



# Karabi

Community & Development Services Inc

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## AT HOME ACTIVITY PACK



**Always Was,  
Always Will Be.**  
**5-12 JULY 2020**

*Note: This years NAIDOC week celebrations moved to the 8th –15th November*

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# NAIDOC HISTORY



## NAIDOC History

### 1920s & 1930s

Before the 1920s, Aboriginal rights groups boycotted Australia Day (26 January) in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware that the broader Australian public were largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Several organisations emerged to fill this role, particularly the Australian Aborigines Progressive Association (AAPA) in 1924 and the Australian Aborigines League (AAL) in 1932. Their efforts were largely overlooked, and due to police harassment, the AAPA abandoned their work in 1927.

In 1935, William Cooper, founder of the AAL, drafted a petition to send to King George V, asking for special Aboriginal electorates in Federal Parliament. The Australian Government believed that the petition fell outside its constitutional responsibilities.

### 1938

On Australia Day, 1938, protestors marched through the streets of Sydney, followed by a congress attended by over a thousand people. One of the first major civil rights gatherings in the world, it was known as the Day of Mourning.

Following the congress, a deputation led by William Cooper presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people. This was again rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

After the Day of Mourning, there was a growing feeling that it should be a regular event. In 1939 William Cooper wrote to the National Missionary Council of Australia to seek their assistance in supporting and promoting an annual event.

### 1940-1955

From 1940 until 1955, the Day of Mourning was held annually on the Sunday before Australia Day and was known as Aborigines Day. In 1955 Aborigines Day was shifted to the first Sunday in July after it was decided the day should become not simply a protest day but also a celebration of Aboriginal culture.

### 1956-1990

Major Aboriginal organisations, state and federal governments, and a number of church groups all supported the formation of NADOC, the National Aborigines Day Observance Committee. At the same time, the second Sunday in July became a day of remembrance for Aboriginal people and their heritage.

In 1972, the Department of Aboriginal Affairs was formed, as a major outcome of the 1967 referendum.

In 1974, the NADOC committee was composed entirely of Aboriginal members for the first time. The following year, it was decided that the event should cover a week, from the first to second Sunday in July.

In 1984, NADOC asked that National Aborigines Day be made a national public holiday, to help celebrate and recognise the rich cultural history that makes Australia unique. While this has not happened, other groups have echoed the call.

### 1991-Present

With a growing awareness of the distinct cultural histories of Aboriginal people and Torres Strait Islanders, NADOC was expanded to recognise Torres Strait Islander people. The committee became known as the National Aborigines and Islanders Day Observance Committee, NAIDOC. This new name has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC.

During the mid-1990s, the Aboriginal and Torres Strait Islander Commission (ATSIC) took over the management of NAIDOC until ATSIC was disbanded in 2004-05.

There were interim arrangements in 2005. Since then a National NAIDOC Committee, until recently chaired by former Senator Aden Ridgeway, has made key decisions on national celebrations each year. The national committee has representatives from most States and Territories.





## Noongar Body Names

# SUDOKU

		6	7	9		4	5	
	3				2			
9		7		1		6		3
5			3			9	8	7
1								2
3	9	4			8			5
8		9		2		5		6
			4				7	
	2	1		3	5	8		

Answers

7	2	1	6	3	5	8	9	4
6	5	3	4	8	9	2	7	1
8	4	9	1	2	7	5	3	6
3	9	4	2	7	8	1	6	5
1	7	8	9	5	6	3	4	2
5	6	2	3	4	1	9	8	7
9	8	7	5	1	4	6	2	3
4	3	5	8	6	2	7	1	9
2	1	6	7	9	3	4	5	8

Source from: Sudoku Online

# 0-5 YEARS FLAG COLOURING ACTIVITY

TWA – FOUNDATION: DREAMING

The Story of the  
Southern Cross: WS 2

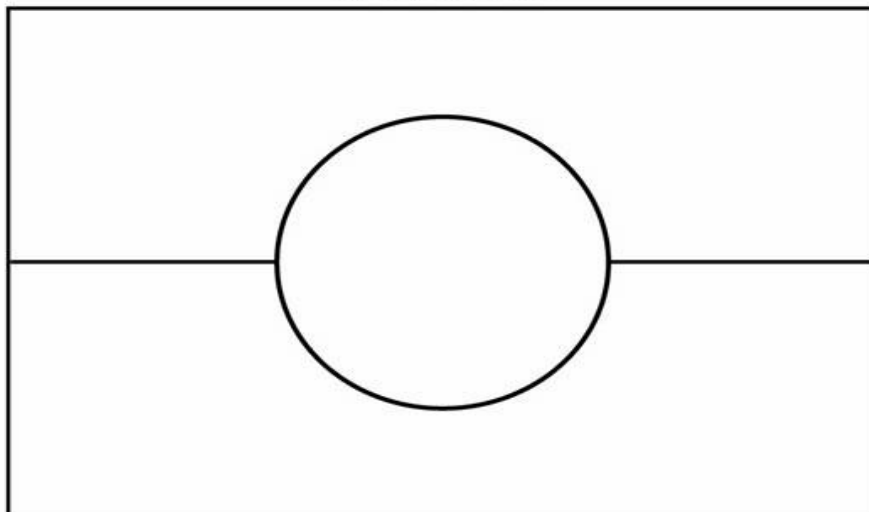
Name .....

Date .....

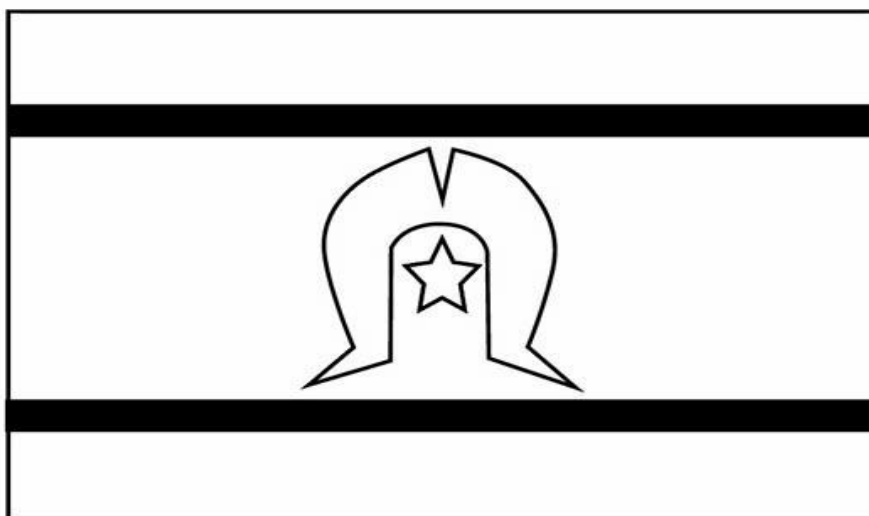
## Indigenous Flags of Australia

Colour in the Aboriginal and Torres Strait Islander flags.

Aboriginal Flag



Torres Strait Islander Flag



# DAMPER

## INGREDIENTS

3 cups self raising flour

1/4 teaspoon salt

180 ml milk – if the mixture is too dry, add a little more milk

1 teaspoon castor sugar

1/3 cup chilled butter, chilled

extra flour as needed



## METHOD

1. Mix the flour, salt and sugar together into a bowl.
2. Rub the butter into the flour with your fingertips
3. Add milk slowly and mix to form a soft dough
4. Knead lightly on a floured board until smooth.
5. Shape into a round loaf, brush with milk and cut a cross in the top surface of the dough.
6. OVEN: for oven cooking Grease and dust with flour a round cake tin or a flat baking pan. Place dough in the pan and bake in a preheated oven at 190° C (375° F) for 30– 40 minutes. ...for campfire cooking Grease the camp oven (Dutch oven) and dust with flour. Add bread dough and cover.
7. CAMP FIRE: Place in your campfire, cover with hot ashes and coals and bake for about 30 minutes.

