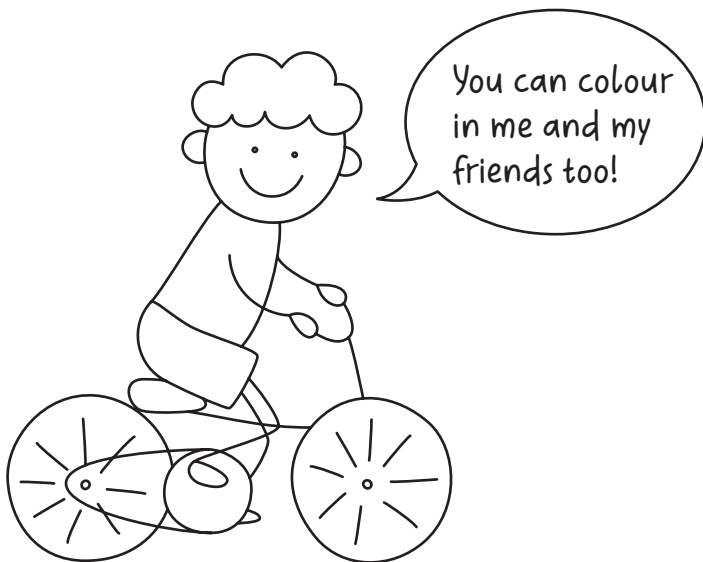


GULANGA



ACTIVITY BOOK

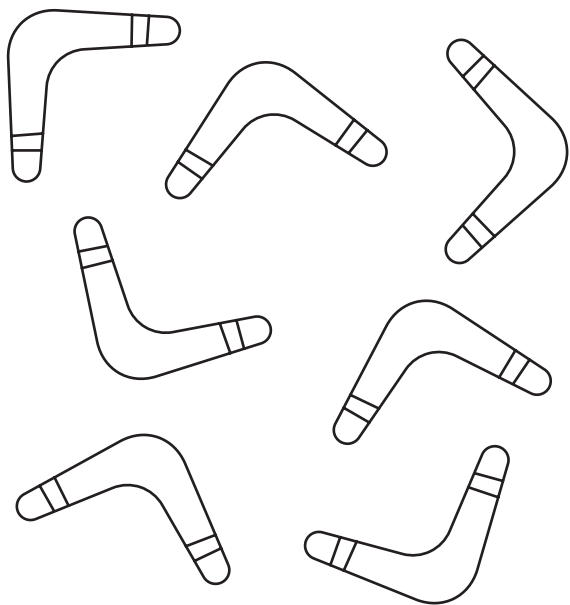




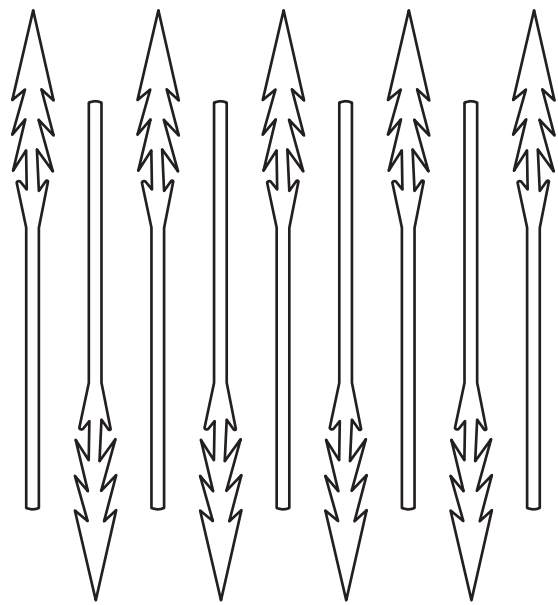
How many do you see?

Put your answer in the box and then colour them in.

