paint represents the colours of the Aboriginal Flag.

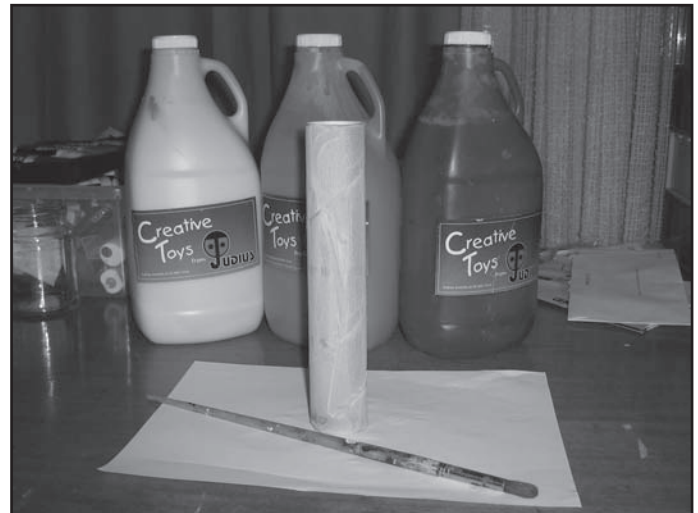
Black represents Aboriginal people from all over Australia.

Red represents the land "Our Mother Earth".

Yellow represents the sun "The Renewer of Life"



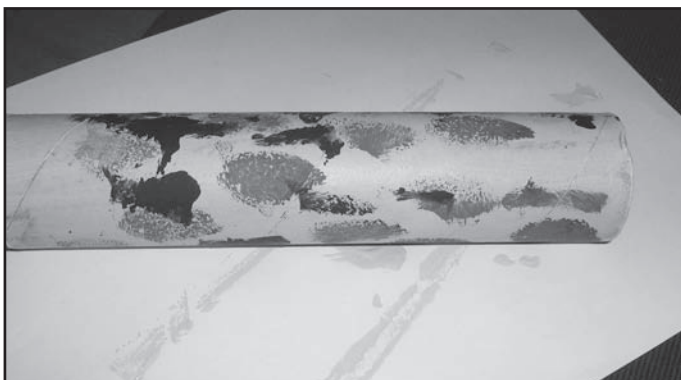
- Lunch wrap roll
- Red paint, yellow paint, black paint
- Thick paint brushes, paint containers
- Stapler or glue
- Crepe paper (red, black and yellow) which needs to be cut into strips 30cm long and 2 cm wide
- Wool or string



Using a thick paint brush,, paint the lunch wrap roll yellow and let dry.

Stand the lunch wrap up to allow it to dry.

While waiting, cut the crepe paper into strips.



When dried, use a thick brush and splatter or dab paint over the lunch wrap tube.

Children can decorate it with stripes, dots or other designs.



When dry, staple the crepe paper strips to one end of the tube.

When finished, punch two holes at the top of the tube and thread it with string or wool. Tie the yarn together and help your child hang it on a tree or pole outside.

ABORIGINAL FLAG USING CREPE PAPER

Using red, black and yellow paint represents the colours of the Aboriginal Flag.

Black represents Aboriginal people from all over Australia.

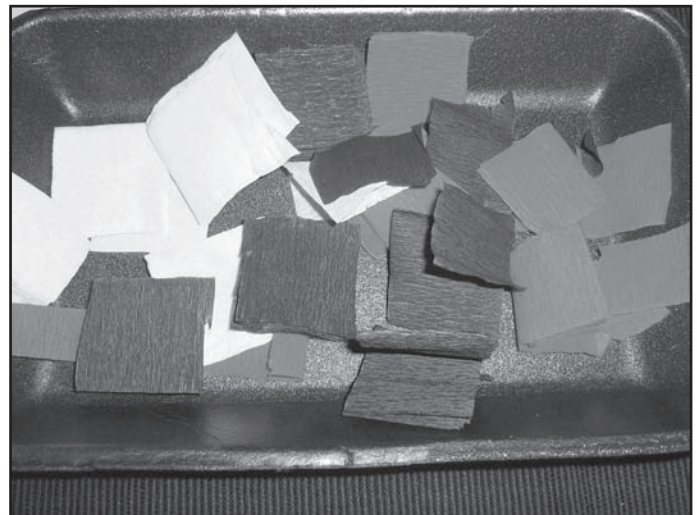
Red represents the land "Our Mother Earth".

Yellow represents the sun "The Renewer of Life".



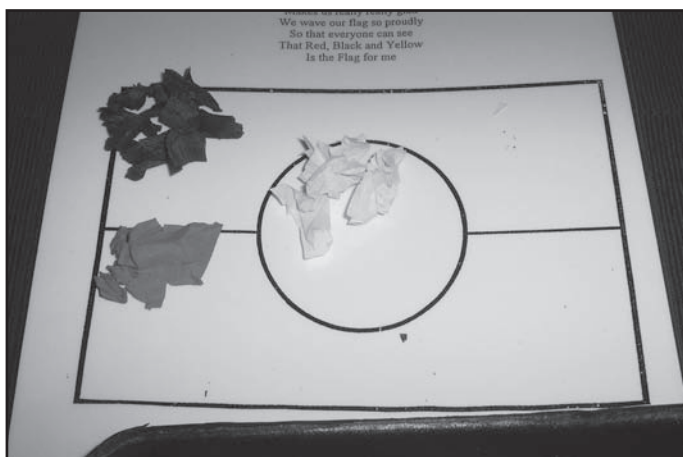
WHAT YOU NEED:

- Template of Aboriginal flag (supplied)
- Crepe paper of red, black and yellow
- Craft glue and scissors
- Paint Brush for the glue



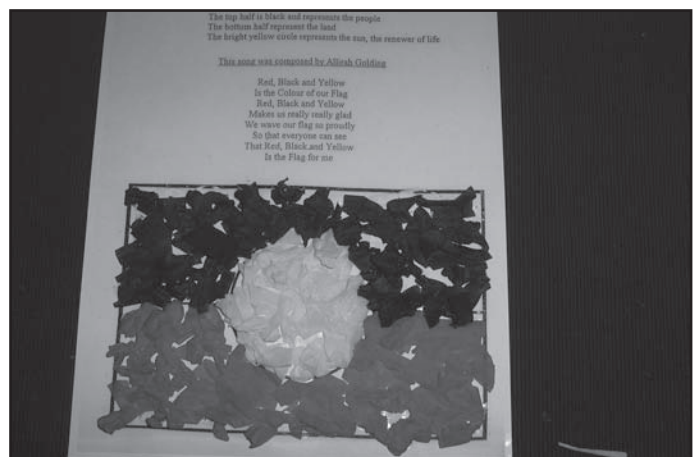
Cut the red, black and yellow crepe paper into 3-5cm squares.