# Lemon Myrtle Cookies



## INGREDIENTS

250g sugar  
250g butter  
500g sifted self-raising flour  
4 eggs or 1/3 Emu egg  
25g ground lemon myrtle

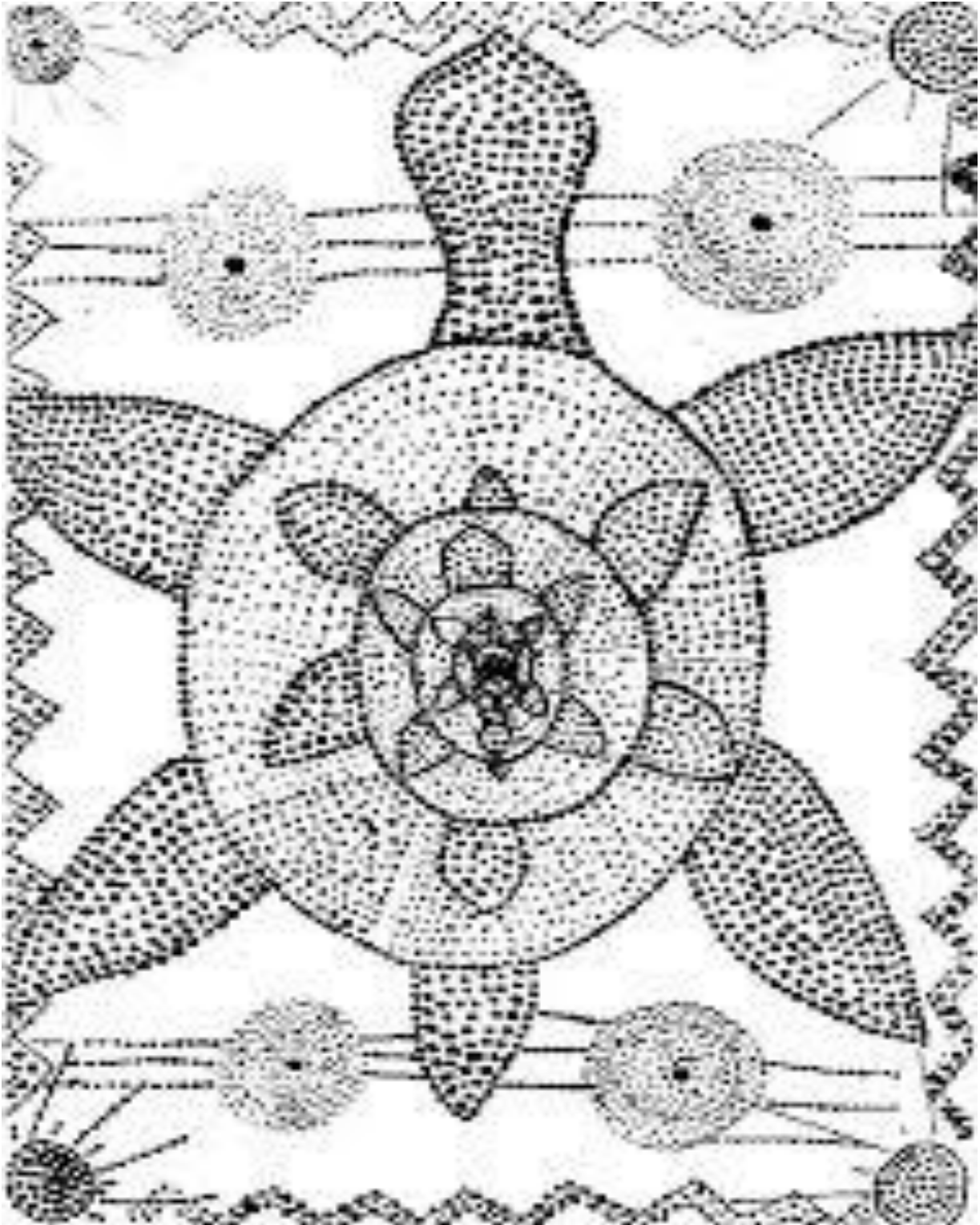
## METHOD

1. Cream together sugar and butter
2. Add the eggs to the creamed butter one at a time
3. Fold in flour and myrtle until combined.
4. Roll into small balls .
5. Flour a fork and press the batter lightly into the tray.
6. Bake in a moderate oven (180–190°C) for 12 to 15 minutes.

Department of Aboriginal and Torres Strait Islander Partnerships



# COLOURING IN!



Source From: COLOURING LIFE Website.





**Tyrown Waigana, a Perth based artist and designer, has been named as this year's winner of the prestigious National NAIDOC Poster Competition.**

His winning entry - *Shape of Land* - was judged by the National NAIDOC Committee to have best illustrated the 2020 NAIDOC theme: *Always Was Always Will Be*.

Waigana, a proud Noongar and Saibai Islander, has previously been named as one of WA's best new and emerging Indigenous artists.

According to the 23-year-old, his winning entry depicts the Rainbow Serpent coming out of the Dreamtime to create this country and how we are strongly connected to it.

"The Rainbow Serpent is represented by the snake and it forms the shape of Australia, which symbolises how it created our lands. The colour from the Rainbow Serpent is reflected on to the figure to display our connection to the Rainbow Serpent, thus our connection to country. The overlapping colours on the outside is the Dreamtime."

"The figure inside the shape of Australia is a representation of Indigenous Australians showing that this country - since the dawn of time - always was, and always will be Aboriginal land," Mr Waigana added.

Committee Co-Chairs Pat Anderson and John Paul Janke congratulated Mr Waigana on his winning entry and thanked all of the talented artists who submitted their artwork in this year's competition.

"This year's competition attracted a staggering 270 entries nationally who responded to the 2020 NAIDOC theme."

Mr Waigana - who has a Bachelor of Arts majoring in graphic design, advertising and illustration and photography - runs his own brand and business *Crawlin Crocodile*.

Source Link: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.naidoc.org.au%2Fnews%2Fwaigana-wins-coveted-naidoc-2020-poster-competition&psig=AOvVaw3xopSi-Ck6DUvnrmliG8EB&ust=1592968087857000&source=images&cd=vfe&ved=0CA4QjhqFwoTCID2itr6luoCFQAAAAAAdAAAAABAE>

