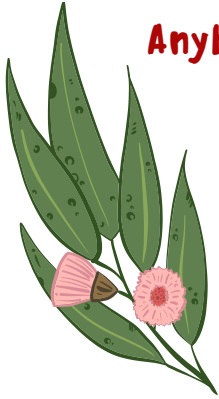


# Create a Meaningful Acknowledgement of Country

*An Acknowledgement of Country is an important way of giving respect and kindness to Aboriginal and Torres Strait Islander peoples as the Traditional Owners of Australia.*



**Anybody can give an Acknowledgement of Country. Even you!**

*Let's get started by watching these two Acknowledgements of Country...*

- [Playschool: Acknowledgement of Country](#)
- [ABC3 ME Australia](#)

*Now let's have a go writing our own!*

## **Choose a place important to you**

*Zoom in on the [AIATSIS map](#) to find out who the Traditional Owners are for that Country and Acknowledge them directly.*

## **You want to be caring**

*Do some research on the Traditional Owners of your area.*

- *What is unique about their connections to their Country*
- *How can you Acknowledge it?*

## **You can use Aboriginal Placenames**

*Can you find out the language placenames of the Traditional Owners?*

*These can sometimes be tricky to find, so do your best!*

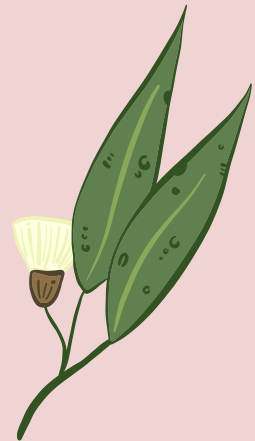
*Maybe there are First Nations peoples in your community you can ask?*

## **You can get personal**

*Think about why that place is important to you. What do you think is special about that Country, and how can you help protect it?*

## **You can be creative!**

*Think about how you can make your Acknowledgement more unique to you. You could include actions like you saw on Playschool, or you could turn your Acknowledgement into a song. Make it fun!*



**Now it's time to perform!**

# Create your own Seasonal Calendar

Many First Nations communities have intricate seasonal calendars that show the relationships between the climate and environment, and how to care for Country at certain times of the year.

## What would your seasonal calendar look like?

Let's take a look at the Tiwi Seasonal Calendar, which has three major seasons:



- *Kumunupunari*: dry season of fire and smoke
- *Tiuari*: season of hot weather and high humidity
- *Jamutakari*: wet season of consistent pakitiringa (rain)

Zooming in on the Tiwi calendar...

- What can you see?
- How is it different from the seasons you already know?
- What part of the calendar is this community in now?

Now lets create your own seasonal calendar from changes you see in your own environment!

## Think about changes you have noticed over the year...

- How has the weather changed?
- Does the environment look, feel or smell different?
- Can you see any plants or animals that you couldn't see at the beginning of the year?
- Are you doing any new activities because of the weather?
- Do you have to look after your garden more or less at this time of year?



## Now lets get colourful!

Have a go creating your own calendar from all these things you have noticed. You could draw, paint, sculpt or mold. Whatever you like!

## Now it's time to display!

# Learning and Using Language

Language is important for communication, culture, and identity. Sadly, many First Nations languages are endangered or already lost to community.

The 50 Words Project is collecting 50 words from every known First Nations language to help keep these languages alive and support communities in passing on their knowledge.

## Can you help keep language alive?

Take a look at the 50 Words Project interactive map. What languages can you see near where you live?

Find the language group nearest to you that has 50 words recorded (it will be highlighted in red).



### Challenge one - Reflect!

You may notice there are lots of First Nations language groups that don't have 50 words yet.

- Why do you think that is?
- What would it feel like to lose your own language?
- Why is it important people are able to learn their own languages?

### Challenge two - Using words

Listen and learn up to five words or phrases from this language.

Try to use these words in your everyday conversations!

Think about...

- How can you assist in keeping languages alive in your community?
- What efforts are happening in your community to teach language?



**Help keep language alive!**

# Celebrating Culture through Music

There is great diversity amongst Aboriginal and Torres Strait Islander peoples and cultures, who each hold their own languages, practices, and traditions.

Within these communities is a pride and joy in being First Nations, and many Aboriginal and Torres Strait Islander artists share this pride through music.



## Can you tell your story through music?

To get started, watch and listen to the [Feel the Fire music video](#).

This song was written by Josh Arnold with First Nations students from Rockhampton wanting to share their culture, pride and connection to Country with the world.

### Challenge one - Reflect

Watching the music video, think about:

- What you think the messages of the song are?
- What emotions do you feel?

Optional extra questions:

- What is the power of communicating through song?
- Why are songs important in First Nations cultures?

### Challenge two - Add your own verse!

Taking these emotions, have a go writing your own verse for the song! You could include:

- Whose Country you live on (check out the [AIATSIS map](#) if you are unsure)
- Who **you** are
- What your home and family means to you
- How you can get involved with the First Nations communities in your area

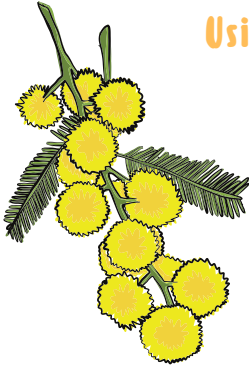


**Now its time to perform!**

# Exploring with Senses

Country is more than just landscape. Many First Nations peoples talk about a responsibility to care for Country, and in return Country cares for us all.

The TV series Little J and Big Cuz follows the adventures of two young First Nations people who are learning about their own culture, community and exploring their Country.



## Using your senses, what can you explore outside?

To get started, watch the "Bush Medicine" episode of Little J and Big Cuz in SBS OnDemand.

This episode shows a short snapshot of how some young people are connecting with their Country today, and the valuable knowledge First Nations peoples hold.

Now it's your turn! Have a go exploring, being curious and using your senses...

### Find a space outside

Maybe in your playground, in a park nearby, or somewhere you love

- Find somewhere to lay, sit or stand, or maybe you prefer walking around
- Leave all your devices and games inside if you can!

### Explore your environment

Use all your senses to soak up the world around you:

- What can you see?
- What can you hear?
- What can you smell?
- Are there interesting textures and objects you can touch?



### Bonus - Creating Sustainably!

Thinking about all these objects you have noticed, how can you create something new from these found objects?

It might be a bag from some bark on the ground... or a windmill from some leaves. How can you use your own environment sustainably?