Place the squares into flat containers.



Place small amount of glue onto the template. This can be done using a brush to make it easier.

With the scrunched up crepe paper, place it on the template in the right areas of the flag. Continue doing this until it is fully covered.



This is the final product.

Alternatively, children can cut the flag out and stick it to a small branch or attach to a length of string with tape and put them across the room.

ABORIGINAL FLAG

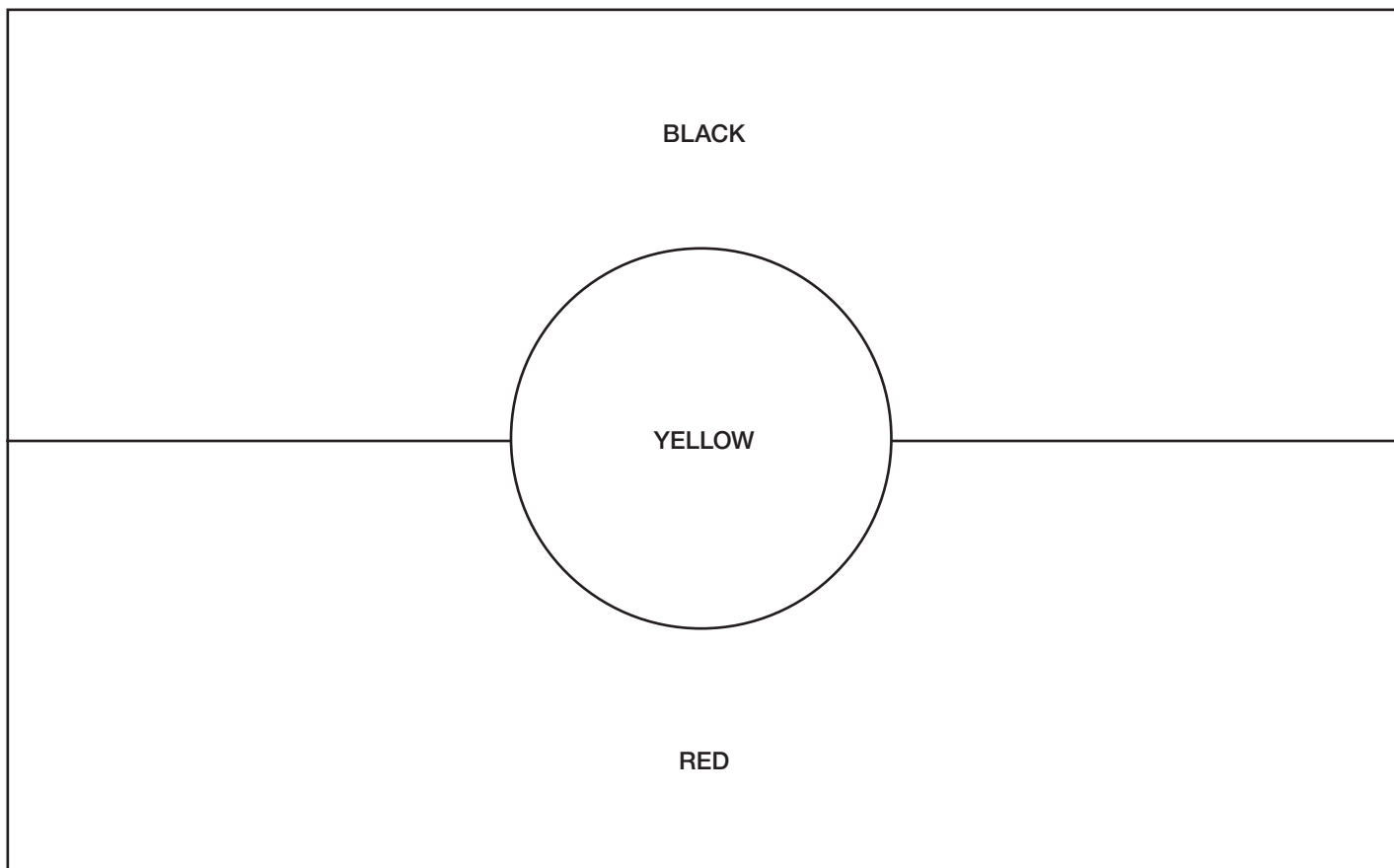
The top half is black, representing the Aboriginal people of Australia.

The bottom half is red, representing the land we live on.

The circle is yellow, representing the sun, the re newer of life.