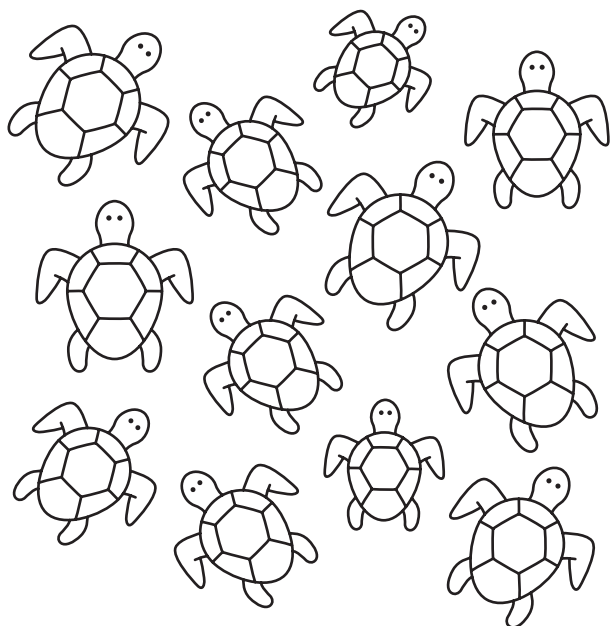
Boomerangs



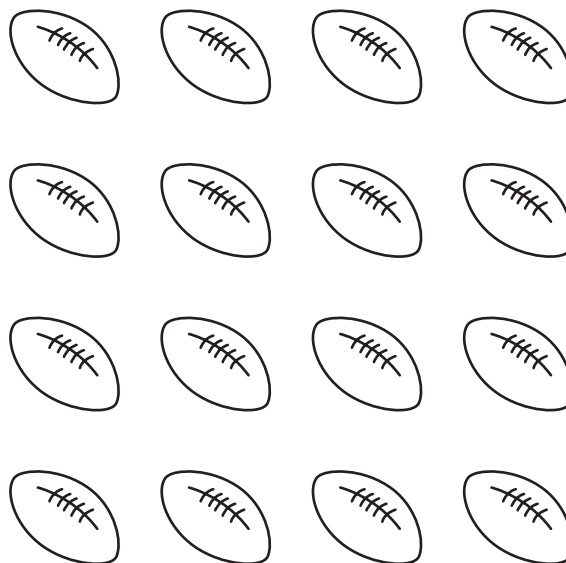
Spears



Turtles



Footballs



Answers Boomerangs: 7, Spears: 9, Turtles: 12, Footballs: 16

Name their sport

Jonathon Thurston R _ _ _ _ _ L _ _ _ _ _

Lance Franklin A _ _ _ _ _ R _ _ _ _ _

Anthony Mundine B _ _ _ _ _

Ella Brothers R _ _ _ _ _ U _ _ _ _ _

Kyle Anderson D _ _ _ _ _

Patrick Mills B _ _ _ _ _

Evonne Goolagong T _ _ _ _ _

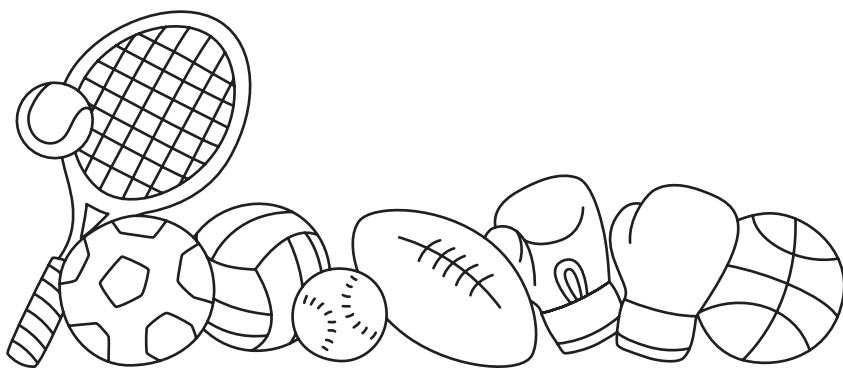
Rohanee Cox B _ _ _ _ _

Stacey Porter S _ _ _ _ _

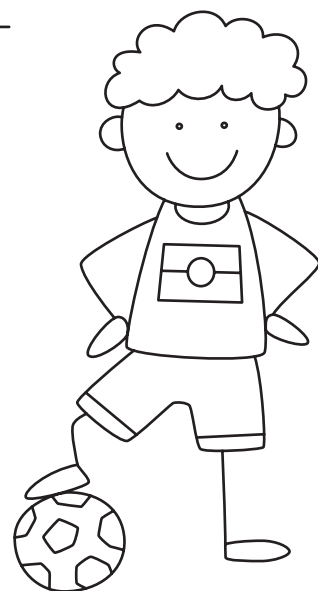
Cathy Freeman A _ _ _ _ _

Kyah Simon S _ _ _ _ _

Mahalia Murphy R _ _ _ _ _ U _ _ _ _ _



Athletics, Australian Rules, Basketball (x2), Boxing, Darts,
Rugby League, Rugby Union (x2), Soccer, Softball, Tennis



You are too deadly!

O	Y	M	B	N	I	M	M	A	G
O	A	L	V	X	M	E	S	N	S
D	R	P	D	U	I	O	A	C	Y
I	N	Q	R	A	E	R	C	O	N
R	K	R	B	R	E	E	R	U	O
E	I	O	H	M	M	D	E	N	M
G	M	C	O	G	O	L	D	T	E
D	O	O	F	R	H	E	Y	R	R
I	B	P	T	W	I	L	Z	Y	E
D	J	V	E	R	U	T	L	U	C

BOOMERANG

DEADLY

GAMMIN

CULTURE

MOB

ELDER

COUNTRY

KOORI

DIDGERIDOO

SACRED

HOME

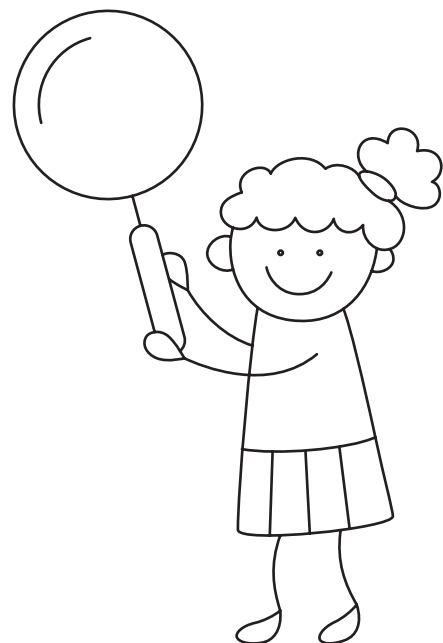
CEREMONY

OCHRE

OLD

YARN

MURRI



Who's your mob?

Where do you come from?

My mob

Mum's mob

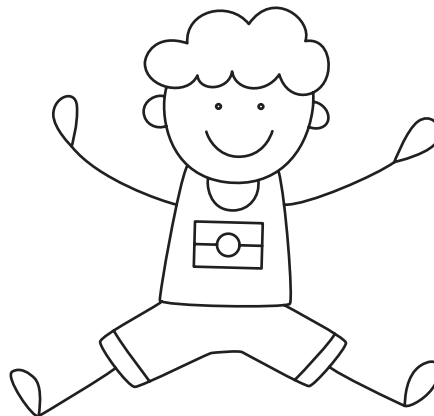
Dad's mob

Nan's mob
(Mum's mum)

Nan's mob
(Dad's mum)

Pop's mob
(Mum's dad)

Pop's mob
(Dad's dad)



HERE ARE SOME NAMES YOU MIGHT KNOW!

