



AUSTRALIA'S FIRST NATIONS PEOPLE



Welcome friends,

We hope this pack helps you to begin exploring the cultures of Australia's Aboriginal people and Torres Strait Islander peoples!

Take this journey with family, friends or neighbours and travel Australia together, learning some of the things that make these long-standing cultures so special.

Like any travel plans you make, you can pick and choose what you do! See the next page for some suggested ways to use this resource. Remember, you don't have to use everything in one go. Enjoy your trip and have fun in the immersive experience!

Here are some suggestions for using this pack;

1. Make family dinner time extra-special by working through this pack together.
2. Open your home to your neighbours and spend the night cooking, eating and learning together.
3. Host a virtual evening of travel for your friends.
4. Use one of the books recommended and create a virtual or real life book club, eating together and sharing reflections.
5. Use it as a way to meet new neighbours by 'travelling' the world together or possibly learning more about their culture.

FACTS ABOUT AUSTRALIA'S FIRST NATIONS PEOPLE

- First Nation's Australian's are the world's oldest continuous civilisation - archaeologically dating back over 65,000 years.
- Before colonisation, more than 250 Indigenous Australian languages existed, with over 800 dialects.
- Each language is unique to a particular place and group of people.
- Roughly 120 of these languages were spoken in 2016 and 90% were considered to be endangered in 2019.
- There is no singular Indigenous culture! Historically, over 500 different nations existed, many with very different and distinct cultures, beliefs and languages.

FACTS ABOUT AUSTRALIA'S FIRST NATIONS PEOPLE

- Australian English borrows more than 400 words from First Nations languages eg. 'billabong', 'cooee'.
- Traditions are passed down through stories.
- One common thread that still runs through all these distinct cultures is a deep reverence for the land and waters.
- Aboriginal and Torres Strait Islander peoples rock painting is the longest unbroken art tradition on Earth, with creations in the Narwala Gabarnmang rock shelter (Arnhem Land, NT) dated at 28,000 years old.