This song was composed by Allirah Golding

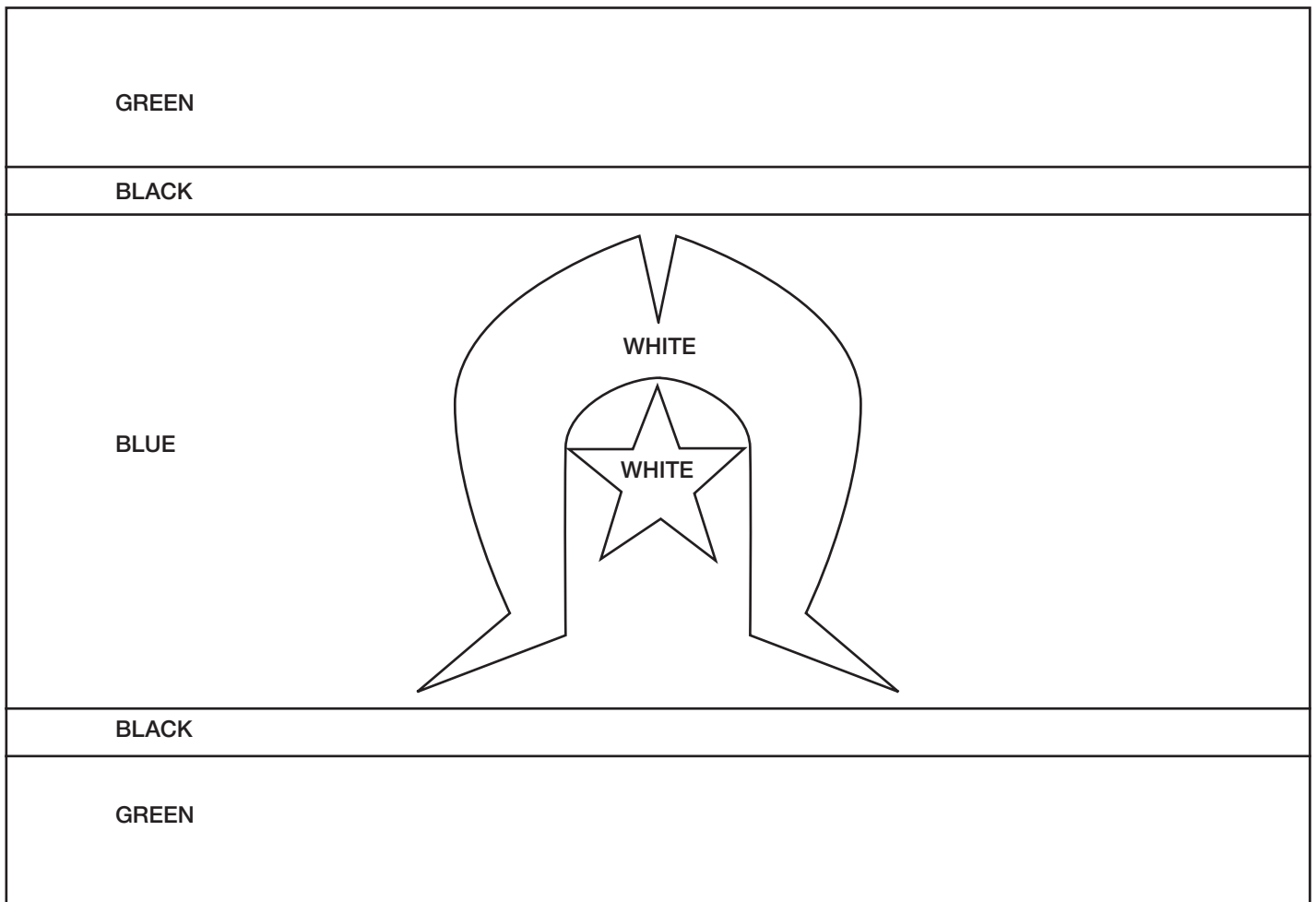
Red, black and yellow
Is the colour of our flag
Red, black and yellow
Makes us really, really, glad
We wave our flag so proudly
So that everyone can see
Red, black and yellow
Is the flag for me



TORRES STRAIT ISLANDER FLAG

The Torres Strait Islander Flag represents unity and identity of all Torres Strait Islanders. The design was created by the late Bernard Namok of Thursday Island.

The colours of the flag are: green horizontal stripes at the top and bottom of flag – representing the land, two black horizontal stripes – representing the people, blue horizontal stripe in the centre – this represents the sea, a white dhari (headdress) positioned in the centre of the flag – this represents the people and finally a five pointed star situated underneath the headdress – the star represents the five island groups.



DIDGERIDOO

The Didgeridoo is usually made when a branch of a tree has been naturally hollowed out by nesting termites. The Didgeridoo is traditionally played in ceremonies and is a male's playing instrument only.



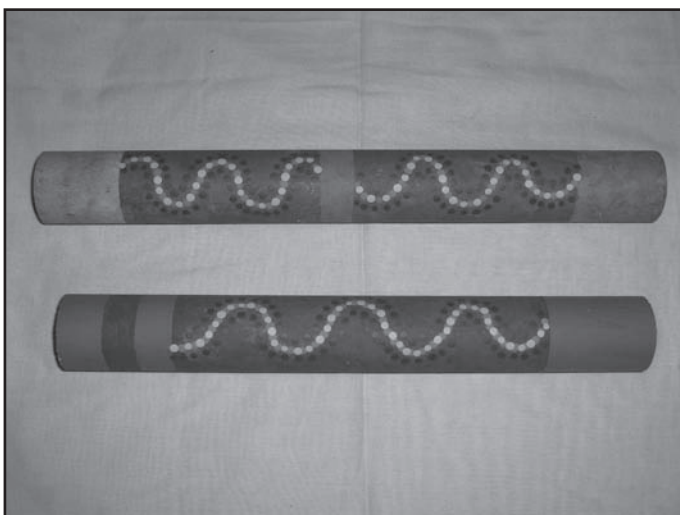
WHAT YOU NEED:

- Lunch wrap rolls or
- Plastic tubing
- Paints
- Cotton buds or thin sticks
- Paint brushes
- Egg carton to put the paint in



Paint the lunch wrap roll or plastic tube brown and let dry.

You can then paint the ends or the middle a different colour and let dry.



Decorate the roll, using strips, or dots as shown in the picture.



When completed, play some Aboriginal music and boys can blow into the Didgeridoo and the girls can partake by using tapping sticks.

WEAVING ON CARDBOARD

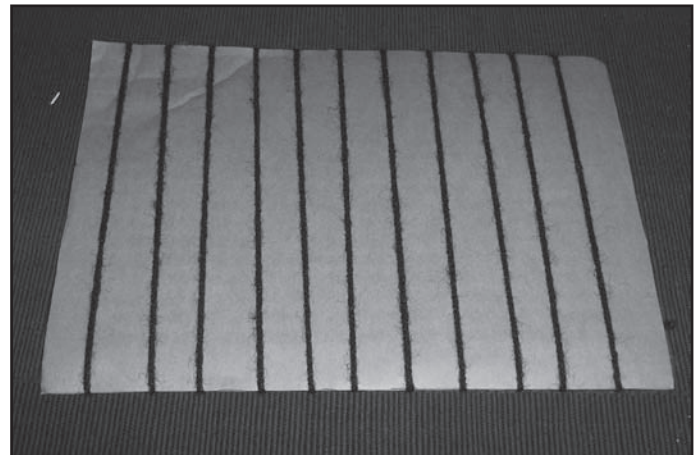
Aboriginal and Torres Strait Islander People weave natural materials such as vines, bark, hair, fur and feathers.

