

# 10 ways to celebrate Harmony Week



## 1. Host a cooking lesson

Teach your friends and neighbours to cook a meal from your culture. Share about the benefits and importance of the ingredients. Ask your guests to teach you to cook a meal from their culture. Sharing meals is a simple way to bridge the cultural divide.

## 2. Dedicate a Sunday church service to Harmony Week

Hold an 'International Sunday' service at your corps or centre and encourage people to dress in their cultural attire. Celebrate diversity while teaching about God's heart for inclusion.

## 3. Plant a tree that has orange leaves or flowers

Planting a tree is a symbolic gesture that speaks of peace, nurturing and a brighter future. Include neighbourhood families and make new connections by partnering with your local council or school. Orange, the colour that represents Harmony Week, signifies meaningful conversations and mutual respect.

## 4. Share stories

It can be a powerful experience to hear and tell stories. Think about how you can share your story with someone during Harmony Week. Take the time to listen to someone's story. Ask a friend, colleague or neighbour to share their experiences.

## 5. Learn more about another culture

Build empathy and understanding by learning more about another culture. Do some research, visit a cultural centre or embark on a cultural food adventure. Try cuisines from countries you are not familiar with and learn about the culture associated with that dish.

## 6. Host a picnic

Reach out to, and build relationships with, culturally diverse communities by hosting a picnic. Encourage everyone to bring food to share from their culture. Include sports from around the world like Kabaddi or Ki-o-Rahi. Invite your guests to share a game from their culture.

## 7. Reconnect with people you miss

It can be hard living apart from loved ones, especially if, for you, that means they're in another country. Use Harmony Week as a chance to prioritise a video chat. You could also ask members of your community to share about family members who are in other countries.

## 8. Reconnect with places you miss

If you are an Aboriginal or Torres Strait Islander person, put some time aside to spend on Country. If spending time on Country is a little hard or unfamiliar, you could ask an Auntie, Uncle, Elder or friend to welcome you onto their land and learn about their traditions and practices. For people of other cultures, think about visiting a favourite restaurant, park or a friend's house that reminds you of your culture.

## 9. Involve children

Encourage children in their journey of understanding and acceptance by working together on some of the craft activities found on [harmony.gov.au](https://harmony.gov.au) or read a book such as:

- *Whoever You Are* – Mem Fox (2015)  
Scholastic Australia
- *Different Like Me* – Xochitl Dixon (2020)  
Our Daily Bread Publishing
- *A Rainbow of Friends* – P.K. Hallinan (2005)  
WorthyKids
- Organise a treasure hunt that includes items which are representative of a range of different cultures.

## 10. Engage with Salvation Army resources

The Intercultural and All-Abilities Team has produced a vast array of resources that will equip you to engage appropriately during Harmony Week. These resources can be accessed at <https://my.salvos.org.au/diversity-and-inclusion-team/>

For a calendar of Harmony Week events in your community, visit [harmony.gov.au](https://harmony.gov.au).



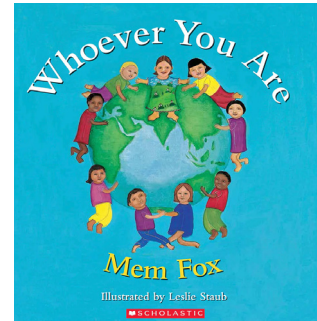
# Book Ideas for Children



## ***Whoever You Are* – Mem Fox (2015) Scholastic Australia**

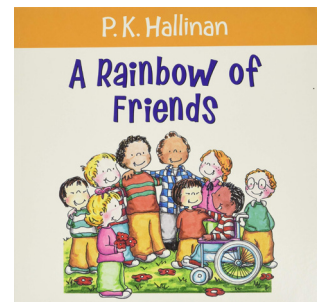
Every day all over Australia, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same or speak the same language but, inside, they are just like you.

This story weaves its way across cultures and generations, celebrating the bond that unites us all.



## ***A Rainbow of Friends* – P.K. Hallinan (2005) WorthyKids**

Friends come in all colours and sizes; they can be funny or serious, musical or athletic, outgoing or quiet. This book reminds children to celebrate their differences because that is what makes each of us so special.



## ***Different Like Me* – Xochitl Dixon (2020) Our Daily Bread Publishing**

God made each of us unique, but sometimes these differences can leave us feeling like a fish out of water. Celebrate our differences and uncover what we have in common on this whimsical journey that reminds readers that, no matter how different, all of us are a part of God's wonderful creation.