THE AUSTRALIAN ABORIGINAL & TORRES STRAIT ISLANDER FLAGS

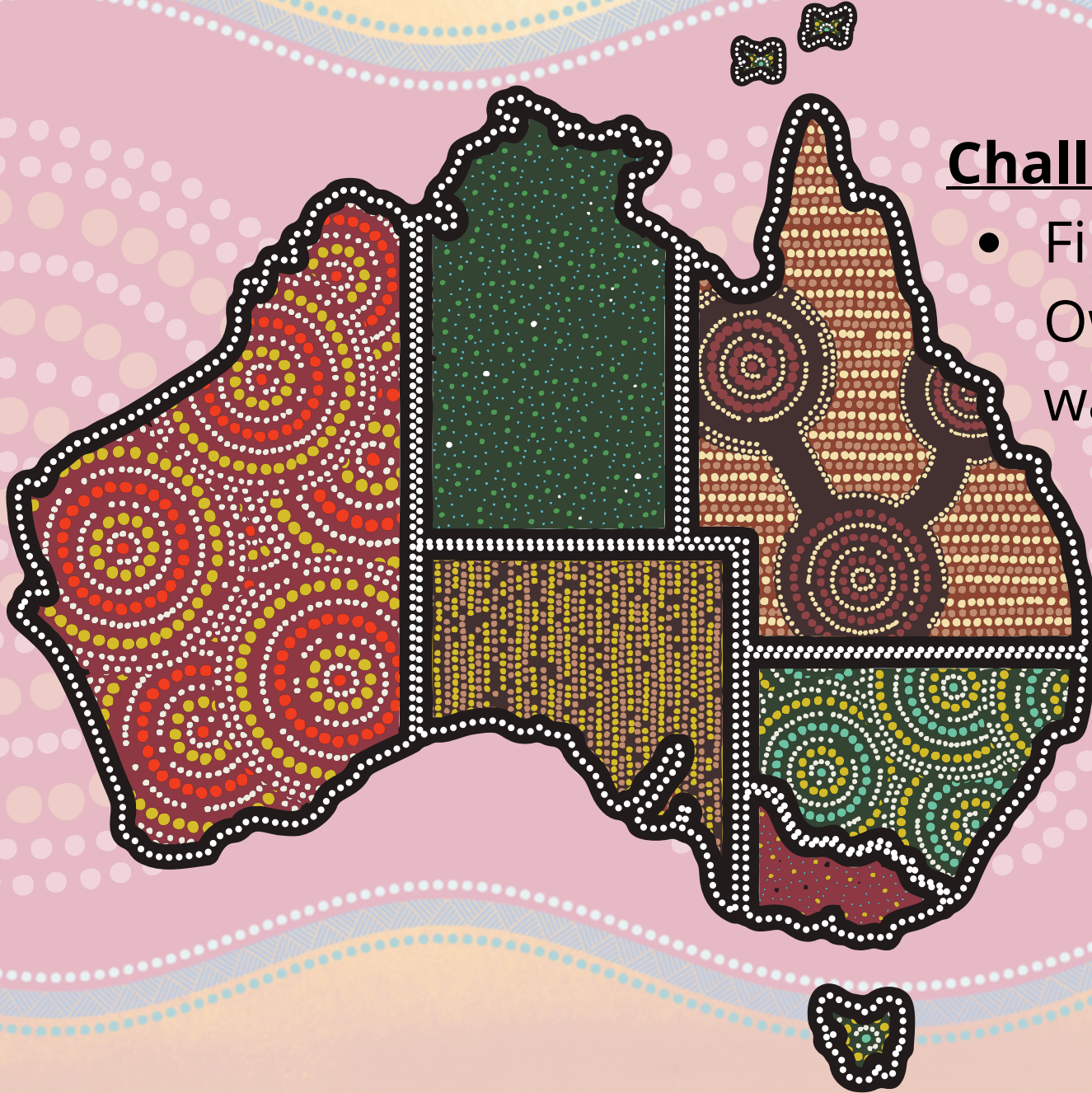


Challenge

Can you draw both flags?

Research the meaning behind each of these flags and share a fact you find interesting about each flag.

