



National Aboriginal and Torres Strait Islander Children's Day

4 August



Background:

National Aboriginal and Torres Strait Islander Children's Day is a special day to honour and celebrate Aboriginal and Torres Strait Islander children, their culture, and their importance in family, community, and future generations. It is celebrated on the 4th of August each year.

This year's theme is: _____

The National Aboriginal and Torres Strait Islander Children's Day theme changes each year - add this year's theme above.

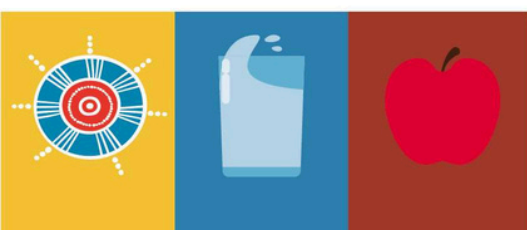
Below are some activity ideas to help your service recognise this event. You may also choose to adapt these activities to reflect this year's theme. To find out more visit: [National Aboriginal and Torres Strait Islander Children's Day](#)

Physical Activity: Traditional Aboriginal games

Get your children up and active with a session of **Yulunga traditional Aboriginal games**. These activities have been passed down through generations, from Aboriginal and Torres Strait Islander communities throughout Australia. Go to the *Yulunga traditional Aboriginal games* section on the Good for Kids website [here](#) to find eight games which have been modified for preschoolers.

Healthy Eating: Bush tucker walk

Go on a bush tucker walk with your children and spot native foods. Create a story book with the children by taking photos and using local language to name the plants. Engage with your local Aboriginal community to learn about significant native plants in your area. Alternatively, go to the *Bush tucker and Aboriginal recipes* section on the Good for Kids website [here](#) to find ideas for cooking with bush tucker.



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

Good for kids
Good for life

