



Australia Day

26 January



Background:

To understand the best way to recognise this day, chat with Aboriginal families and community about the best to acknowledge this date. The preference for recognising Australia Day, Invasion Day and/or Survival Day will vary between children, families and/or communities.

Survival Day:

Many Aboriginal and Torres Strait Islander people recognise 26 January as Survival Day. Despite colonisation, discrimination and comprehensive inequalities, Aboriginal and Torres Strait Islander people continue to practice traditions, look after the land, and share their voices.

Invasion Day:

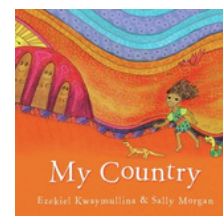
Many Aboriginal and Torres Strait Islander people recognise January 26 as being a day to assert Aboriginal and Torres Strait Islander sovereignties. This day is also seen as a 'day of mourning' to acknowledge the current and contemporary injustices resulting from forced takeover of lands.

Australia Day:

The Australian Government, since 1994, has marked the 26 January as a public holiday to celebrate Australia Day. Australia Day is seen as a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge the history of the nation. For more information visit: [Survival/Invasion/Australia Day](#)

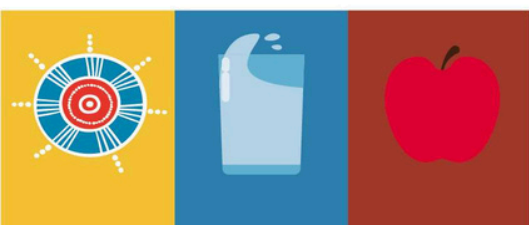
Physical Activity: Getting active during story telling time

Read a book from Aboriginal and Torres Strait Islander authors, like **My Country** or **Awesome Emu**. There are opportunities in books to encourage physical activities, like "Dance with the lightning clouds" or "Run fast like Dhinawan (emu)".



Healthy Eating: Planting local food plants

Together, with children, families and communities, plant one or several local food plants. When planting, yarn about the country that you are on (e.g., Awabakal), what type of plant you are planting, how to care for the plant and the country which you are on, and what it means to local Aboriginal people and communities.



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

Good for kids
Good for life