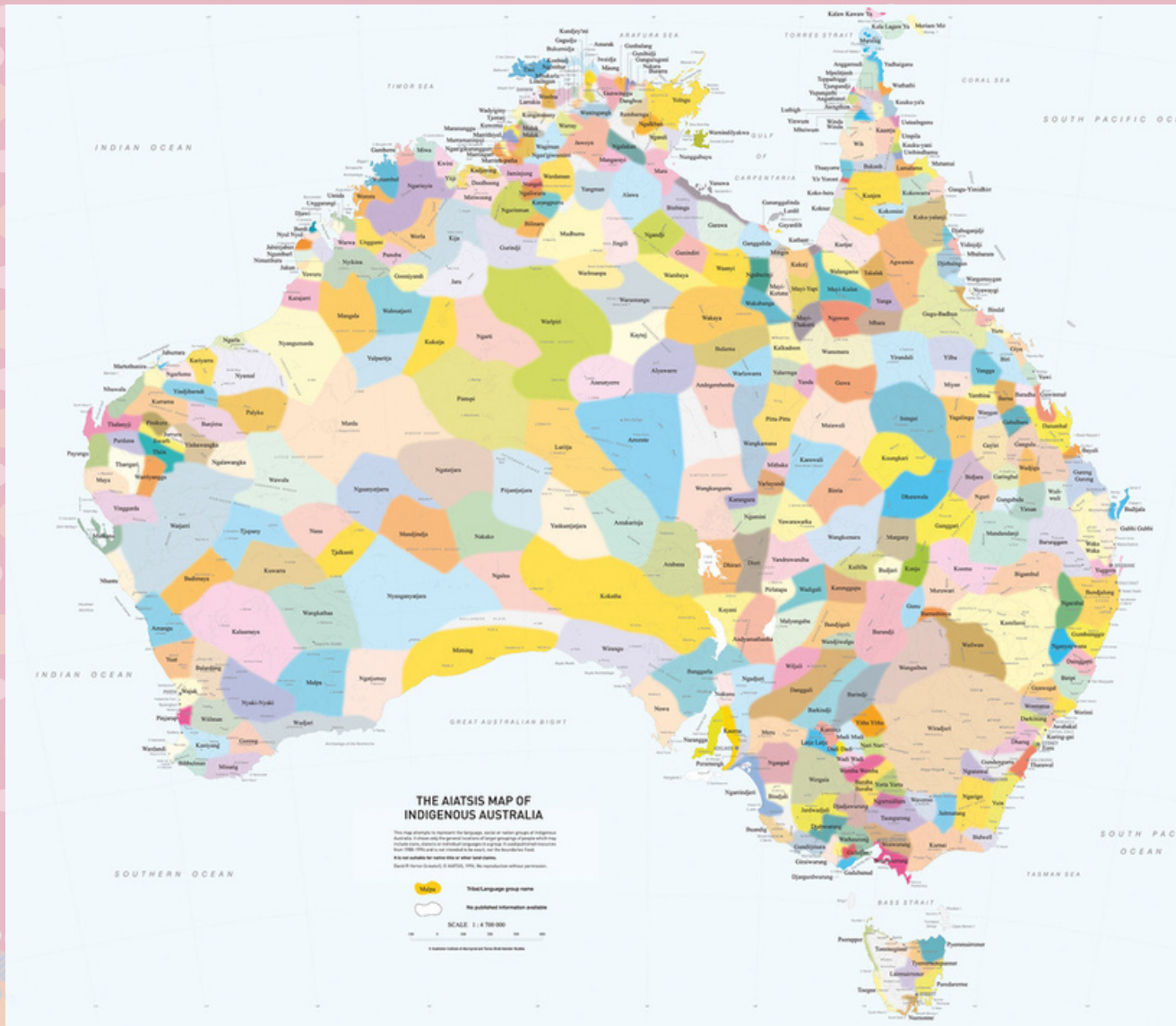
MAP OF AUSTRALIA



Challenge

- Find out the Traditional Owners of the land and waters on which you live.
- Find out if there are any sacred sites you can or can't visit in your area.

MAP OF INDIGENOUS AUSTRALIA



Challenge

- Do you know the language of the Traditional Owners of the land on which you live?
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- If you aren't sure, visit the AIATSIS website to learn more

<https://aiatsis.gov.au/explore/map-indigenous-australia>

AUSTRALIA'S NATIVE ANIMALS

- Koala
- Kangaroo
- Platypus
- Dugong
- Echidna
- Wombat
- Wallaby
- Turtle
- Dingo
- Emu



Challenge

Research the animals listed on this page
& find 3 interesting facts about each.

Game

Take turns to draw one of these
animals in 10 seconds and have
the others guess what it is.