NSW/ACT: Koori, Awabakal, Barkinji, Bundjalung, Darug, Dharawal, Dunghutti, Gadigal, Gumbaynggirr, Gundugurra, Kamilaroi, Ngambri, Ngarigo, Ngiyampaa, Ngunnawal, Tharawal, Wiradjuri, Wonnarua, Yuin

QLD: Murri, Bandjin, Bindal, Birri Gubba, Butchulla, Bwgcolman, Darumbal, Goreng Goreng, Gunggari, Guugu Yimidhirr, Injinoo, Kalkadoon, Lardil, Pitta Pitta, Quandamooka, Tjapukai, Torres Strait Islander, Wakka Wakka, Wik, Wulgurukaba, Yugambeh, Yuibera

VIC: Koorie, Bunerong, Gunditjmara, Gunai Kurnai, Jaara, Kulin, Wathaurong, Wemba Wemba, Wurundjeri, Yorta Yorta

SA: Nunga, Adnyamathanha, Anangu Pitjantjatjara, Kaurna, Ngarrendjeri, Mirning

TAS: Palawa (South), Pakana (North)

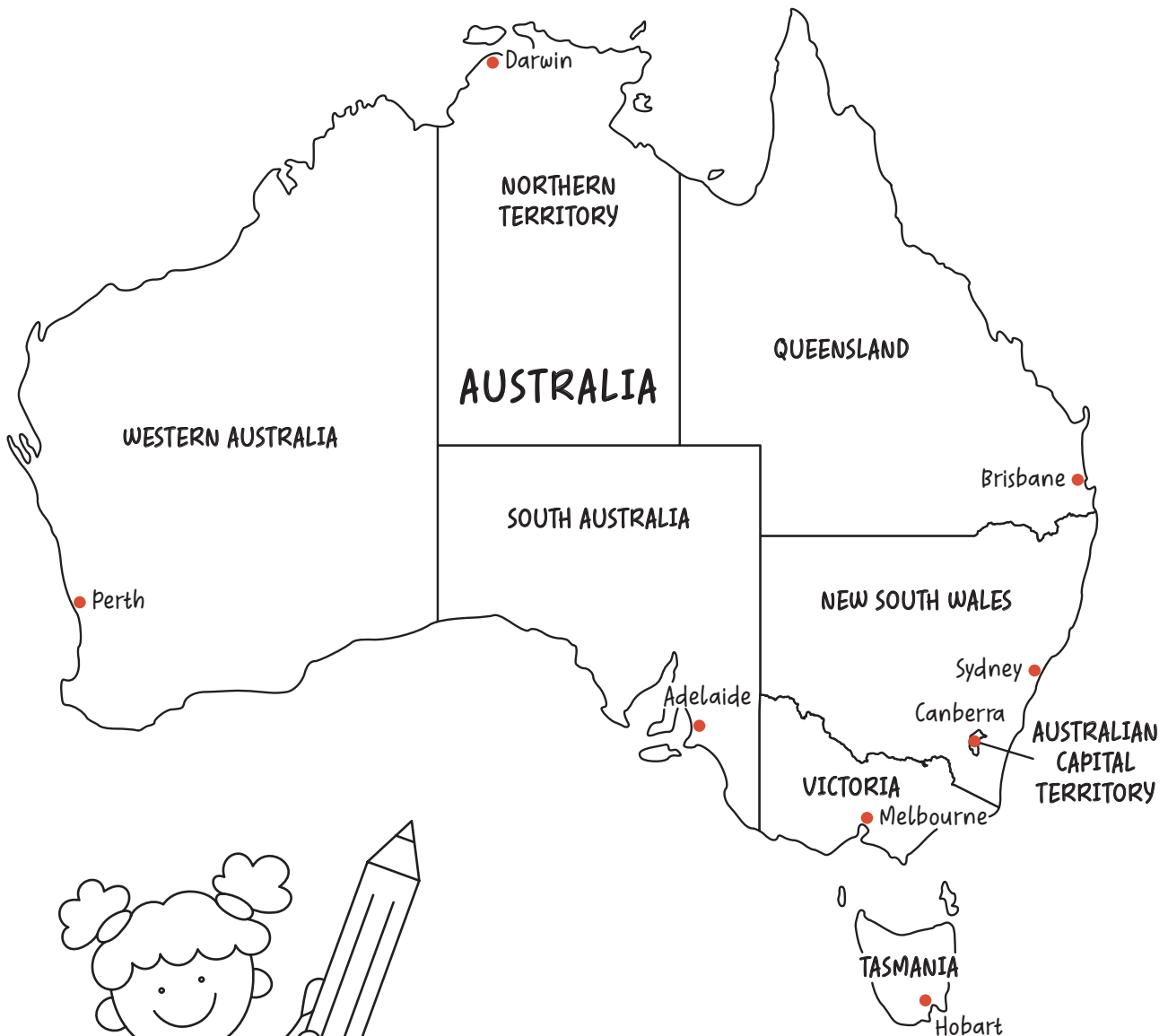
NT: Alawa, Anangu, Arrernte, Gurindji, Jawoyn, Larrakia, Pitjantjatjara, Ngandi, Pintupi, Tiwi, Waramangu, Warlpiri, Warnindilyakwa, Yanyuwa

WA: Noongar, Amangu, Bardi, Minang, Ngaanyatjarra, Yamaji, Yawuru, Wajuk, Watjarri, Wongai, Yaburara

Map of Australia

Where were you born?

Put a cross or your name where you were born. Ask as many people as you can to find out where they come from!



Yarning with you

What's your name or nickname?

What's your favourite food?

What's your favourite drink?

What's your favourite song?

What's your favourite movie?

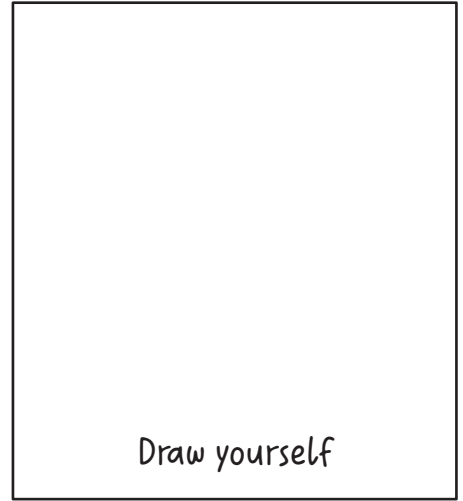
Who are 3 people you would like to meet?