# Aboriginal Symbol Drawing

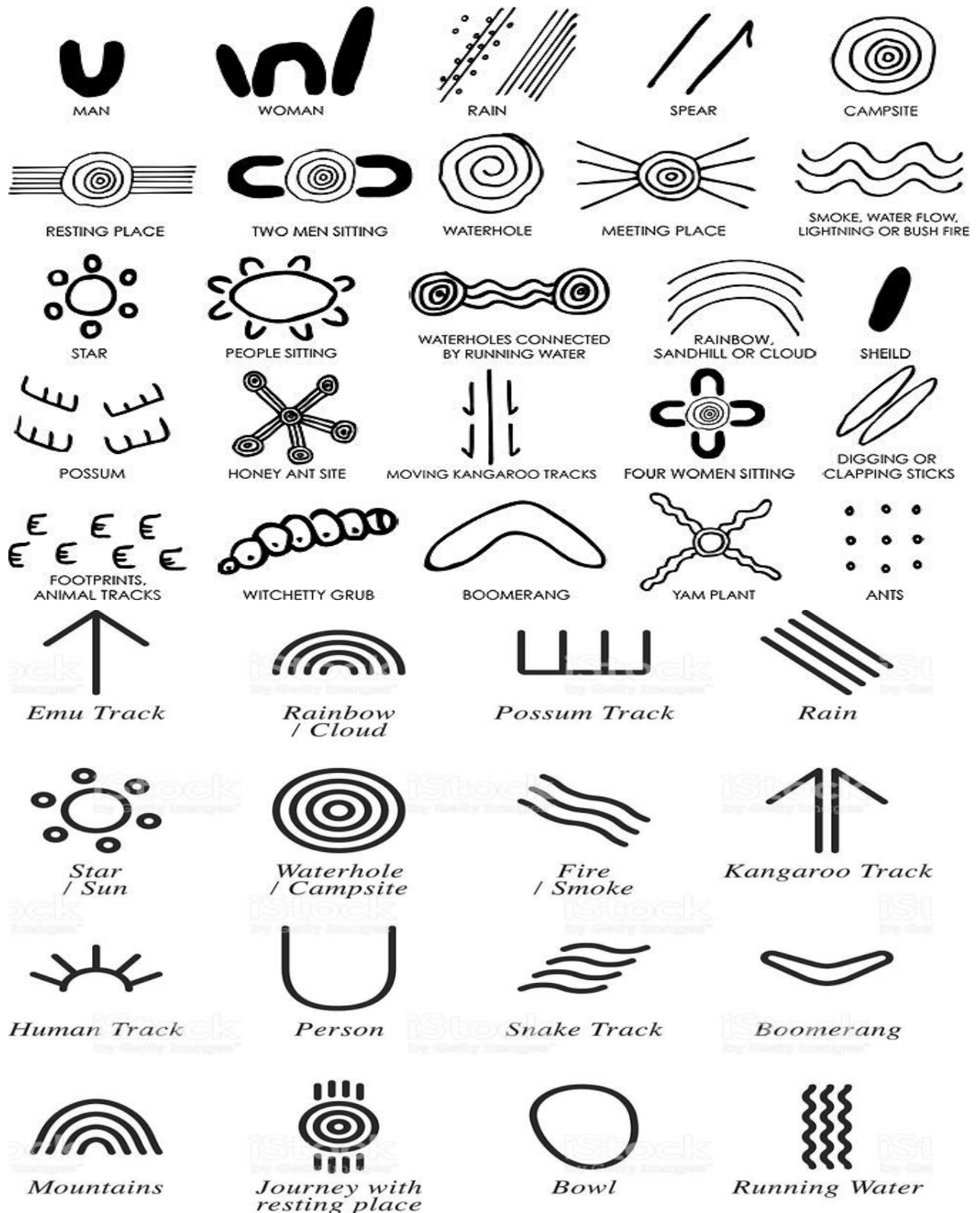
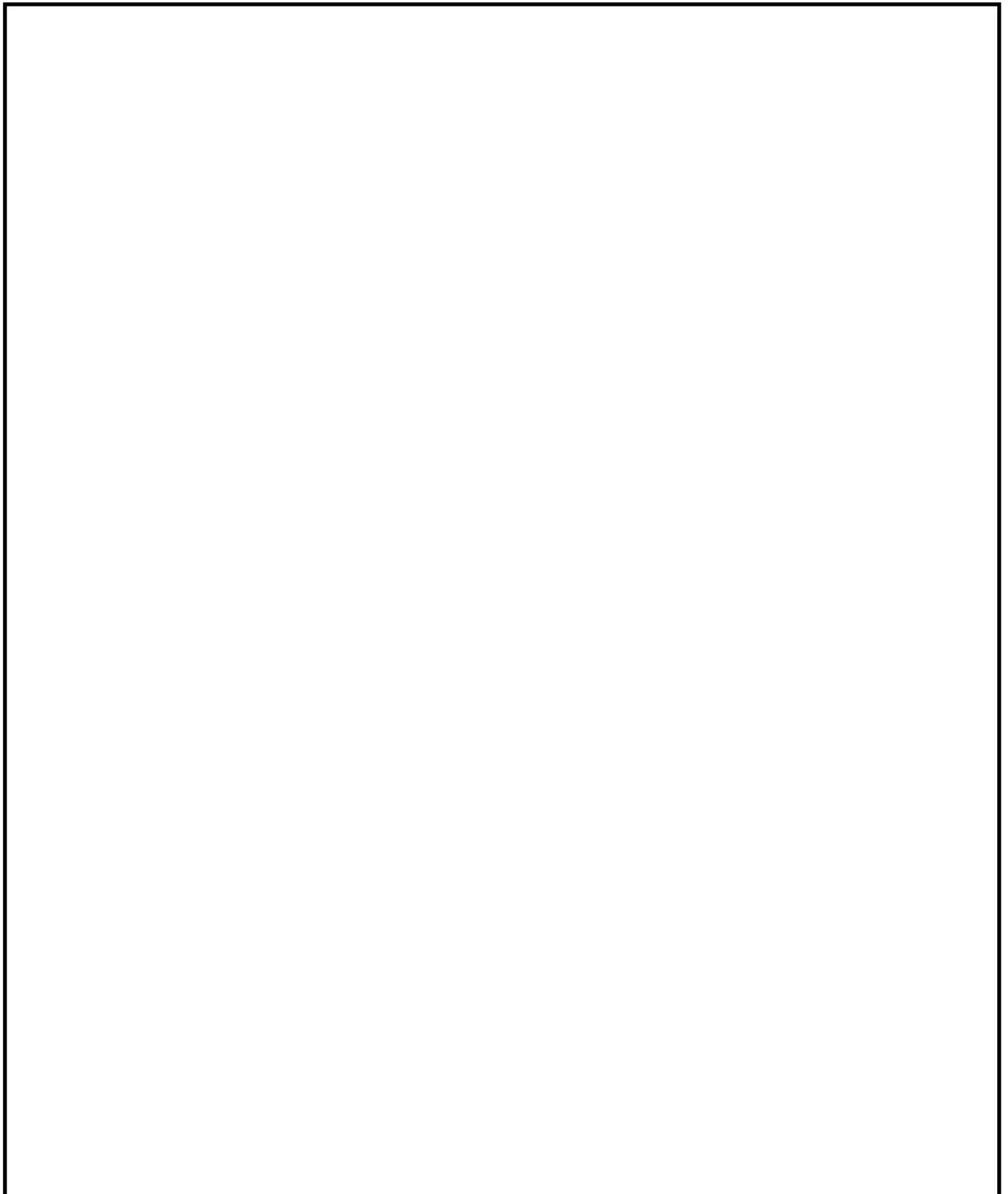


Image from Pinterest RU <https://www.pinterest.ru/pin/502292164686247406/>

# **MAKE YOUR OWN POSTER**

2020 NAIDOC theme: *Always Was Always Will Be*





# Boomerang



A **boomerang** is a thrown tool, typically constructed as a flat airfoil, that is designed to spin about an axis perpendicular to the direction of its flight. A returning *boomerang* is designed to return to the thrower.  
... *Boomerangs* have been historically used for hunting, as well as sport and entertainment.

SOURCE: [https://www.google.com/search?q=boomerang+is&rlz=1C1CHBF\\_enAU819AU819&oq=boomerang+is&aqs=chrome..69i57j46j0l5.4638j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=boomerang+is&rlz=1C1CHBF_enAU819AU819&oq=boomerang+is&aqs=chrome..69i57j46j0l5.4638j0j7&sourceid=chrome&ie=UTF-8)

## Decorating Instructions

### Choose a design

Use the water paint pallets provided in the activity pack in order to decorate your own personal boomerang.

You can also use the cotton buds provided to apply the paint onto the boomerang. Be creative!

Note: If more paint required, you can mix turmeric and water and/or paprika and water or Beetroot juice to make the colours yellow and/or red.

Be as creative as possible and make swirls, dots, creating patterns to fill each side of the boomerang.

Allow to dry.

Take the boomerang outside and take turns throwing it!



SOURCE: [https://www.google.com/search?q=boomerang+is&rlz=1C1CHBF\\_enAU819AU819&oq=boomerang+is&aqs=chrome..69i57j46j0l5.4638j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=boomerang+is&rlz=1C1CHBF_enAU819AU819&oq=boomerang+is&aqs=chrome..69i57j46j0l5.4638j0j7&sourceid=chrome&ie=UTF-8)

# Word Search Activity

## Indigenous Australia WORD SEARCH

Name: \_\_\_\_\_

Find each of the words in the word search below.

I S N Q C J B H L E R X Z D S Q O O V V  
 O N V O F N E U Y K N Z I U U W O N F P  
 T C W I I R L I B J Q S O X A M D L J I  
 T R N O I T A I L I C N O C E R I E B K  
 V Q E T T M A H J R E C L H U S R L G P  
 T B A A O S S L I G S E U K C H E D U A  
 F G M S T Y H M I S C C Z S J B G E N W  
 E L X Z W Y I D P M Z L T J T A D R S C  
 G R X C J N N R R A I X F A N O I K C Q  
 D O A A A I R E E W H S V P G A D G R H  
 E F X T I X Y A P C W E S X I F H I E V  
 V R I B G T U M M I E D A Y S O Q A T  
 S O U P O X P I A C X O V D T N N X M N  
 N Y O T S I V N D A J P K E F L D L H R  
 K B J Z L V W G B T H S E P N W I R N Z  
 P X W U G U E N V M Q A P M V D S O A X  
 E A C B R U C I W B K H U Z X J I E J E  
 D N A L E M O H L L F C L H I T E O N I  
 D X X D D S E L B O O M E R A N G Y H Q  
 P J S P O F F J L B L M W N A T I V E T