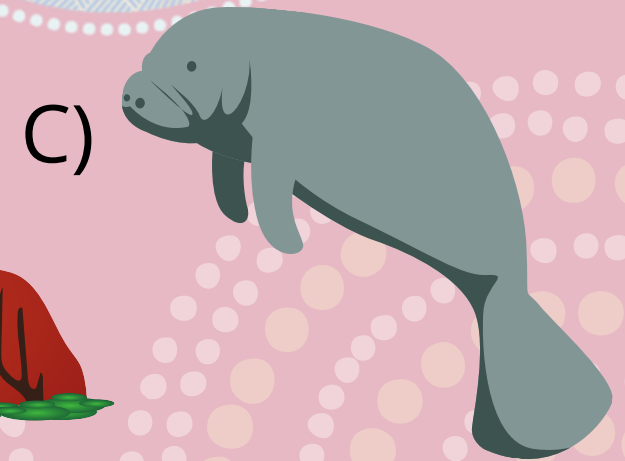
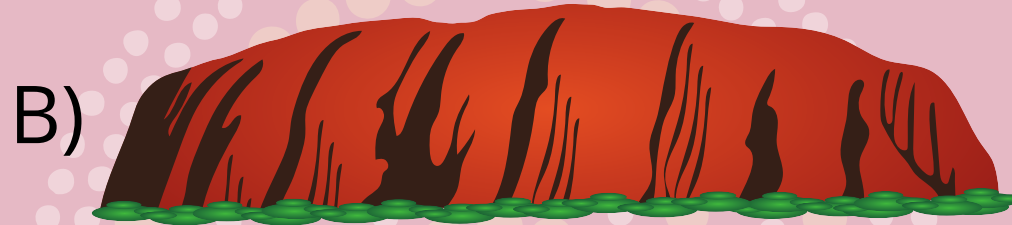
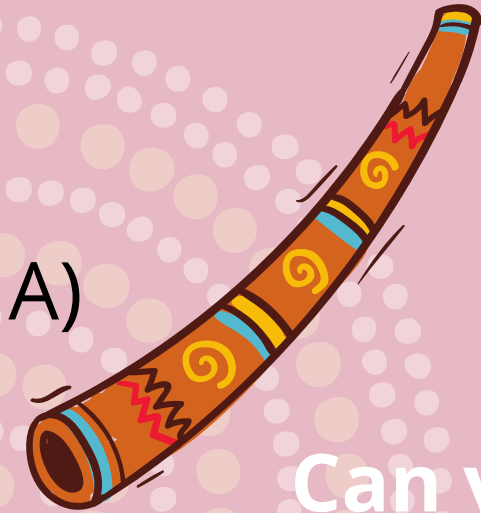
Challenge

Visit a park, reserve or zoo and take
a selfie with three native animals.

AUSTRALIA'S NATIVE ANIMALS

Can you draw your favourite native animal and colour it in?