Where in the world would you like to go?

What makes you happy?

What makes you sad?

What do you want to be when you grow up?



Draw yourself

Yarning with someone else

What's your name or nickname?

What's your favourite food?

What's your favourite drink?

What's your favourite song?

What's your favourite movie?

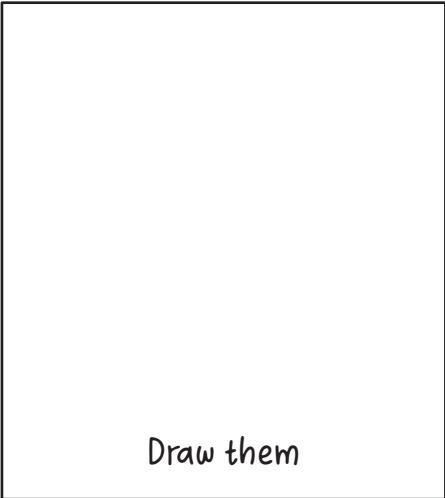
Who are 3 people you would like to meet?

Where in the world would you like to go?

What makes you happy?

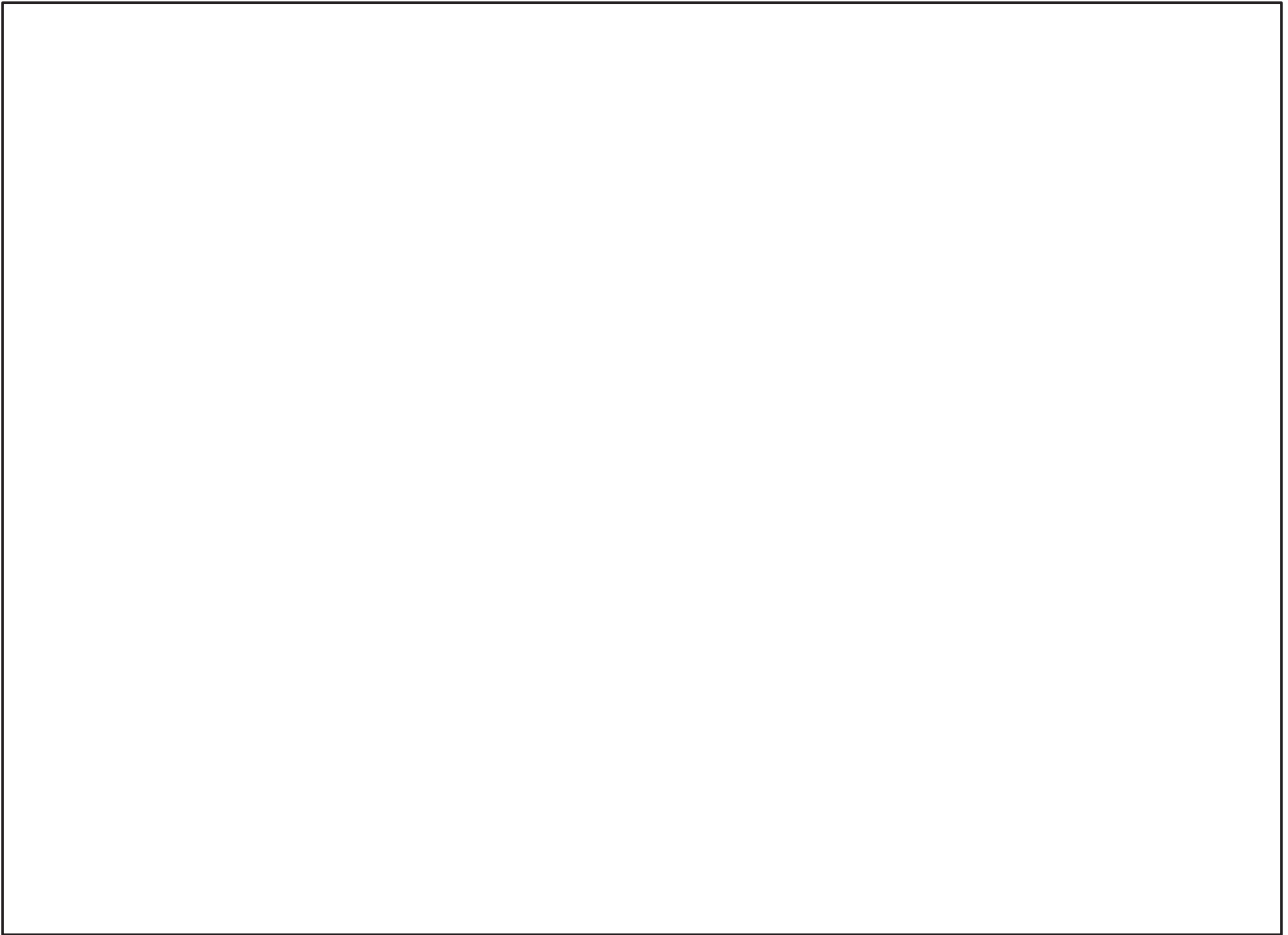
What makes you sad?

What do you want to be when you grow up?



Draw them

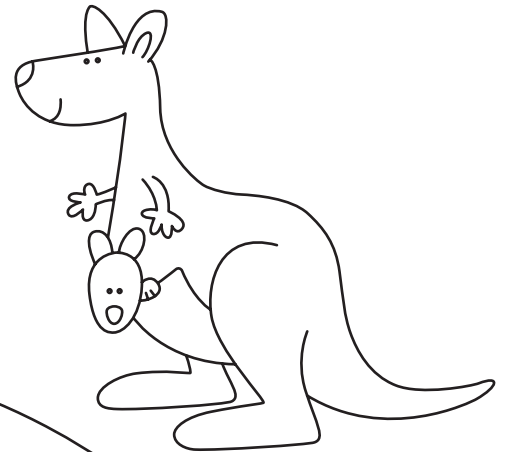
Draw your favourite animal!