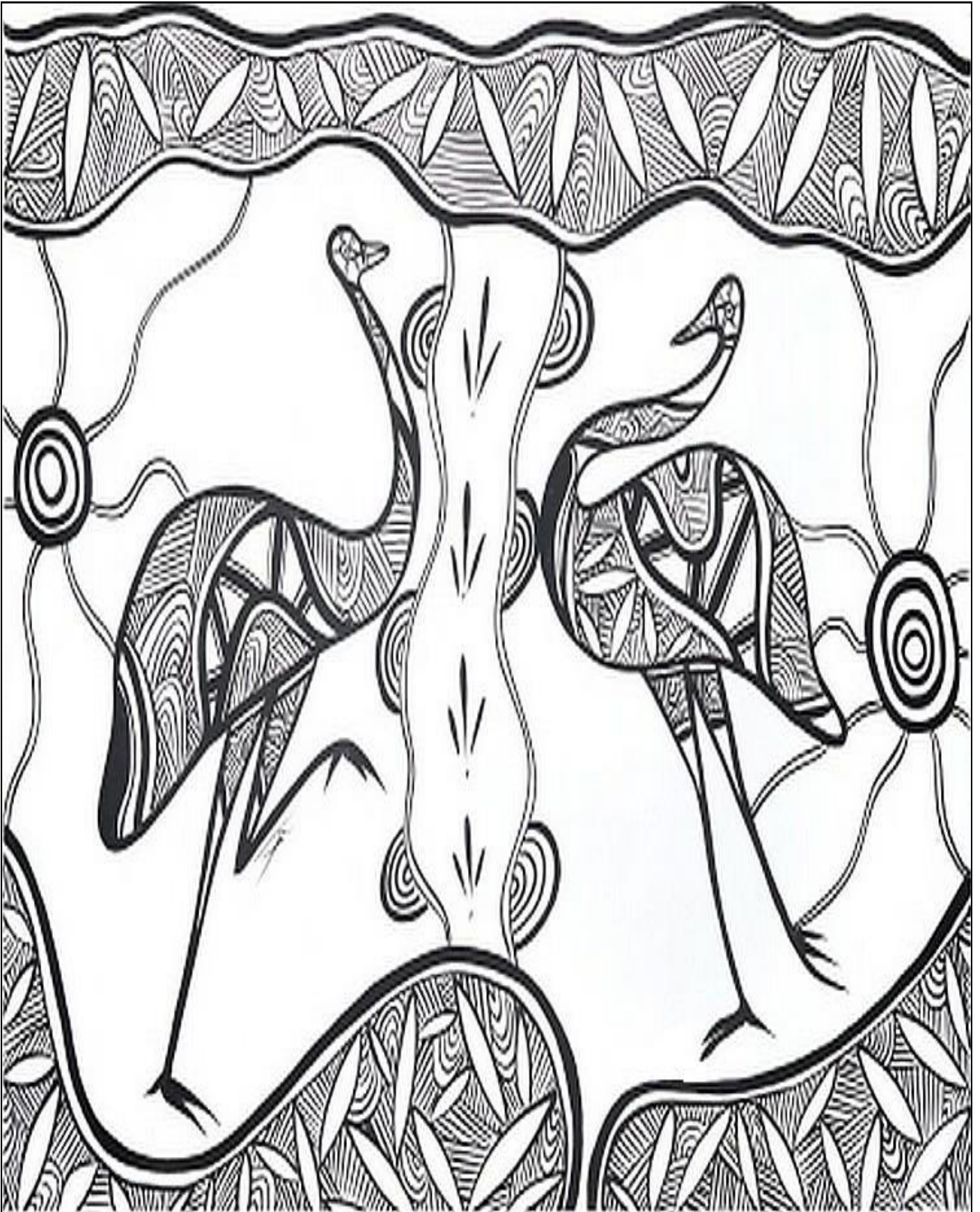
**ASSIMILATION**  
**CUSTODIAN**  
**DISCRIMINATION**  
**HERITAGE**  
**NATION**

**BOOMERANG**  
**DAMPER**  
**DREAMING**  
**HOMELAND**  
**NATIVE**  
**TREATY**

**CULTURE**  
**DIDGERIDOO**  
**ELDER**  
**INDIGENOUS**  
**RECONCILIATION**

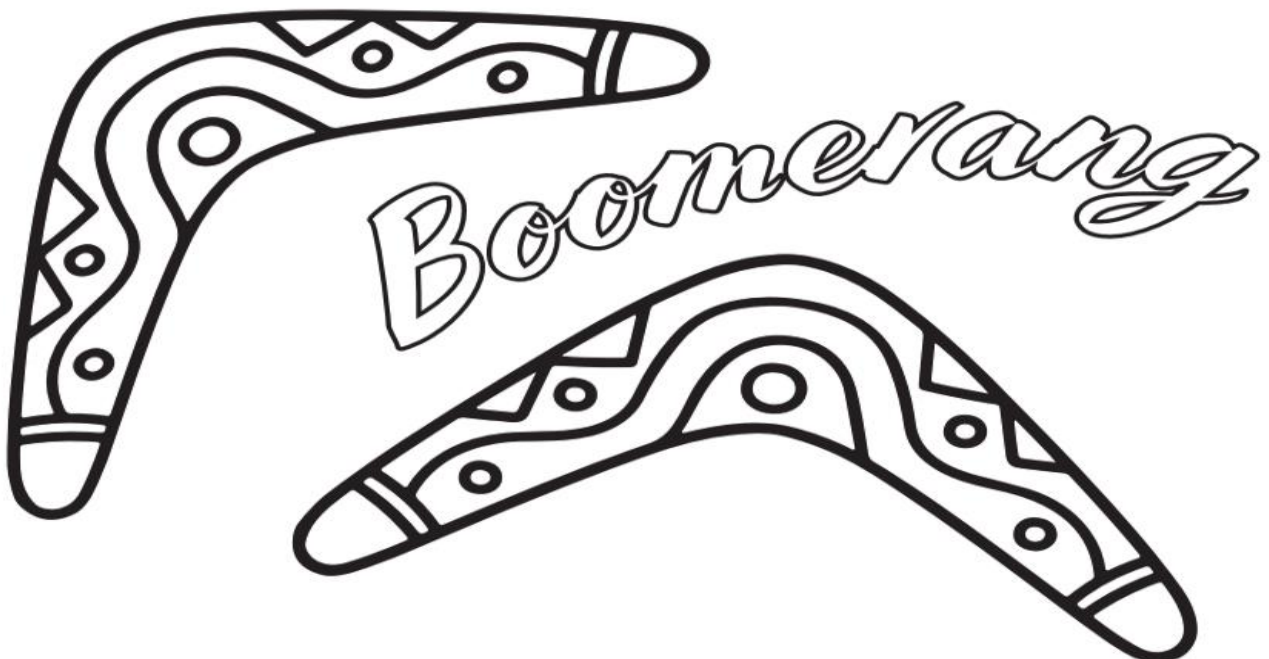
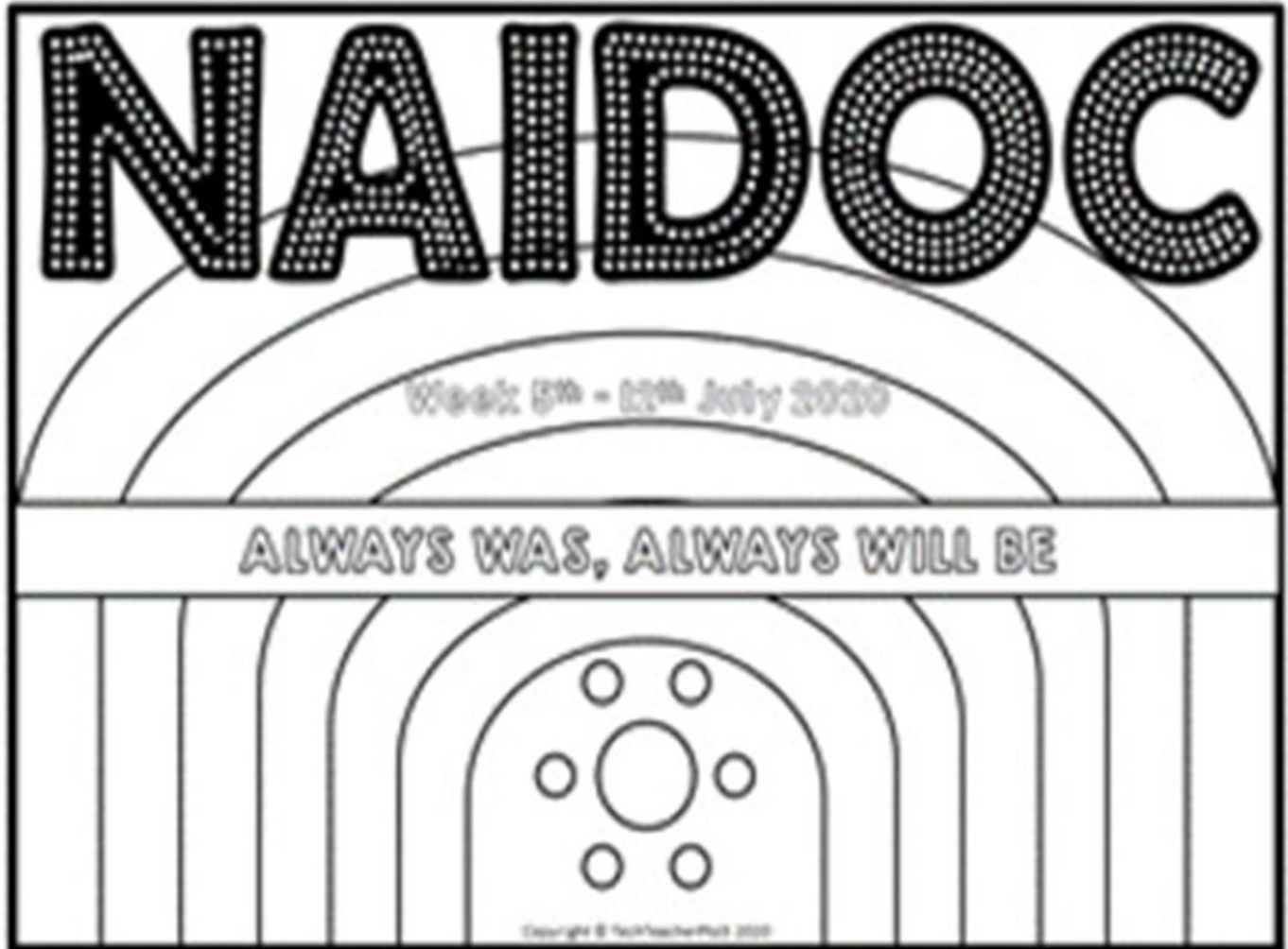