They would take great care and time in making baskets, mats, bags and fishing nets.



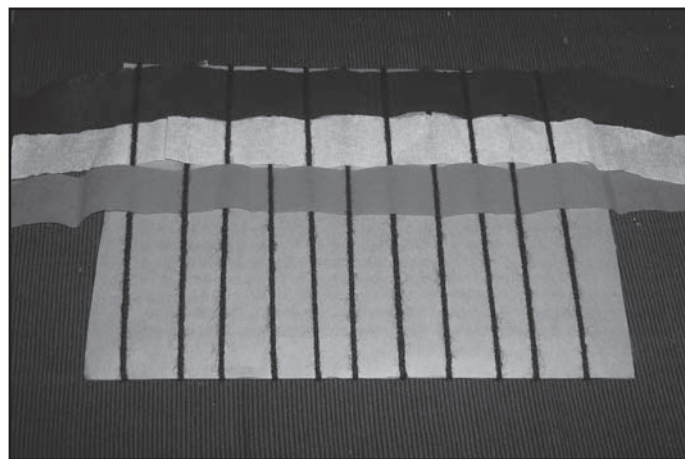
Cardboard square can be made to any size depending on the children's ability. Usually 25 x 20 is a good size.

- Red, black and yellow crepe paper cut into strips (2 cm longer than the cardboard width)
- sticky tape
- stapler
- glue
- thin leaves, sticks, feathers, shells, flowers and wool.



At the back of the cardboard, sticky tape the wool, then start to wind it around the cardboard as shown until you come to the other end. When completed, tape down with sticky tape.

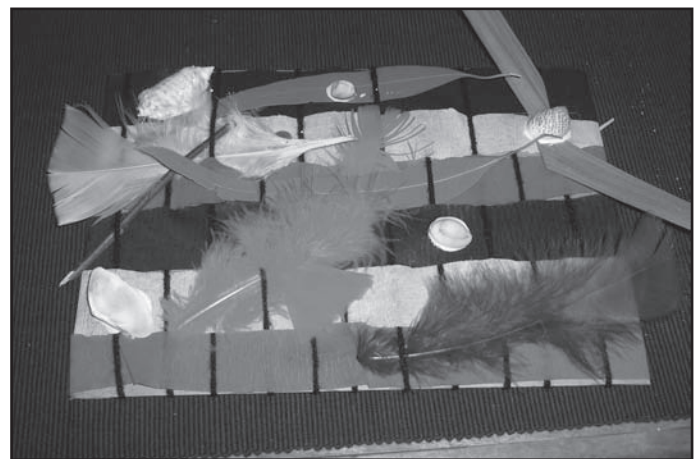
If children are having trouble with weaving, make the wool further apart. For children more advance add more wool to make it harder to weave.



Children can now start to weave, going under and over the wool.

Starting with black crepe paper, then yellow and then red, continue until the cardboard is completed.

Turn the cardboard over and tape the edges to the back.



Decorate by using the natural materials collected. Weave through the wool. Small shells and stones can be glued on.

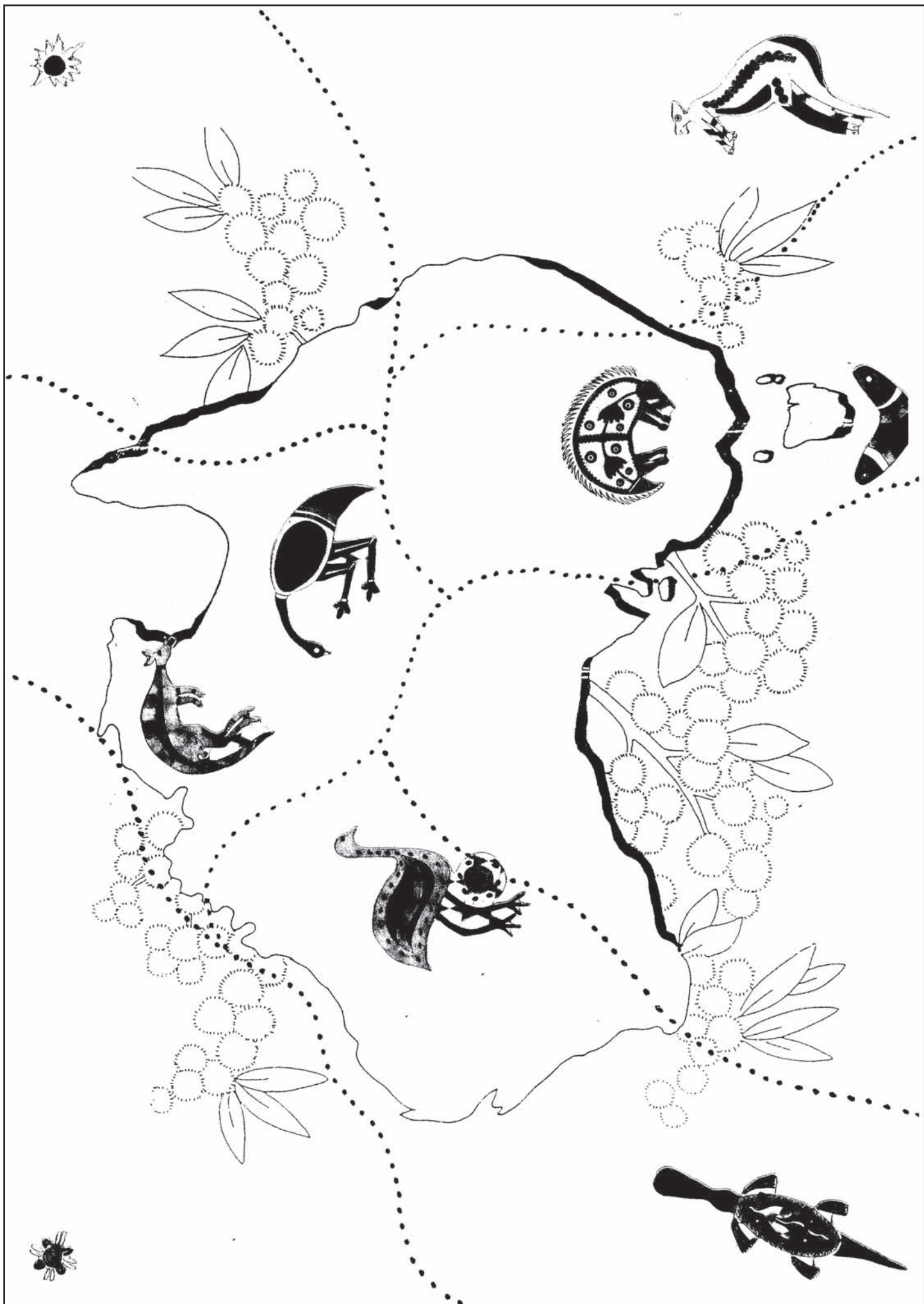
When completed, you can make two holes at the top of the cardboard and tie it up with wool and hang up.