Tell a story about your animal

From little things, big things grow

Can you help each animal find its baby?
We've helped you with one.



Dingo 6

Turtle (9) Caterpillar

(2) Lava **Fish**

(4) Puggle **Eagle** (3) Hatchling

Bee **Kangaroo** (5) Chick

(6) Pup **Frog** (10) Fry

Emu **Butterfly**

(8) Eaglet **Echidna**

(1) Joey (7) Tadpole

Answers Dingo and Pup (6), Turtle and Hatchling (3), Fish and Fry (10), Eagle and Eaglet (8), Bee and
Lava (2), Kangaroo and Joey (1), Frog and Tadpole (7), Emu and Chick (5), Butterfly and Caterpillar (9),
Echidna and Puggle (4).

Colour in the Aboriginal flag



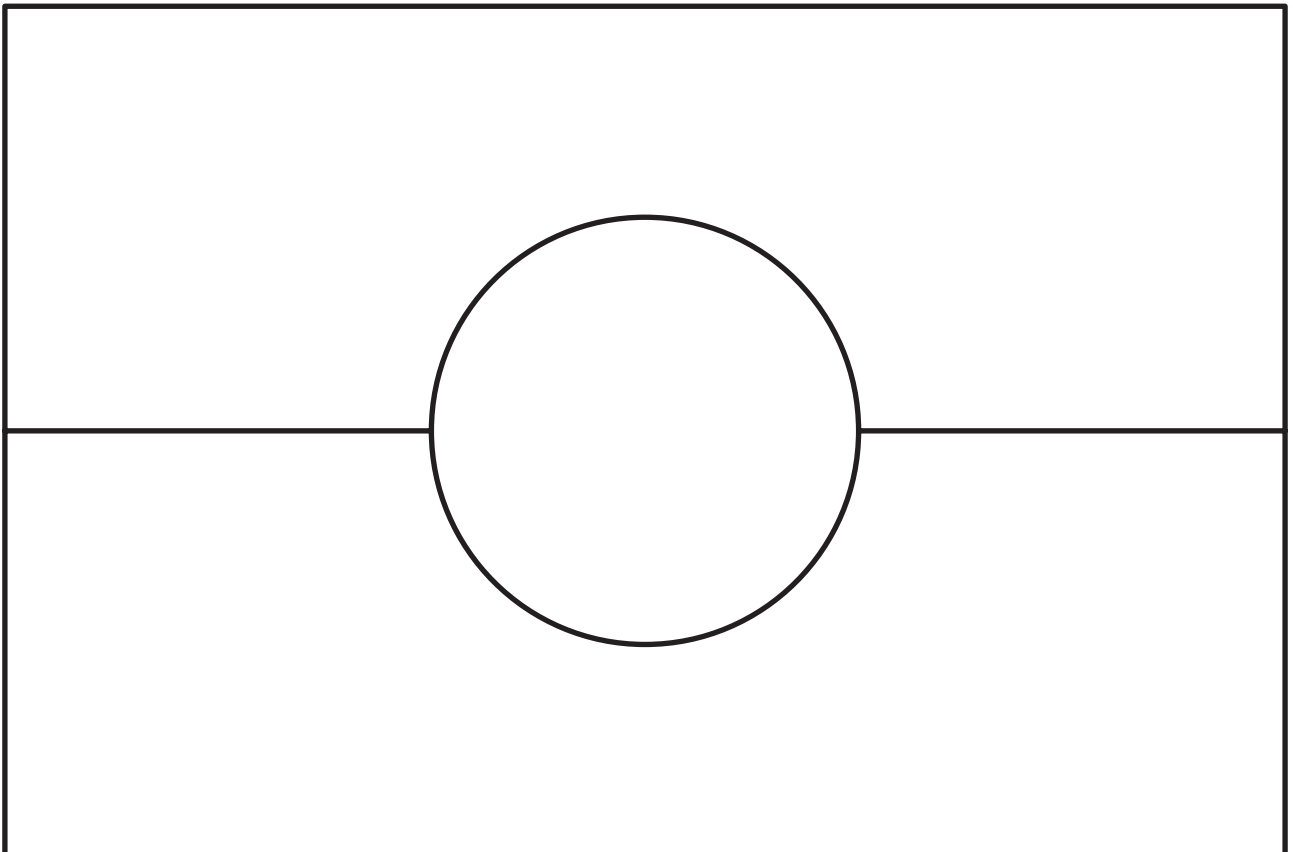
Designed by Harold Thomas

Did you know the Aboriginal flag was first flown on 12 July 1971 in Adelaide and became a flag of Australia in 1995?

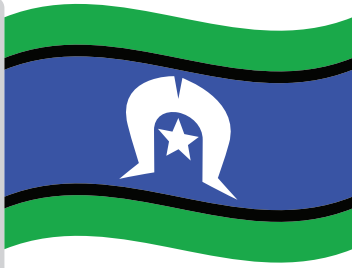
Black is for the Aboriginal people of Australia

Yellow is for the sun

Red is for the land



Colour in the Torres Strait Islander flag



Designed by Bernard Namok

Did you know the Torres Strait Islander flag was created in 1992 and became a flag of Australia in 1995?