## 8-12 YEARS COLOURING ACTIVITY





# 0-6 YEARS COLOURING ACTIVITY



# OUTDOORS CRAFT ACTIVITY



## Activity Instructions:

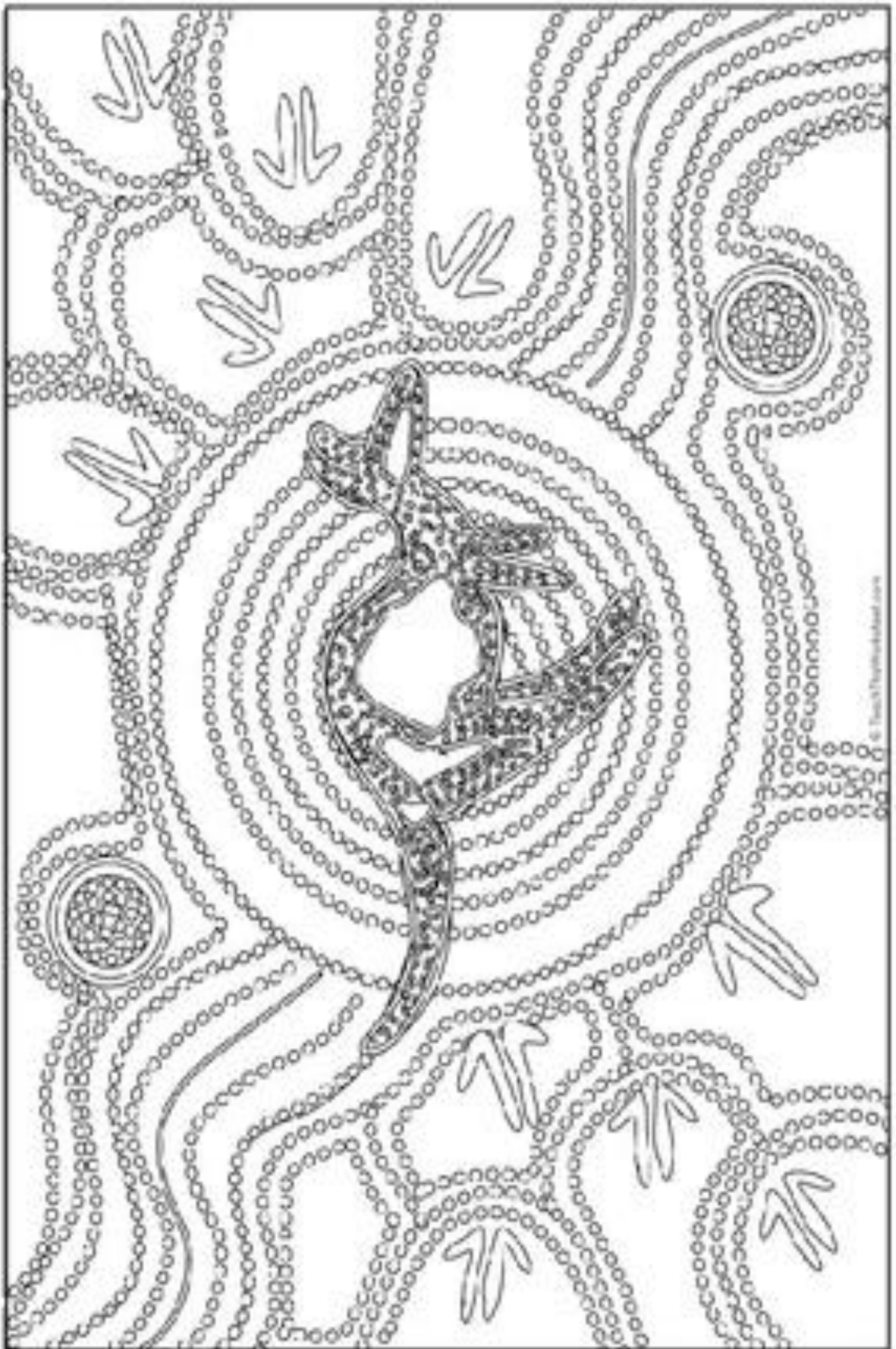
- Collect stones on your walk
  - Paint them the colours you like with
  - Decorate them with different colours and
- Enjoy.....