TEMPLATE FOR JIGSAW

WHAT YOU WILL NEED:

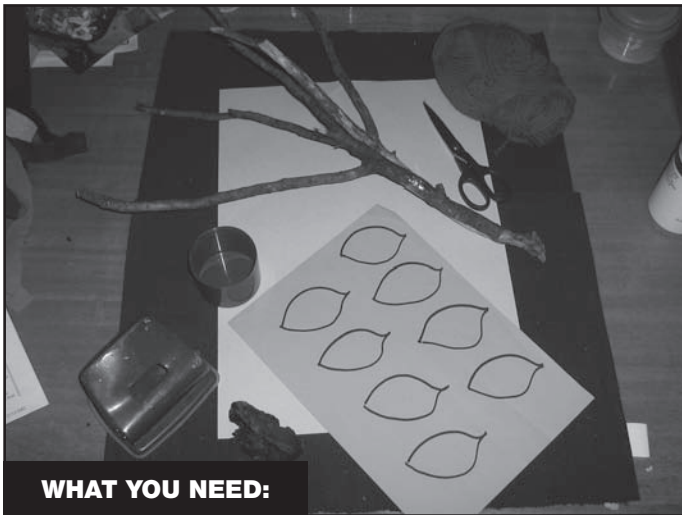
- a copy of the template (please see the jigsaw template on following page)
- colouring in pencils/textas
- cardboard,
- scissors
- glue.
- some hairspray to spray over the cardboard lightly to seal.

Children can colour in the template, adding other Aboriginal designs if they desire. When completed, glue onto cardboard and let dry. When dry, cut along dotted lines and you now have your own jigsaw. This type of jigsaw can also be put onto ply board. Other pictures such as photos or drawings can be done in the same way.

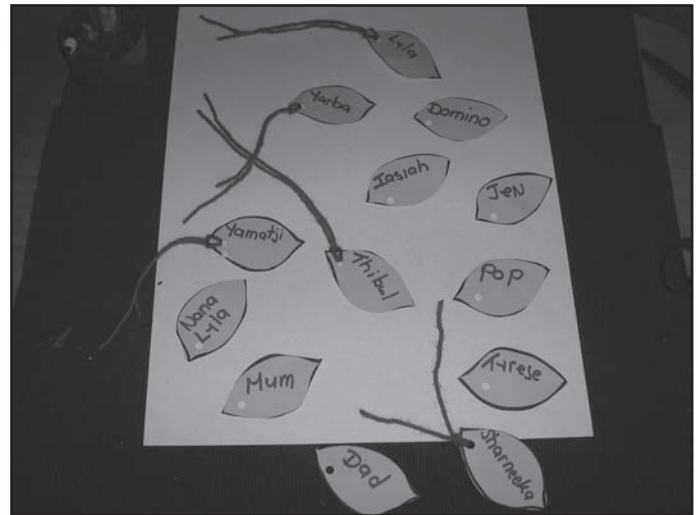


FAMILY KINSHIP TREE

The family kinship and extended family is an important part of Aboriginal and Torres Strait Islander culture. It is a time where children learn who they are related to, a time to be proud of where they belong in their community.

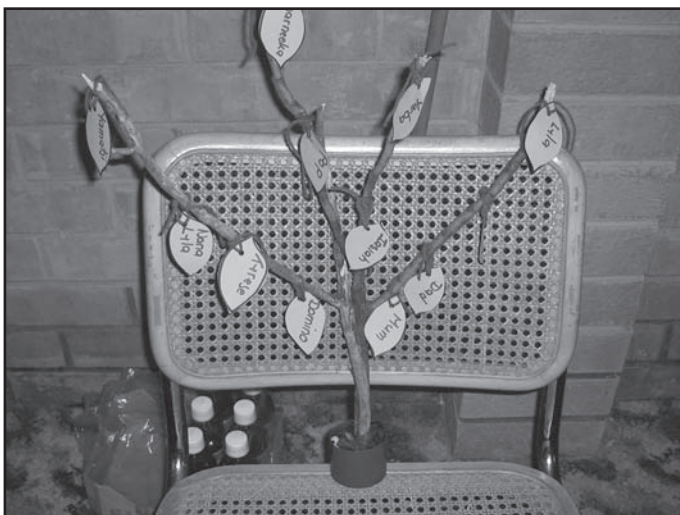


- A twig with many branches
- Green paper – make shapes of leaves on it
- Textas, scissors, wool, a hole punch, paper cup, lump of play dough or plasticine



Cut out leaves from the green paper, big enough to place family members names on it. More leaves the better.

Punch a hole at the end of the leaves and tie with wool.



Place the play dough in the cup and then press the twig down firmly.

Place the leaves starting from the child name on the top branch, down to the grandparents.

Tie each leaf securely with the wool.