NAME THE PICTURE

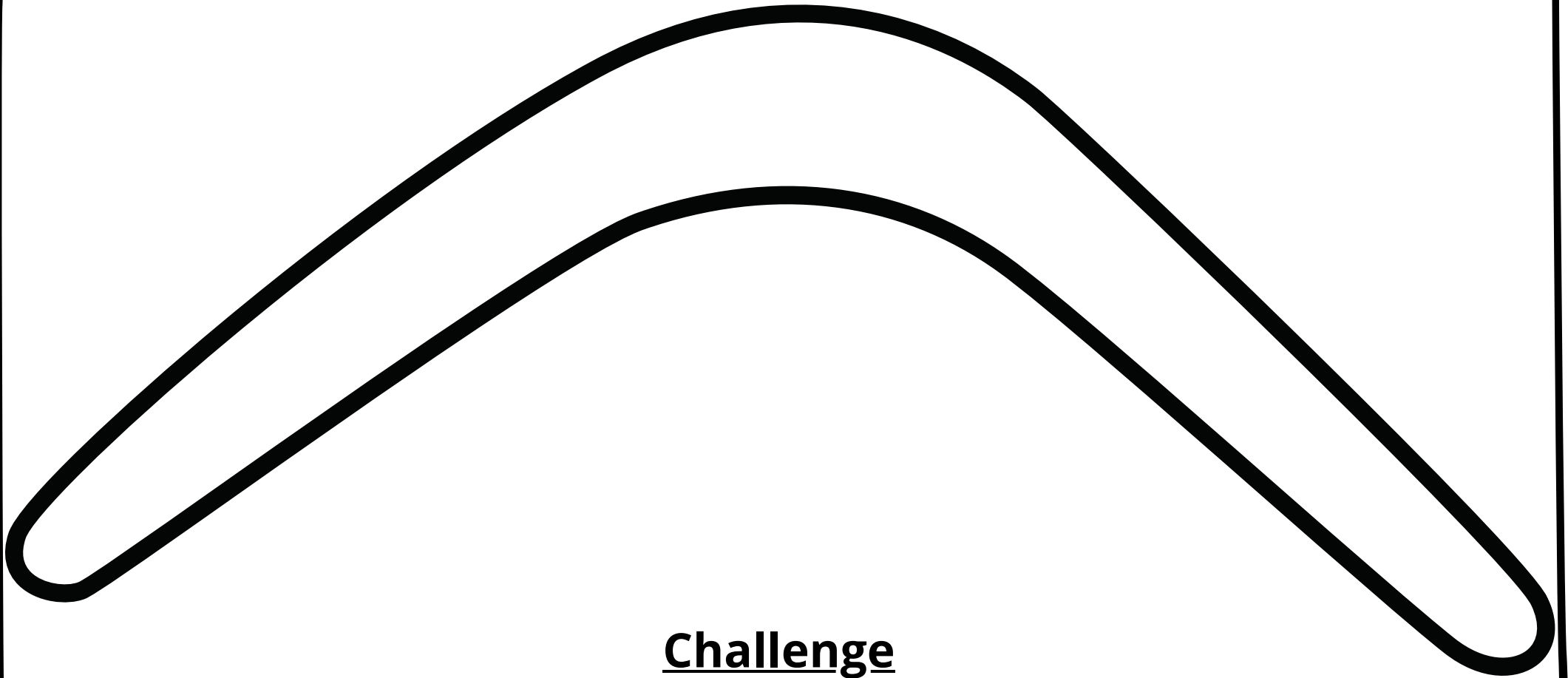


Can you correctly label the pictures?



a) didgeridoo b) Uluru c) dugong d) wombat e) wattle f) boomerang

DESIGN A BOOMERANG



Challenge

How many different types of boomerang are there? _____

What were they used for? _____

BUSH DAMPER IN COALS

Ingredients

- 3 cups of plain flour
- 3 cups of wholemeal flour
- 2 tsp of baking powder
- 1/2 cup of milk
- 3/4 - 1 cup of water

What you'll need:

- Bowl
- Measuring cups
- Teaspoon

1. Mix all dry ingredients together, then add water.
2. Knead and then shape dough to about 1-1 1/2 inches thick.
3. Cook - **in the oven:** Heat oven to 180C. Sprinkle flour on an oven tray. Flatten the dough into an oval or round shape and place on the oven tray. Bake in oven for 1/2 an hour. Turn and bake on the other side for another 1/2 an hour.
- **To cook over an open fire:** Scrape off half the coals and sand on the fire. Put a thick layer of plain flour on the hot sand, place the damper on the flour and then put another thick layer of plain flour on the damper. Cover carefully with hot sand and coals. Leave for about 30 minutes, then remove from fire and brush off.
- **To cook on a stove:** Sprinkle flour in a frypan and heat over a moderate heat. Place mixture in the pan and shake occasionally to prevent sticking. When the mixture slides easily in the pan, turn over. Knock the top off the damper. It will make a dull sound when it is cooked.
4. Serve with butter and golden syrup.

KANGAROO CURRY

Ingredients:

