



# Freedom Ride

## 12 February



### Background:

The Freedom Ride occurred on 12 February 1965. It involved a group of students from the University of Sydney, who started a bus tour of Western and Coastal NSW. The Freedom Ride was inspired by equal rights activism and led by Aboriginal activist Charles Perkins. The Freedom Ride has a prominent place in the history of Australia and is celebrated every February for fostering Aboriginal activism and raising attention on issues Aboriginal people continue to face today.

For more information visit: [Freedom Ride](#)

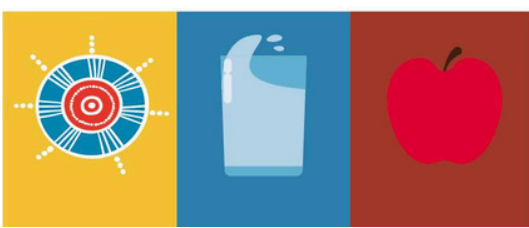
### Physical Activity: Re-enact the Freedom Ride

Share stories about the Freedom Ride and then re-enact the journey in an outdoor play setting. Get children to work together to build one or several buses out of cardboard boxes. Create a mud map of the bus ride. For example, the front gate might be Walgett, or the big tree might be Moree, then drive around to the different towns.

### Healthy Eating: Draw pictures of local Aboriginal foods

Engage children in a cooking experience from the [“Quick meals for Kooris”](#) cookbook. The children can set the meal tables up to resemble a café, similarly to the ones from the Freedom Ride. Use this time to discuss what foods you are eating and what it means to be sitting together with friends.

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