WEAVING ON A BRANCH

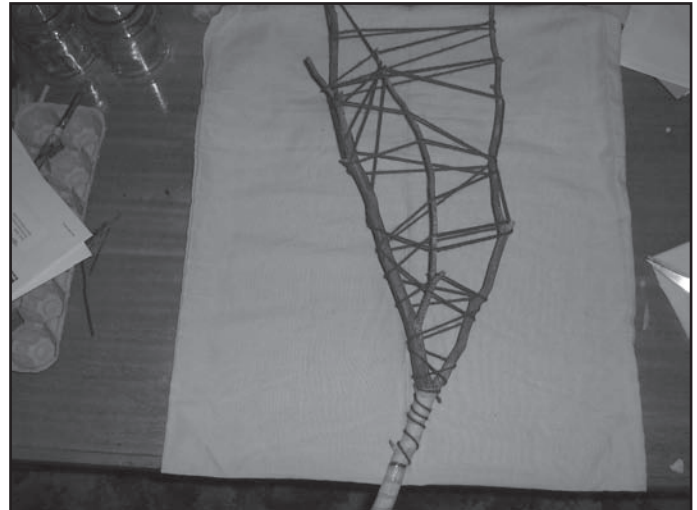
Aboriginal and Torres Strait Islander People weave natural materials such as vines, bark, hair, fur and feathers.

They would take great care and time in making baskets, mats, bags and fishing nets or decorations that they could wear or hang up.



WHAT YOU NEED:

- A twig with many branches
- Wool, scissors, collections of natural materials including feathers, long grasses, leaves, flowers, shells, beads, crepe paper



Use strips of crepe paper to wrap around the stem of the twig or branches.

Tie the wool to one part of the branch starting from the bottom and continue weaving making sure it stays firm.

When there is enough wool, tie it off.



Start to decorate with the natural resources, weaving in and out of the wool.



When completed, children can hang these from trees or they can be put on the ceiling using lengths of wool.

Another suggestion is they could be placed in a paper cup that has some play dough in the bottom.

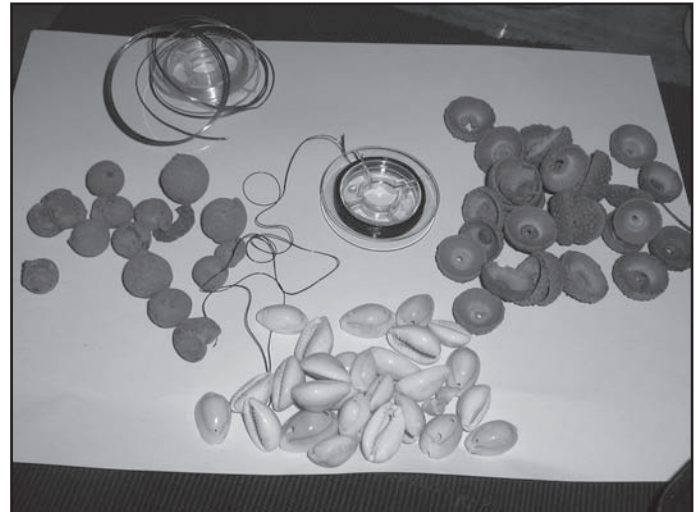
JEWELLERY MAKING

Aboriginal and Torres Strait Islander People make jewellery out of natural materials, such as seeds, beans, bones, feathers and shells. Today some of the decorations are made from plastic beads in red, black and yellow. These three colours represent the colour of the Aboriginal flag



WHAT YOU NEED:

- A collection of red, black and yellow beads, earthy colour beads, nuts, seeds and shells
- Thin elastic or wire



Encourage children to be creative, making a pattern with their natural resources as they place thread the wire or string through the pieces.



Many patterns and designs can be made using the natural materials of the bush.

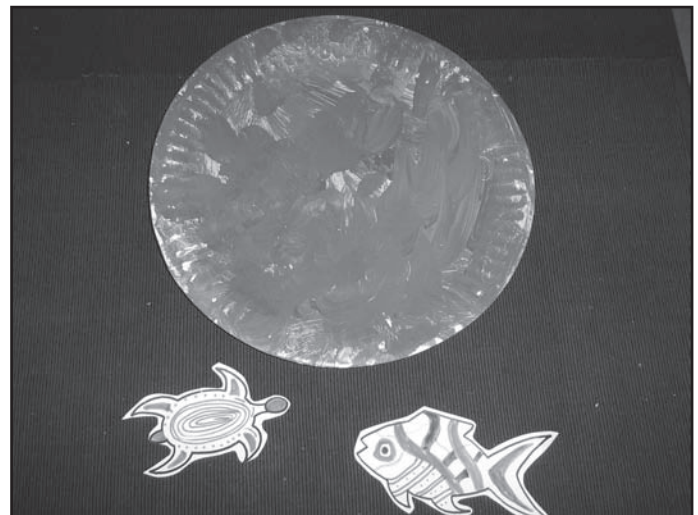
Children can learn to mix and match, plain beads can be painted.

ENVIRONMENTAL PLATE

When telling Dreaming Stories this type of activity can be adapted to any story. An environmental plate reminds children of the beauty and creation of our land and the importance of caring for our animals.



- Paper plate
- paint and paint containers, (use blues, greens and yellow paint)
- tectas
- template of animal (depending on the story you are telling)
- paint brushes and glue
- Natural resources such as leaves, sticks, stones, ferns, flowers, seeds, sand (the resources must be very small)



Paint the paper plate in blues, green and yellow paint, make sure the paint is very thick.

While the plate is drying slightly, colour in the animal templates.



Decorate the plate with the natural materials by spreading glue across the page. Sprinkle the sand across the paper plate lightly then add other natural materials. You may need more glue as you place the materials on the plate.

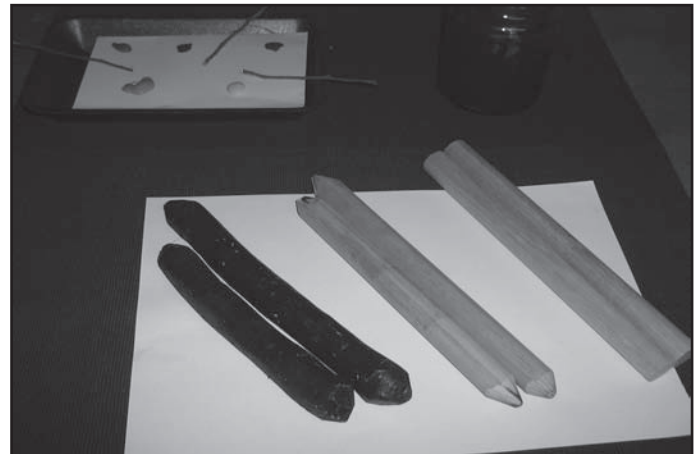
This type of plate can be done with any story told to the children. It can also be done just to explain about the natural environment.