# COLOURING ACTIVITY



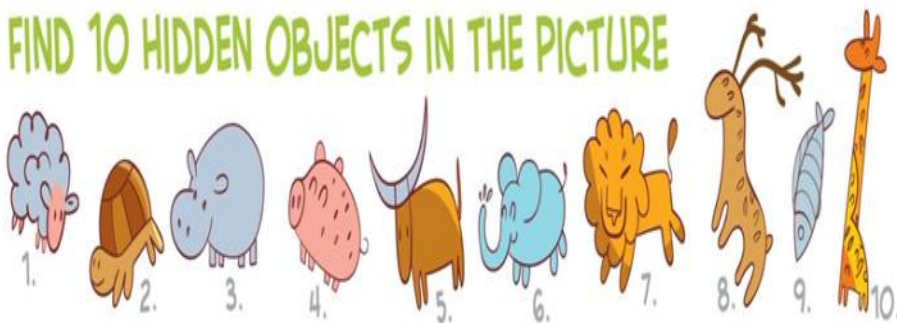




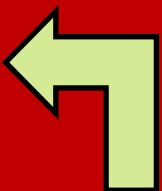
# FIND THE HIDDEN OBJECTS



FIND 10 HIDDEN OBJECTS IN THE PICTURE

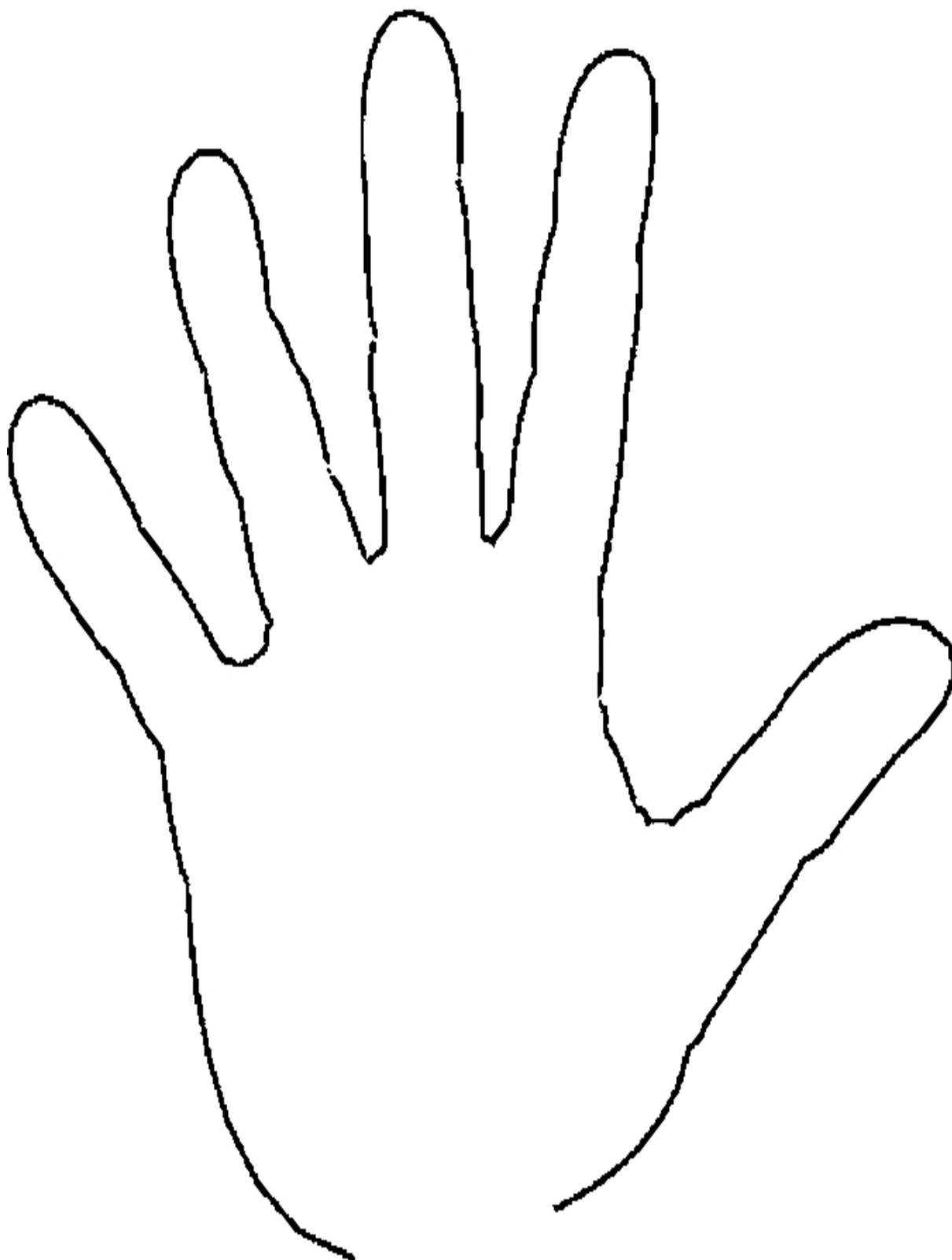


Source from: Puzzle Prime Hidden Objects Crowds 2



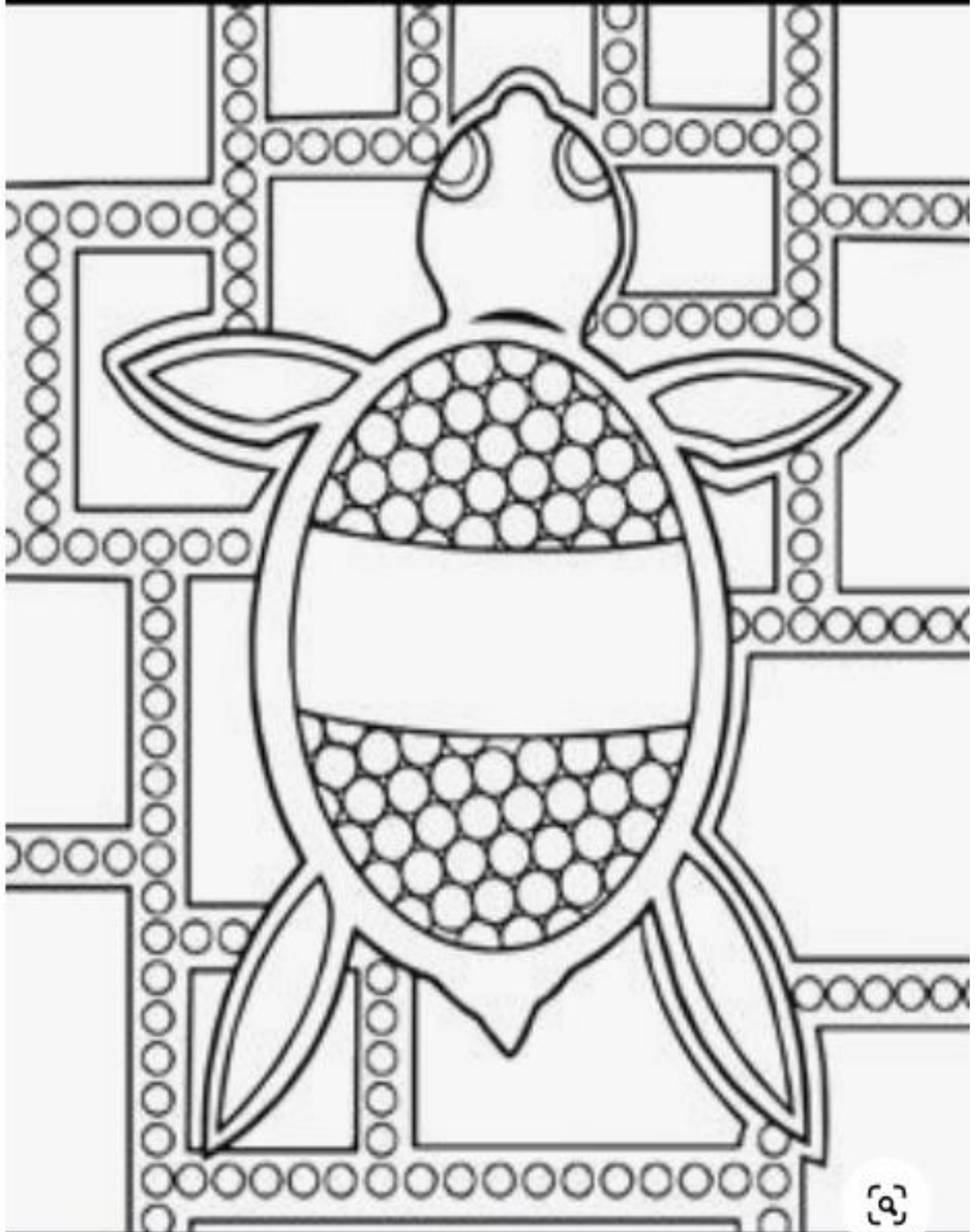
COLOUR IN &  
CREATE YOUR MAT

# **DECORATE THE HAND WITH DOT PAINTING**

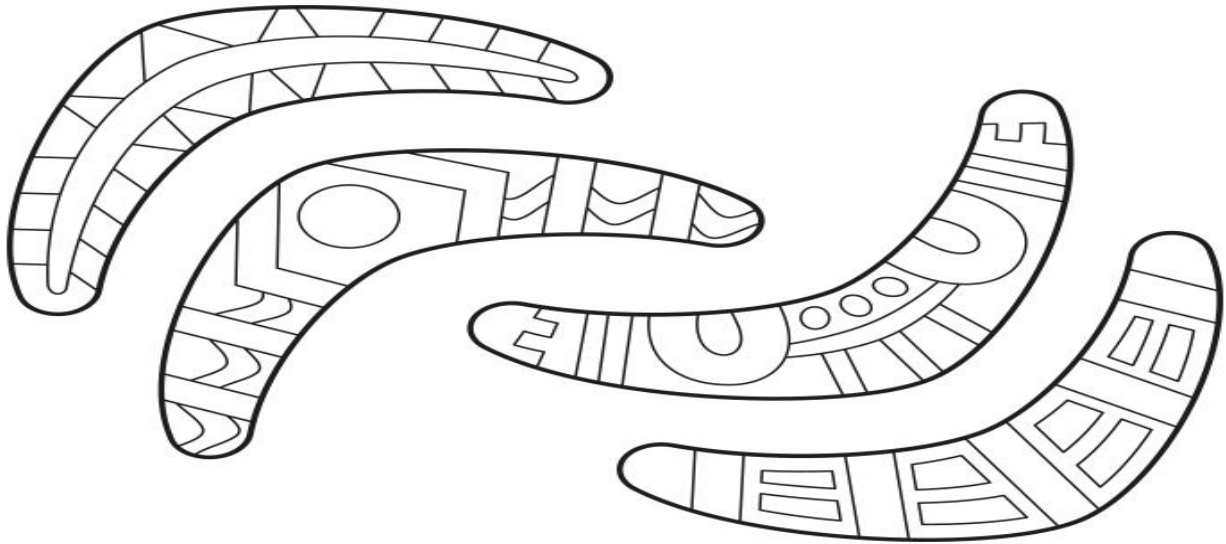




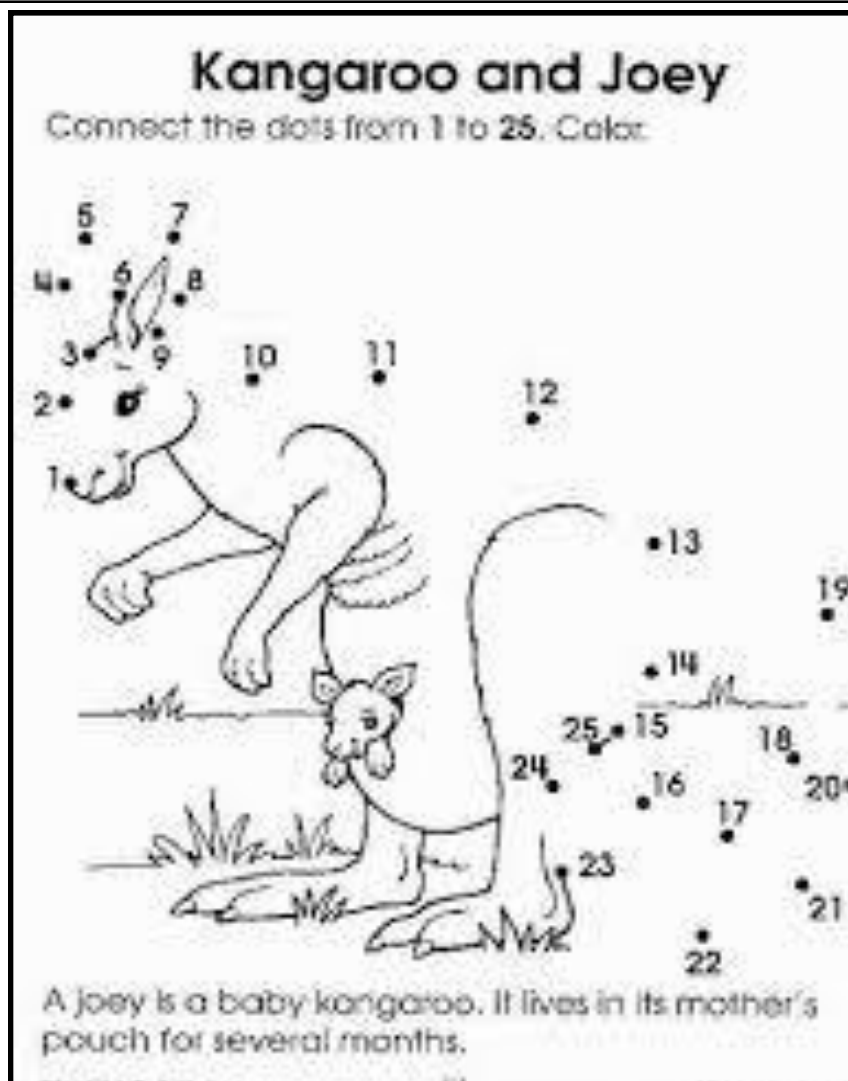
# *Aboriginal Dot Painting*



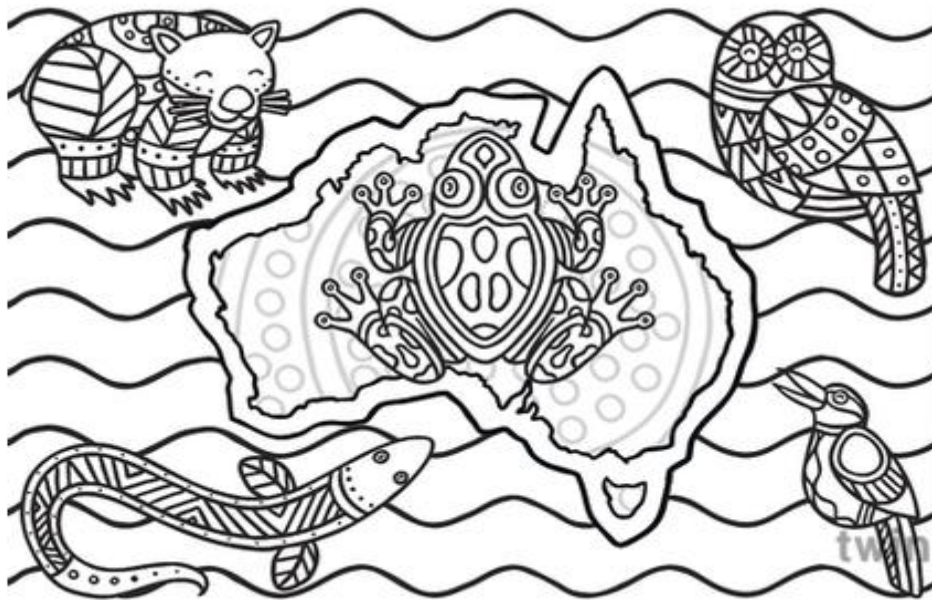
# Colouring in for the big kid



FREE Images



Source From: Pinterest



twinkl.com

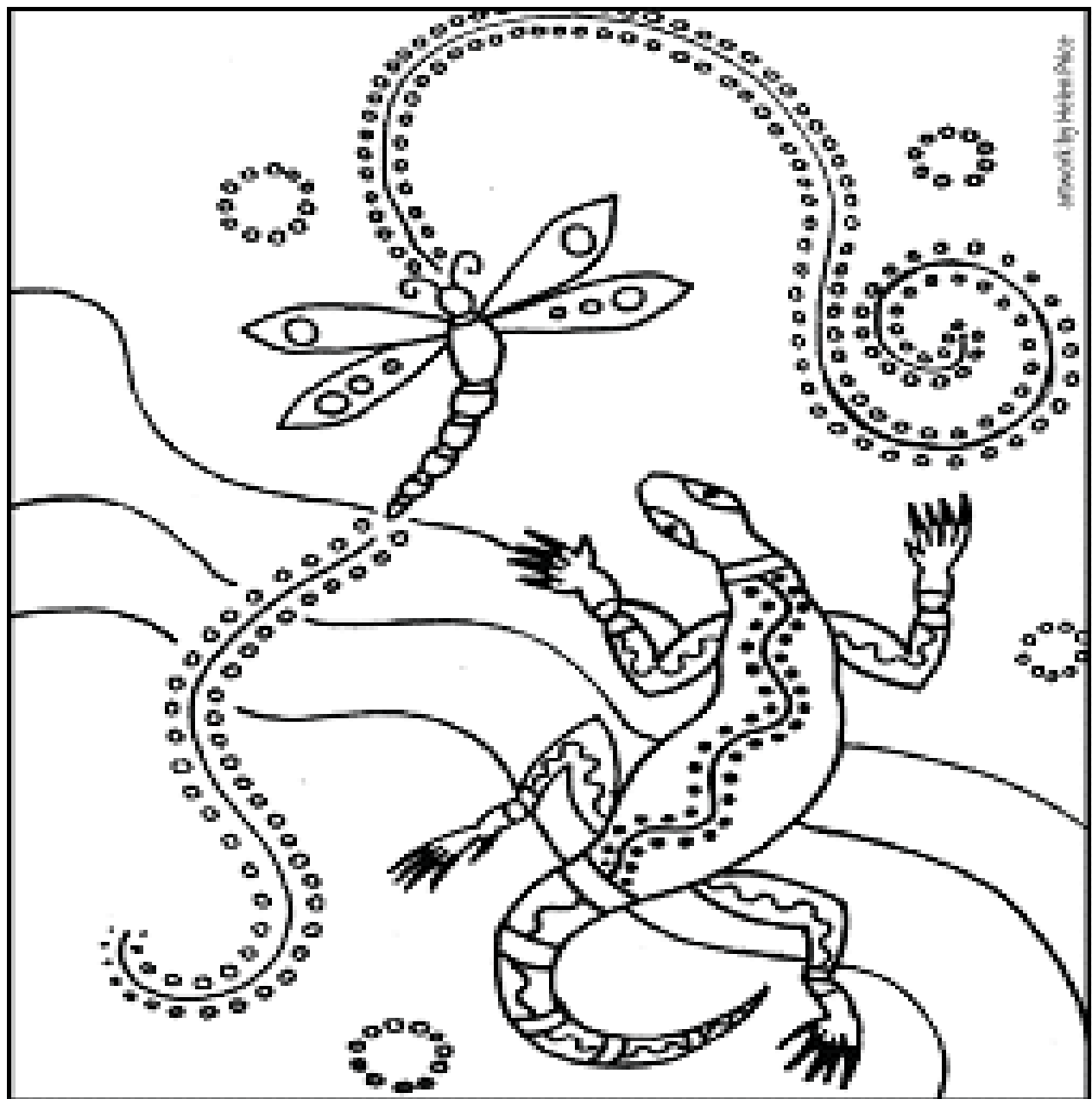


Illustration by Helen Price

www.globalkidsz.com.au  
 every culture. every country.

brisbanekids.com.au



# Did you know?

**Karabi Community & Development Services** would like to acknowledge the Darug People who are the traditional custodians of the land on which our community centres are located.

***We acknowledge and pay respects to the Elders, past, present and future who have given us time, knowledge and guidance.***

We appreciate the rich contribution and resilience that Aboriginal and Torres Strait Islander people and youth provide to our organization and to the community.

