



National Aboriginal and Torres Strait Islander Children's Day - 4th August



Background:

National Aboriginal and Torres Strait Islander Children's Day is celebrated annually on 4th August. Children's day is a day for all Australians to celebrate the strengths and culture of Aboriginal and Torres Strait Islander children. It is an opportunity to show support for Aboriginal and Torres Strait Islander children and learn more about the role of culture, family, and community in their lives.

This year's theme is **'Little Voices, Loud Futures'**

For more information visit: [National Aboriginal and Torres Strait Islander Children's Day](#)

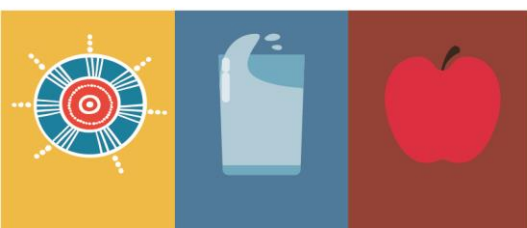
Physical Activity: Obstacle course

Visit a culturally significant place within the community. Ask the children to describe what they see, hear, like and document their responses. When you return to the service, use the children's responses to create an obstacle and many ways to move around the obstacle.

Healthy Eating: Bush tucker walk

Go on a bush tucker walk or a learn on Country experience with community members and organisations, including Elders. You can take photos of locally significant plants, use local language to name the plants and create a story book with the children.

Refer to the **accompanying guide** for guidance on how to implement these activities in your service.



Worimi artist, Lara Went
"The heart of a child"

Good for kids
Good for life