CLAPPING STICKS

Clapping sticks are also known as music sticks or tapping sticks and are made of wood and decorated by burnt wire markings or paintings. Two sticks are tapped together to provide a beat. They can come in many sizes and both male and female may use them



- Variety of coloured paints
- Paint brushes
- Thin sticks for dot painting
- Lengths of dowel
- Egg Carton to put the paint in
- You can purchase dowel from hardware shops. You can even try looking for smooth branches



Paint the dowel in a plain colour such as a variety of browns or black or try mixing the colours for a wood look.

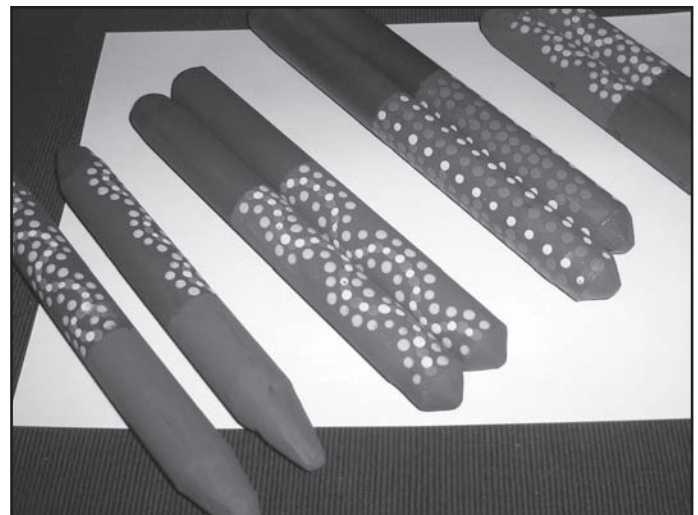
You can also paint one half one colour and the other half another colour.

If someone has a grinder, the edges could be shaved off to make it pointed.



To make it easier for painting, paint most of the sticks, and then place into the bottom of an egg carton to dry.

When dry turn them upside down and finish painting the other end.



When the sticks are dry, you can decorate the sticks by drawing on designs.

To help children make designs, you can use a pencil marking the sticks, and then paint the pattern over. This will make it easier for children to follow a pattern.

DAMPER MAKING

Traditionally, dampers are made from the seeds of native grasses and shrubs. The damper is cooked under the ashes, covered in hot coals

Damper can be made out of flour and water and cooked in the oven and the taste is similar.



- Oven pre heated to 350F or 180C
- 2 cups SR Flour, 1 cup Plain flour, 1 tsp salt and water to mix.
- Bowl, wooden spoon, tray and a floured board
- To make a larger one just add more flour and more water.
- You can also try adding sultanas or herbs for a different taste

Place flour and salt in a mixing bowl and mix, with your fingers or wooden spoon. In the middle of the mixture, make a well and pour a little water at a time, until the mixture is firm dough.

Place the dough onto a floured board and continue to knead the mixture until it is smooth and round. Place on a lightly floured tray and press down slightly. Place on top shelf in oven for 10-15 minutes then turn it over for a further 10-15 minutes.



Damper should be golden brown in colour and sound hollow when you tap on it.

Break the damper into chunks and spread with butter and favourite topping such as honey, golden syrup, jam or vegemite.

It is best eaten warm.

WEAVING

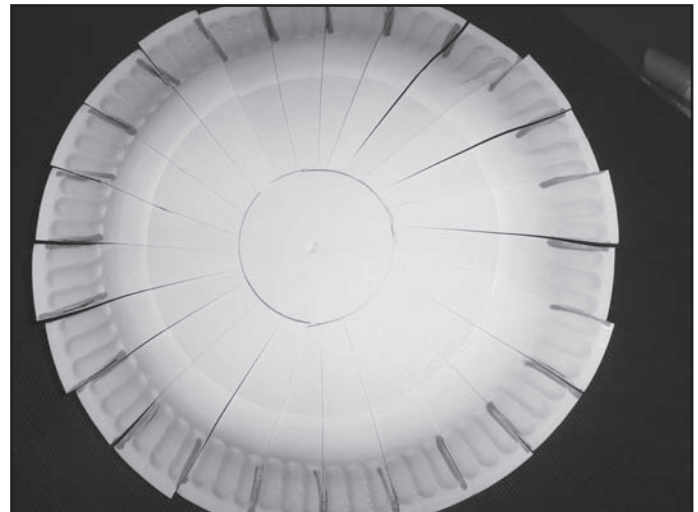
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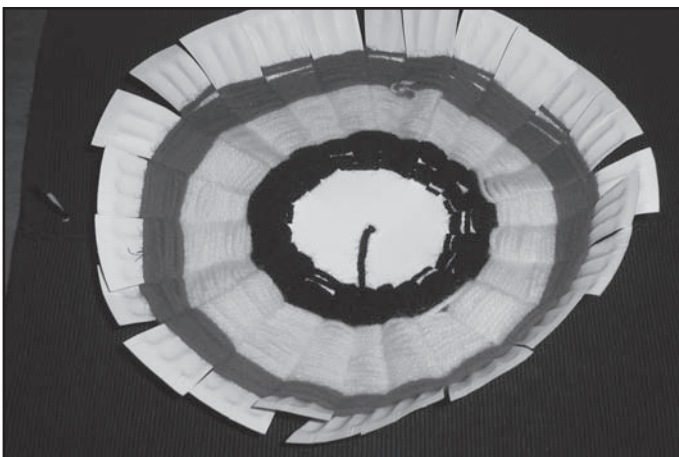
- Paper Plate
- Scissors
- Ruler
- Wool (can be different colours)
- Brown/green paint
- Paint Brush
- Stapler and marker



At the back of the paper plate, make a circle in the middle as shown in the picture.

Using a ruler and pencil divide the plate into even sections, make sure there is odd number of spokes.