## ***Did you know?***

**KARABI** - is an Aboriginal word from the local 'Darug tribe' meaning **Sulphur Crested Cockatoo**. This name was chosen by the local community to symbolise the gatherings of many flocks of cockatoos in the local area.

***Let's learn and use more language together.....***

**WARAMI** – Darug word meaning 'good to see you!'

Source: Western Sydney community legal center limited' 2020

**COLOUR ME IN!**



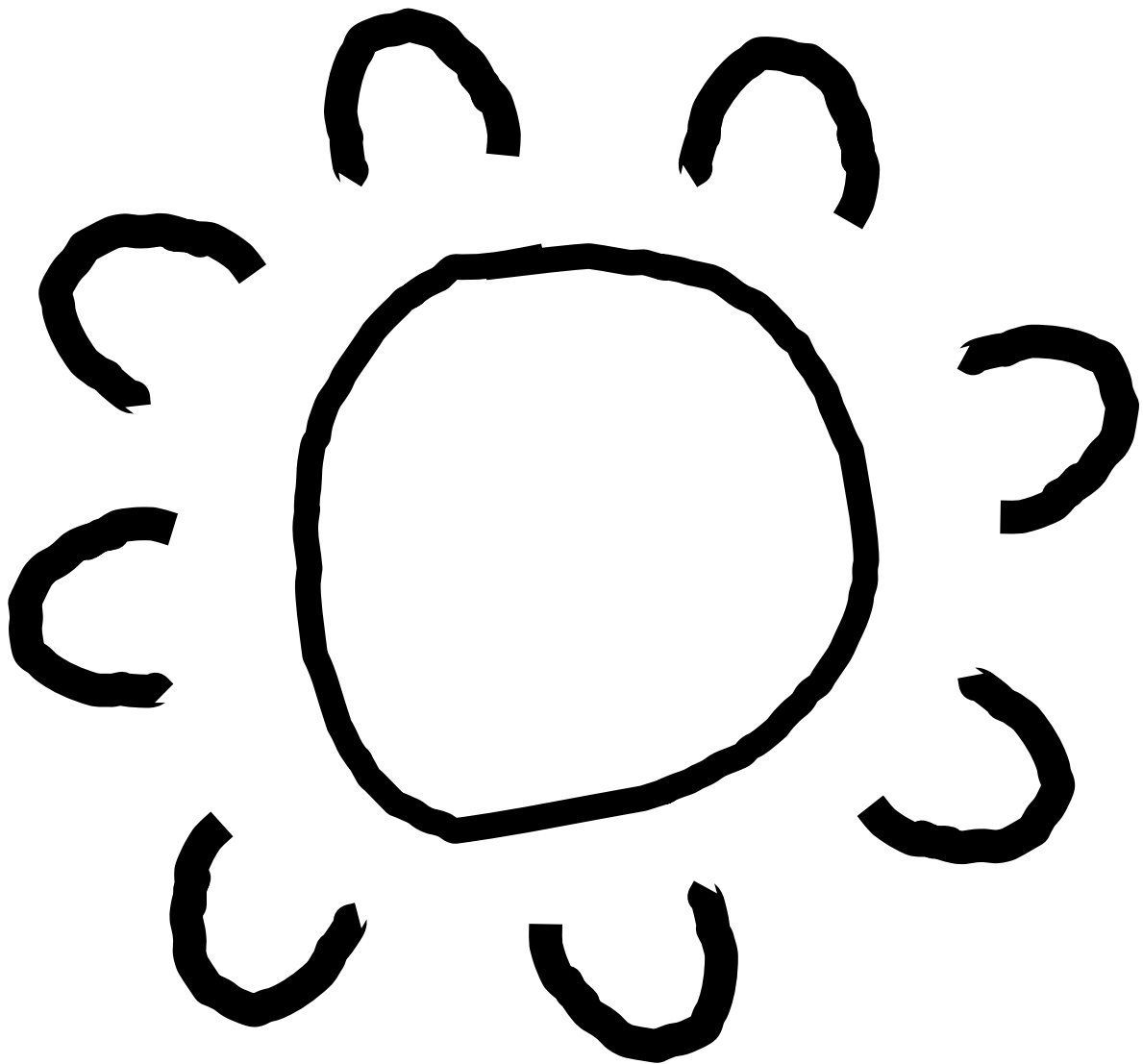
**N  
A  
I  
D  
O  
C**

*Leadbeater's Cockatoo. Color: red and yellow crest. Body pink and white.*

## **Activity Description:**

**Step 1:** Use the Symbol-**PEOPLE SITTING**

**Step 2:** Use the Symbol below and add leaves, flowers and natural objects during your bushwalk and enjoy the time outside and be creative.



# **PEOPLE SITTING**





## Science Experiment- Corn flour Slime balls:

‘Some substances sometimes just can't make up their mind whether they're a **liquid** or a **solid**! See what we mean with this messy experiment’

YOU WILL NEED:

Corn flour	a wooden spoon
water	a bowl

### **Step 1:**

Pour half a box of corn flour into a bowl. Then gradually pour water over and mix until it looks and feels like custard.

### **Step 2:**

Run your fingers through the liquid.

### **Step 3:**

Now try and punch the mixture with your fist.