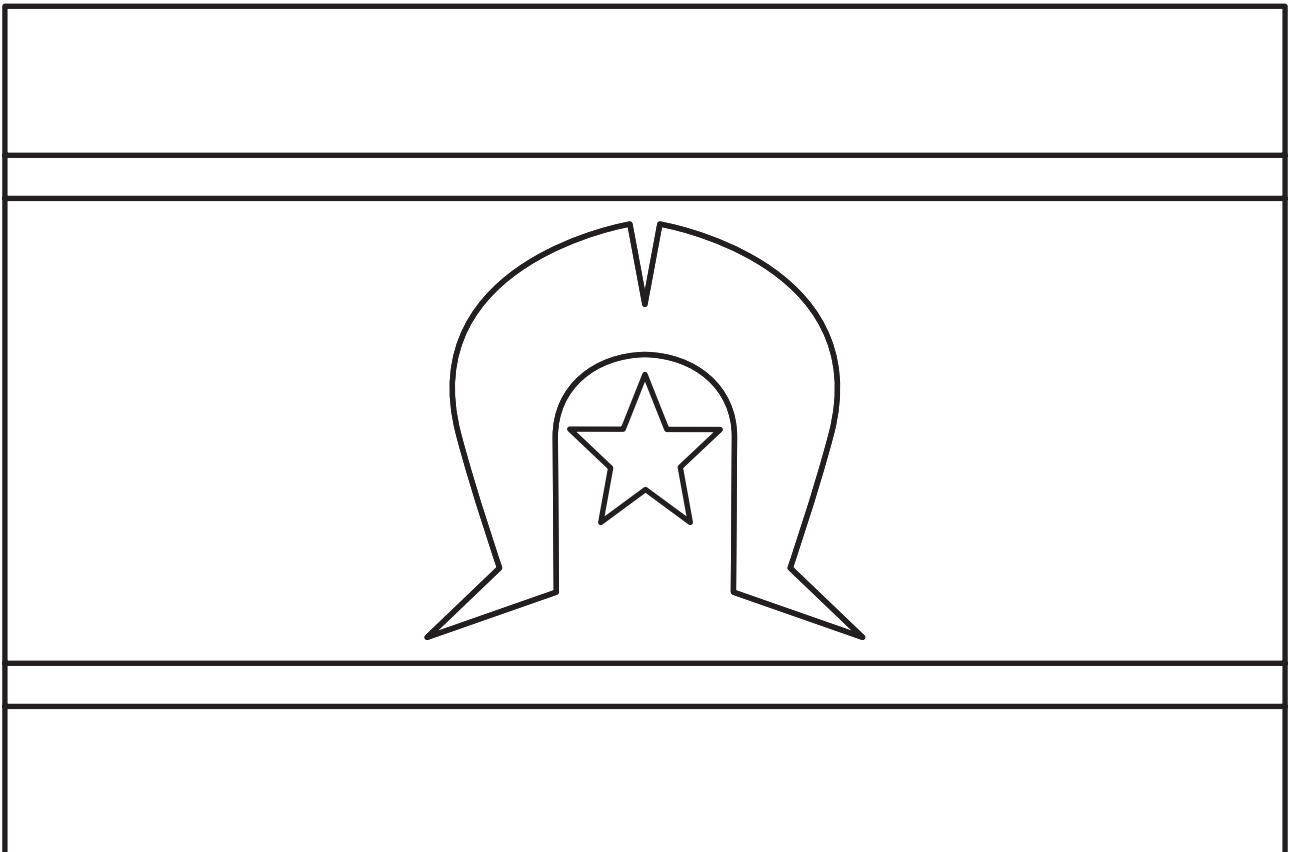
Green is for the land

Blue is for the sea

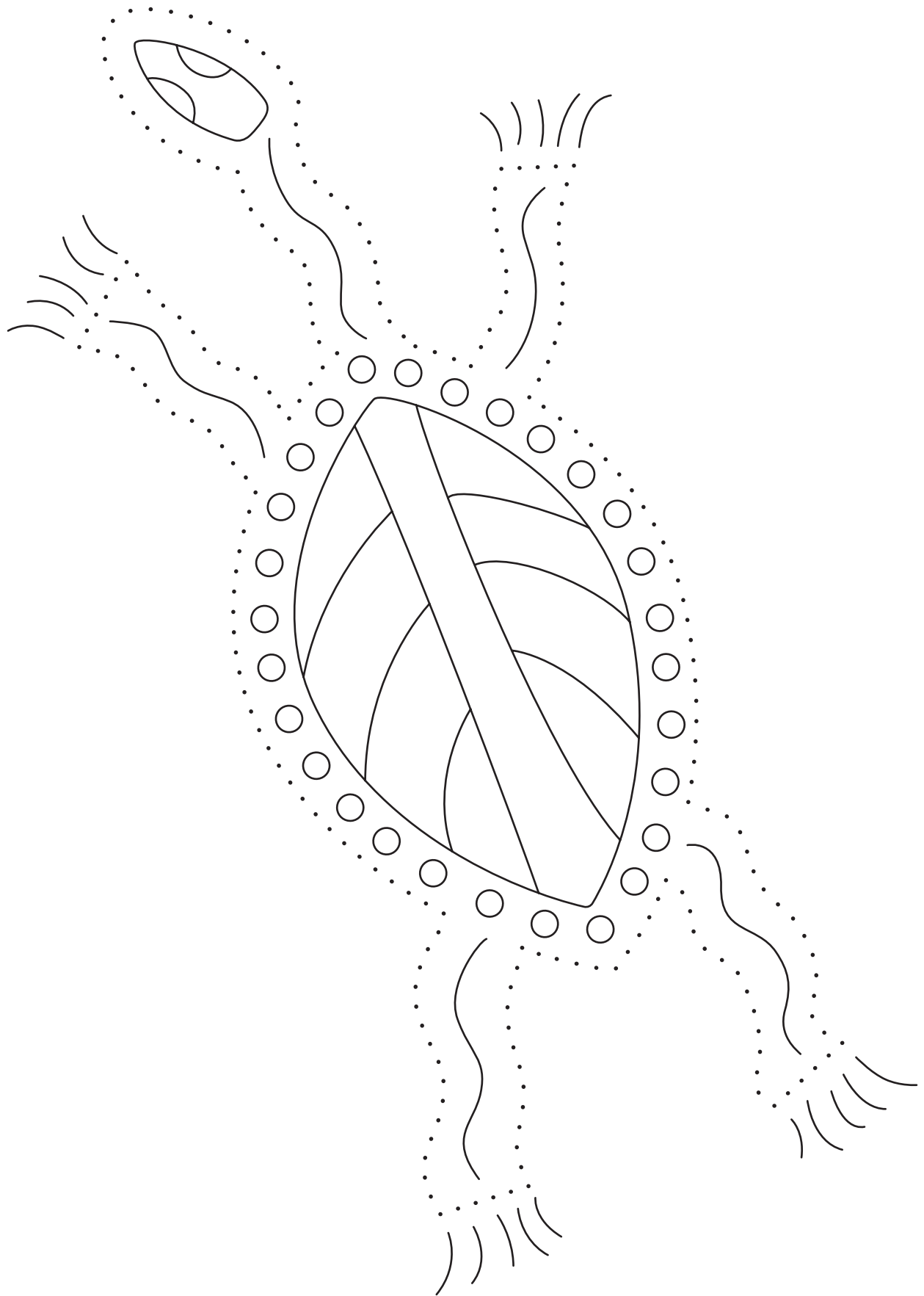
White is for peace

Black is for the Indigenous peoples

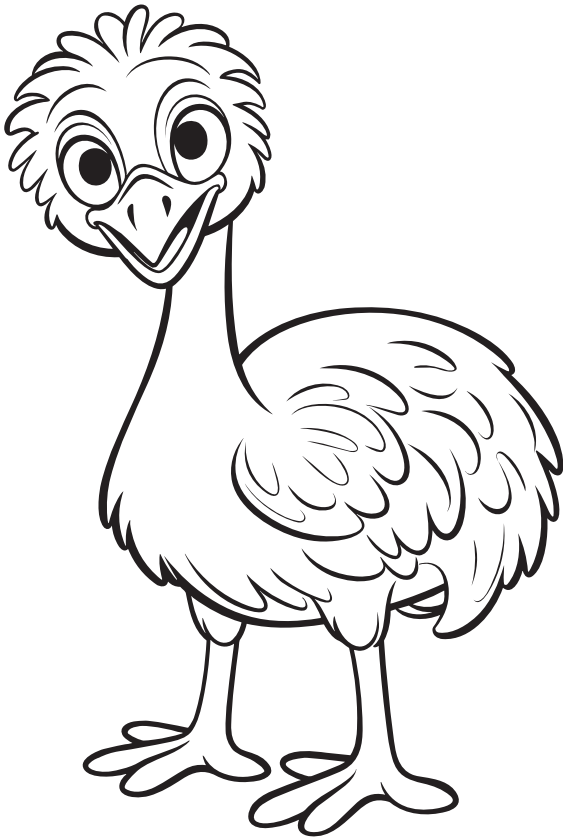
Dhari & Star the Dhari is for the Torres Strait Islander people and the Star is for the 5 island groups



Connect the dots & colour me!



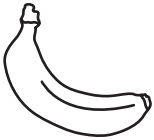


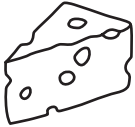




Colour us!



Healthy eating

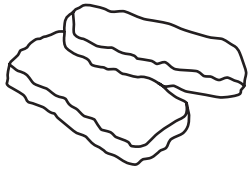
We've helped you with one of each, can you name more healthy snacks?

Potatoes 	Mashed potato,
Tomatoes 	Grilled tomato,
Bananas 	Banana bread,
Apples 	Apple pie,
Mangos 	Mango iceblock,
Cheese 	Melted cheese on toast,
Milk 	Fruit smoothie,
Eggs 	Scrambled eggs,

Some healthy and yummy snacks

Which Way Weet-Bix

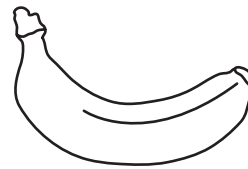
INGREDIENTS



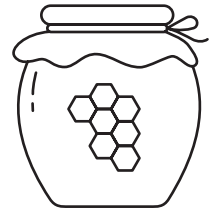
2 Weet-Bix



cream cheese
(reduced fat is best)



1 small ripe banana



honey or maple
syrup for drizzling

INSTRUCTIONS

1. Spread some cream cheese over the Weet-Bix
2. Peel and slice banana
3. Put banana slices on the cream cheese
4. Drizzle honey or maple syrup over the banana
5. Enjoy!