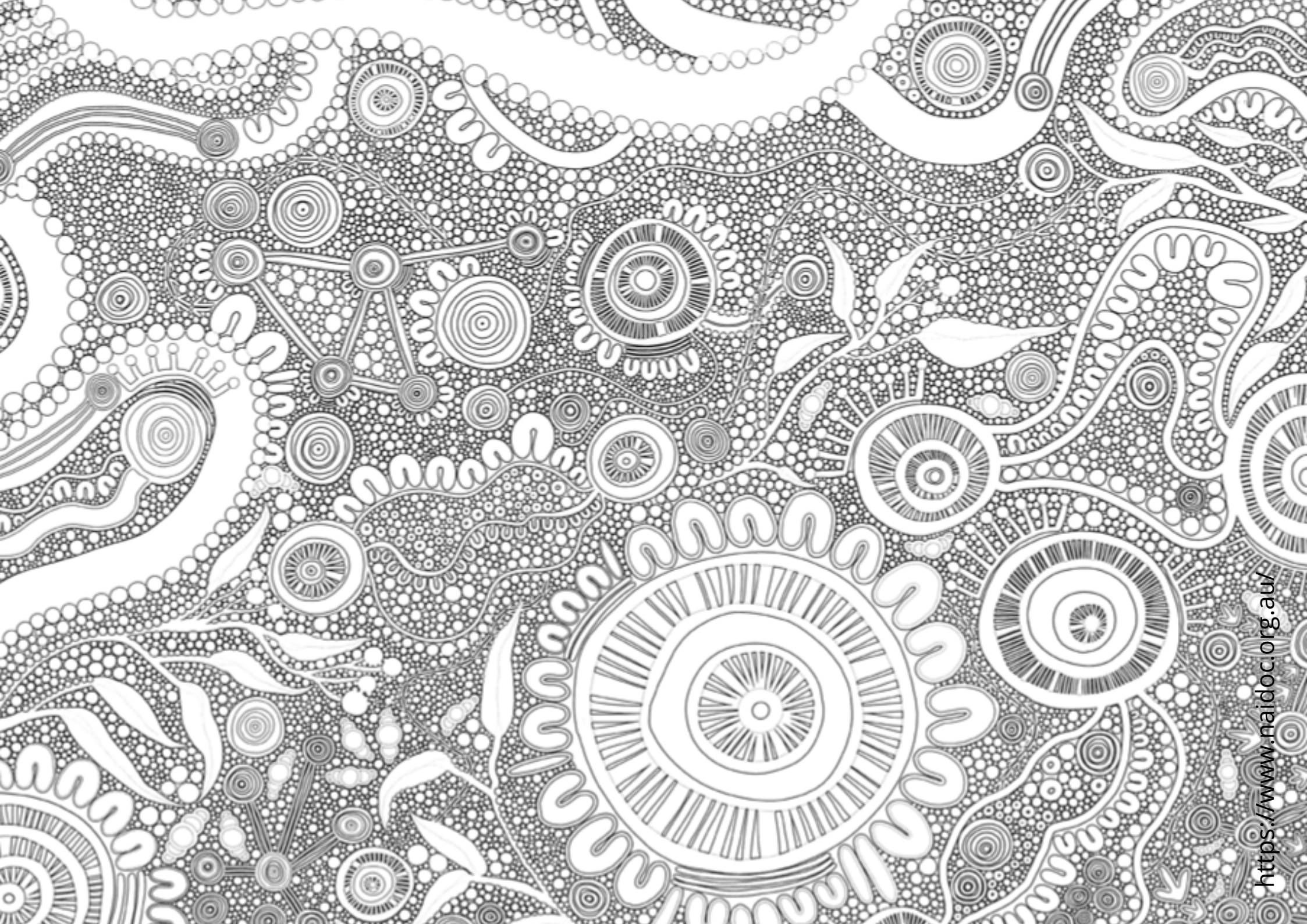
- 600g kangaroo chunks
- 2 tbs curry powder
- 2 beef stock cubes
- 2 cups water
- 1 large potato, peeled and diced
- 1 1/2 large onions, peeled and diced
- 3 cloves garlic, finely chopped
- Lemon juice
- 1 tbs cornflour
- Salt

