



# Harmony Week

18 - 24 March 2024



## Background:

Harmony Week is a week of cultural respect for everyone living in Australia, including the Traditional Owners and to others who have come from or descended from many countries around the world. By participating in Harmony week activities, people can aspire to learn more about the multiple cultures that exist in Australia.

For some services and communities, this may include exploring the historical context of Australia and how it came to be the nation it is today. Orange is the colour chosen to represent Harmony Week, which signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

For more information visit: [Harmony Week](#)

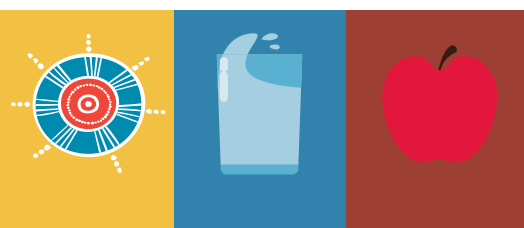
## Physical Activity: Hold a scavenger hunt

Ask children to bring in an item that represents their heritage and/or country. Ask children to draw their item and share a story with others about the item. Use the items for one or more scavenger hunts

## Healthy Eating: Orange food and food plants

Include a curriculum activity that focuses on orange food and/or food plants. These foods could be local to the area and/or native to other countries. Ask families to bring in the food item, plants and/or images of food that is significant to them. You may choose to display any images for a brief period of time.

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