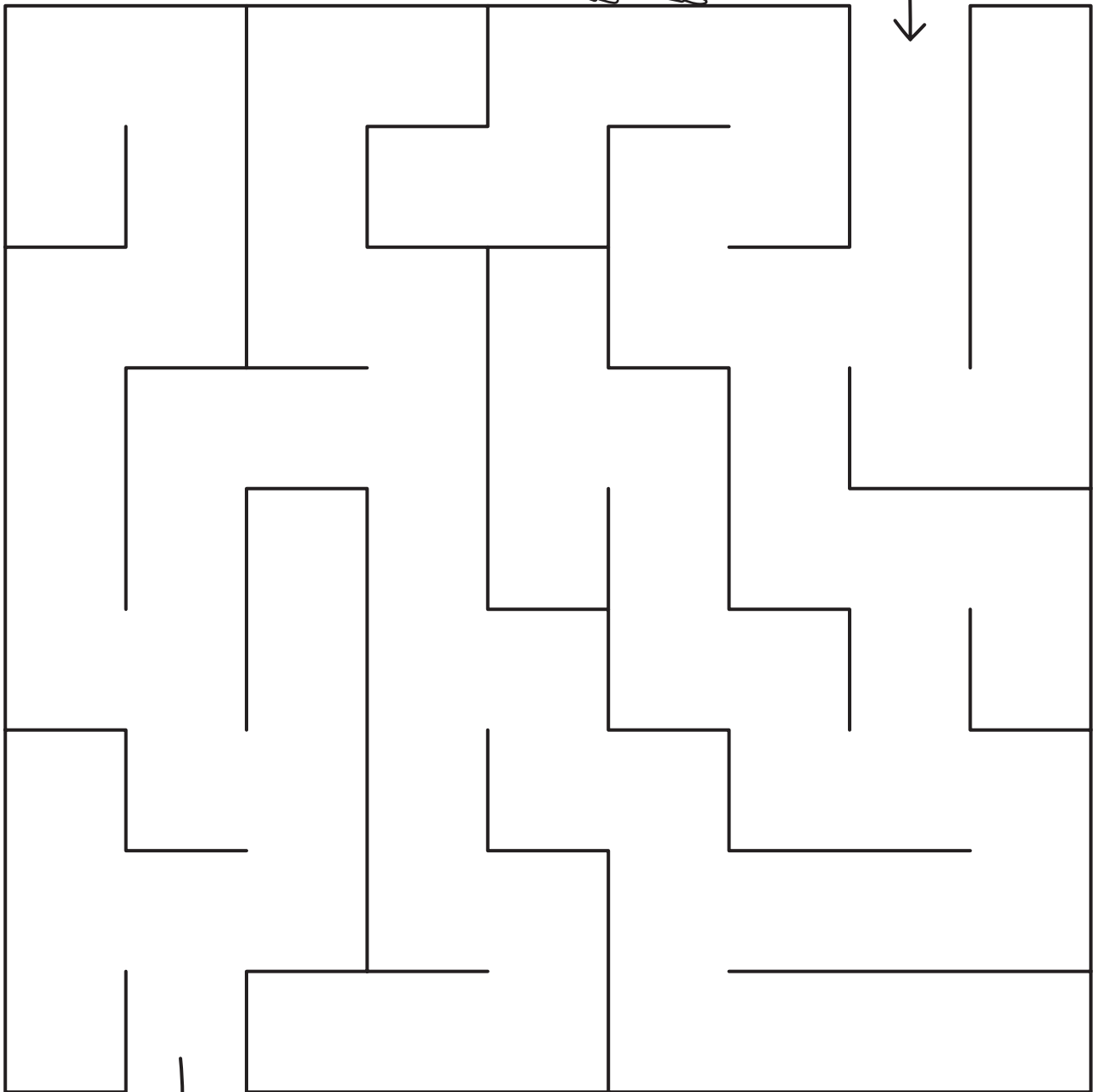
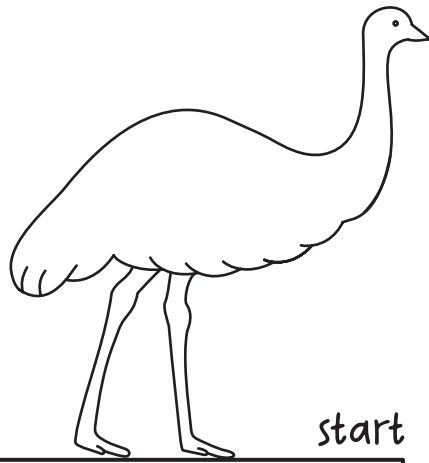
Which way? ... Another way!

- Use other fruit such as strawberries or an apple
- Use a vegetable such as carrot or celery
- Put Milo or sprinkles over the cream cheese
- Use peanut butter instead of cream cheese
- Just sprinkle Milo or drizzle honey
- Don't like Weet-Bix? Use a plain biscuit instead



Maze

Can you help the mother emu get through the maze to find her eggs?



finish



Well done! Stay deadly!



The ACT Council of Social Service (ACTCOSS), Gulanga Program, developed this activity book as one of the many ways you can assist your organisation to support your Aboriginal and/or Torres Strait Islander families. Gulanga staff had fun putting together this resource and hope it provides enjoyment for all.

We hope it will be useful for your service by providing some ideas of what questions may be important for you to ask when wanting to connect with Aboriginal and/or Torres Strait Islander peoples.

It is important to remember, what may seem important for a worker may not necessarily be so for Aboriginal and/or Torres Strait Islander mob when making your initial connection. The importance of making a strong connection depends on how well you can communicate with Aboriginal and/or Torres Strait Islander mob.

We encourage you to share the activity book with all staff, consumers, clients and other agencies to help build a greater understanding and a sense of awareness around Aboriginal and/or Torres Strait Islander cultures that will contribute towards our journey that is reconciliation.

For more information about the Gulanga Program and to download this activity booklet, visit the ACTCOSS website: www.actcoss.org.au. We appreciate your feedback. Please phone 02 6202 7200 or email actcoss@actcoss.org.au.

The Gulanga Program is supported by funding under the National Affordable Housing Agreement (NAHA), which is jointly funded by the ACT and Australian Governments, and the Child, Youth and Family Services Program (CYFSP), an ACT Government funded initiative.

Initiative of



ACT
Government

Cover artwork: *Gulanga Program 'We Too, Including You', by Kristie Peters, 2013*

The Goanna Tracks – represents Gulanga and the impact it has to encourage change which then leaves imprints of influence towards reconciliation between Aboriginal Peoples and all Cultures.

The Meeting Places – represents different places where we gather and meet while we are moving in the same circles.

The Travelling Lines – the unbroken connections between the meeting places and the goanna tracks represents – The continuation of many networks between all services who are supporting disadvantaged groups within the ACT.

The Artist: Kristie Peters is a Wiradjuri woman from NSW and a promising young artist with a natural talent and a curious mind eager to explore many different mediums. Her talent is eye-catching and well executed.

Her style of art is a mix of contemporary traditional using acrylic paints on canvas. Kristie's story is a growing one where she is literally hoping to carve out a future for herself and her family by using her natural gift.

February 2014, revised June 2014, September 2014, August 2017, August 2023

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Gulanga
Program