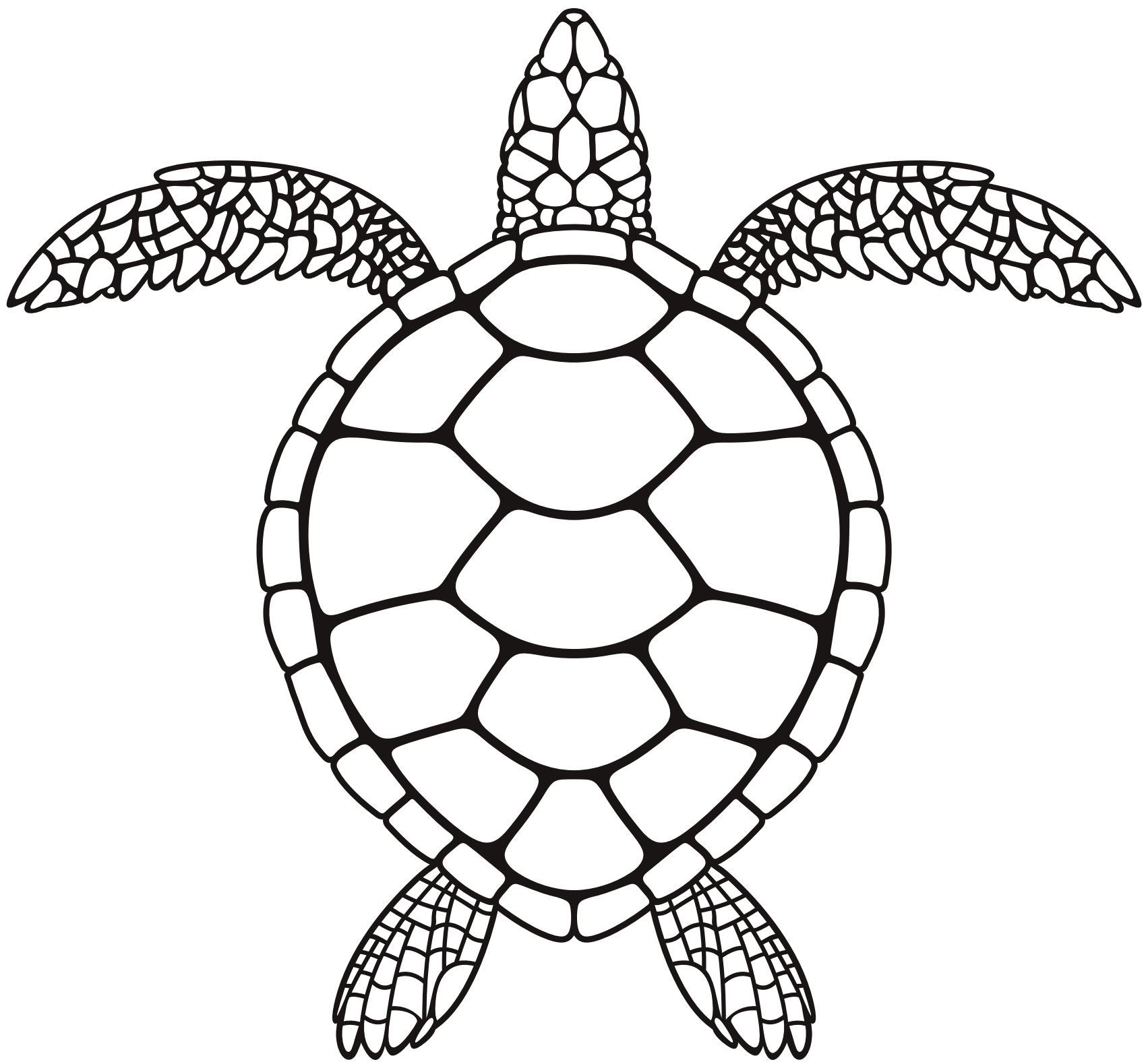
What you'll need:

- Large pot
- Chopping board
- Large knife
- Tablespoon
- Measuring cup
- Garlic crusher
- Jug or bowl

1. Place kangaroo chunks in pot with curry powder and cook for 3/4 of an hour in own juices until meat has browned.
2. Put stock cubes in water and stir. Add to the pot and mix well.
3. Add potato, onion and half the garlic. Mix well and cook for 15-20 minutes.
4. Add lemon juice, pinch of salt, and remaining garlic. Add cornflour to thicken. Cook until potatoes are tender. Serve with rice, salad, bread or cooked veggies.

VOICE
TREATY
TRUTH





FIRST NATIONS PEOPLE'S LANGUAGE & SLANG

Budyeri kamaru

Hello (Gadigal)

Yabba

Talk

Dinnawan

Emu (Wiradjuri/Gamilaaroi)

Tidda

Sister or female friend

Nulla Nulla

A hunting boomerang

Country

Land, home

Soes

Church (Torres Strait Creole)

WELCOME

Wadda Mooli _____ Bindal (Townsville, Qld)
Yaama _____ Kamilaroi (Northern, NSW)
Maiem _____ Meriam Mer (Eastern Torres Strait)
Werte _____ Arrernte (Alice Springs, NT)
Wominjeka _____ Wurundjeri (Melbourne, Vic)
Wanju _____ Noongar (South West WA)

Is your area missing?