Cut each line up to the circle (these become the spokes).



Tie wool around one of the spokes and start to wind the wool under and over each spoke, pushing firmly to maintain tension until you reach the mark on the spoke.

Continue weaving until you reach about 2 cm from the top. Using the stapler, staple the spokes together until it forms a basket.



After you have finished your basket, you will have the 2cm edging in white.

Paint the white edge with a brown paint to finish it off.

This basket can also be made in other sizes by using cardboard and making a circle of your desired size on it and following the instructions.

10 QUESTIONS FOR YOUR ELDERS

WHERE DO I COME FROM?

1. Where was I born?
2. What is my traditional name?
3. What is, or do I have a totemic symbol?
4. Can you teach me an animal dance?
5. What are my people called?
6. What traditional language do you speak?
7. How do I say hello and goodbye...in my language?
8. What is your traditional bush tucker?
9. Show me how to draw 3 animal tracks in the sand?
10. Can you teach me how to sing a song that your mum or dad taught you?

ANIMAL GAME

AIM

This game will encourage children to think of what animals live in Australia; promote movement, creativity and psychosocial skills.

METHOD

1. Gather the children to form a circle facing inwards.
2. Ask the children to think of an Australian animal.
3. Ask the children to think of how that animal would move around in the bush.
4. Ask the children who would like to go first.
5. Get the first child to mimic the animal by walking, crawling, hopping, jumping etc. away from the circle and get everyone else to mimic that child as well.
6. Instruct the child to return to his or her original spot in the circle.
7. Repeat until every child has had a turn.

NUTRITION (BUSH TUCKER) GAME

AIM

This game will help children develop an understanding of the nutritional value of traditional Aboriginal bush tucker and in comparison the same for everyday foods.

DESCRIPTION

The game is set out on a piece of large cardboard with varying pictures of bush tucker and everyday food. Next to each picture is a brief description of its nutritional value, where it is found, and where it grows or what animal it comes from. For example, display a picture of a witchetty grub, explain that it is high in protein and fat, is traditional Aboriginal bush tucker, lives under the ground and can be eaten raw or cooked and tastes like scrambled eggs when eaten. Then display a picture of an egg hidden under a flap of paper with a question mark on the flap of paper. Next to that ask the question 'what is high in protein and fat, comes from chickens and can be cooked many different ways and can be found in supermarkets everywhere in Australia'? Children will learn the correlation between the two foods and their nutritional content.

METHOD

Instructions on how to make nutrition (bush tucker) game...

1. Get large piece of cardboard
2. Apply relevant pictures e.g. Fruit, witchetty grub.
3. Write a brief description of food and its nutritional value.
4. Cut separate piece of paper to size to ensure it will cover the picture. Fold top part of paper then glue over picture to create cover, and then draw a question mark on cover.
5. Write a question for each of the two pictures of food displayed.

BOTTLE SHAKER

1. Find empty plastic drink bottle with a lid lying around the home or in recycling bin. Clean out with warm soapy water.
2. Pour rice, macaroni, sand, or smarties etc. into the bottle.
3. Screw on the lid (tape up if required.)
4. Decorate the bottle with coloured paper or dot paint.
5. Get shaking and play some Indigenous music!

WEBSITES AND ONLINE RESOURCES

AGE GROUPS 1-18 YEAR OLDS

Usmob	http://www.usmob.com.au/index.html	Online digital adventure
Dust echoes	http://www.abc.net.au/message/dustechoes/	Animated dreamtime stories produced in conjunction with actor and storyteller, Tom E Lewis
Message Club	http://www.abc.net.au/messageclub/	ABC's latest youth site for upper primary and lower high school Aboriginal and Torres Strait Islander students
NoKTuRNL	http://www.nokturnl.com/	Aboriginal "rap metal" band from Alice Springs. (suited to older teenagers)
Debwengidinook	http://www.pentafolio.com/aboriginal/	Debwengidinook - Web documentary - First Nations, Inuit and Metis Youth from communities across Canada shared their ideas and personal stories
VIBE school	http://www.vibe.com.au/school_new/index.asp	VIBE school - Vibe School is for everyone - kids, teenagers, parents and teachers
Drugs get the facts - VIBE	http://www.drugs.vibe.com.au/drugs/index.asp	Help and information about drugs for a broad age range
VIBE - Classroom	http://www.vibe.com.au/school_new/classactivities/index.asp	For teachers
Reconnect	http://www.gyc.org.au/reconnect/	Family violence resource page pitched at young people - Reconnect is a place where young Indigenous people can come for help
Westfield Park Primary school Aboriginal Art page	http://members.iinet.net.au/~westps/abedu/abart/abart.html	
Many Nations, One People	http://www.abc.net.au/schoolstv/nations/	Introduction to Aboriginal culture and society for upper primary and lower secondary school students
The Queensland Commissioner for Children website	http://www.ccypcg.qld.gov.au/index.html	A good one for service providers
KIDS ZONE	http://www.ccypcg.qld.gov.au/kids_index.html	
Tasmanian Commissioner for Children	http://www.childcomm.tas.gov.au/ http://www.kids.nsw.gov.au/ http://www.kids.nsw.gov.au/director/thezone.cfm	
KidsHealth	http://www.kidshealth.org/	Aimed at children and teenagers, health related games and quizzes
Burarra Gathering	http://burarra.questacon.edu.au/pages/welcome.html	This virtual tour website gives a sense of the people, land, language and traditional technologies and knowledge of the Burarra people of Arnhem Land

NATIONAL RADIO STATIONS

Koori radio **93.7FM** (Sydney)

Midwest Aboriginal Media Association **100.5FM** (Geraldton, W.A, Indigenous Community Radio)

Pulka (Media) Aboriginal Corporation **96.3FM** Radio Mulba-W.A

Mabunji Aboriginal Resource Association Inc. **94.5FM** 8KNB (N.T)

Indigenous Community Radio Station for the greater Darwin area 6DBY **97.9FM**

Radio Mulba 6hr **101.3FM** (W.A)

Radio Goolarri 6GME **99.7FM** Halls Creek W.A

Umeewarra Media, Pt.Augusta S.A USFM 4US **100.7FM**