Who are the Traditional Owners of the land where you live
and how do they say welcome? _____

WELCOME TO & ACKNOWLEDGEMENT OF COUNTRY

Research challenge:

- What is an Acknowledgement of Country?
- How is it different to a Welcome to Country?
- Why are they important?

Some points to think about:

- What is important about the place where you live?
- If someone is visiting your home, are there rooms they can and can't go into?
- What is your favourite spot in your home or yard? Why is it important to you?
- How would it make you feel if you couldn't live in your house anymore?

ACKNOWLEDGEMENT OF COUNTRY

Write your own Acknowledgement of Country. Remember:

- You must specify and describe the Country you are on. Are you surrounded by mountains, do you live by a river or the ocean?
- Always name the Traditional Owners in the Acknowledgement.
- Use traditional names (where possible) for significant areas important to you and your local Indigenous community.
- Pay respects to Elders (past and present) and incorporate an acknowledgment of our Almighty Creator.

FAMOUS FACES

Can you find three interesting facts about these famous First Nations Australians?

1. Cathy Freeman: _____

2. Gurrumul Yunupingu: _____

3. David Unaipon: _____

4. Stan Grant: _____

5. Patty Mills: _____

PRAY FOR AUSTRALIA

Here are some prayer points for our First Nations peoples that you can use as a guide:

Improved outcomes: Pray that they will experience improved outcomes in health, employment, housing, social justice and human rights.

Respect and shared understanding: Pray that all Australians will come to appreciate the need to protect the land and water of this nation and support our Indigenous brothers and sisters to protect sacred sites, use cultural land management and treat the land and water with respect.

Racism: Pray against racism and its impacts for people of Aboriginal and Torres Strait Islander descent and heritage.

PRAY FOR AUSTRALIA

Christians and church leaders: Pray for our Aboriginal and Torres Strait Islander Church leaders and Christians that they will see a Christian revival among their peoples.

Advocates: Pray for people fighting against suicide, abandonment, slavery, homelessness, depression, poor health and pray for wisdom to know how to tackle these big issues.

Salvation: Pray that all of our Australian First Nations peoples will find salvation and come to know the Lord as their personal Saviour.

Reconciliation: Pray for reconciliation between First Nations and non-Indigenous people across these lands and waters. Pray for open hearts and minds as we all come together to work towards reconciliation.

BE A GOOD NEIGHBOUR

Find ways to connect with your Aboriginal and Torres Strait Islander neighbours. Here are some suggestions:

1. Learn about the land you live on and how to say hello in the local language.
2. Explore your neighbourhood and see how many Aboriginal and Torres Strait Islander services (e.g. medical centres, childcare centres, land councils, tourism businesses) are in your local area and visit one.
3. If you have an Aboriginal and Torres Strait Islander neighbour why not drop a note in their mailbox telling them you that you like about their culture and invite them to share a meal.
4. Find, research and sign petitions that advocate for Australia's First Nations peoples.



BOOKS & MOVIES

Groups to follow:

Australian's Together
Common Grace
Creative Spirits
Reconciliation Australia

Books to read:

Dear Son by Thomas Mayor
From the Heart by Thomas Mayor
Top End Girl by Miranda Tapsel
Welcome to Country by Aunty Joy Murphy and Lisa Kennedy
Evonne Goolagong (Little people, BIG Dreams) by Maria Isabel Sanchez Vegara

Movies to Watch:

Bran Nue Dae (2009 / PG)
In My Blood It Runs (2019 / PG)
Mabo (2012 / M)
Rabbit-Proof Fence (2002 / PG)
The Sapphires (2012 / PG)