### **What happens:**

When you run your fingers through it, it acts like a liquid. But when you punch it, it becomes hard and behaves like a solid. (If it doesn't, try adding some more corn flour.)

How and why:

The corn flour particles are suspended in the water, so it flows like a liquid. But when you apply a force to it, the particles lock together, acting like a solid. As soon as the force stops, the slime goes back to being runny

## WENTWORTHVILLE CENTRE

*(Head Office)*

Cnr. Fyall Av & Darcy Rd

Wentworthville 2145

Phone: 02 9631 6575

Fax : 02 9636 5428

## POSTAL ADDRESS

P.O Box 181

Pendle Hill NSW 2145

[www.karabi.org.au](http://www.karabi.org.au)

## CONSTITUTION HILLS CENTRE

Karabi Neighbourhood Cottage (KNC)

1 Lurgan St

Constitution Hill 2145

Phone: 02 9631 7055

## SEVEN HILLS CENTRE

Karabi Neighbourhood Cottage

Seven Hills (TNC)

29 Aleta Way Seven Hills 2145

Phone: 02 9688 1084

## EMERGENCY INFORMATION

Crime Stoppers	1800 33 000
Lifeline	131 114
Kids Help Line	1800 551 800
Domestic Violence Line	1800 656 463
NSW Rape Crisis Centre	1800 424 017
Child Abuse Protection Services	1800 688 009
Westmead Hospital	8890 5555
Westmead Children's Hospital	9845 0000
Poison Information	131 126

## EMERGENCY INFORMATION

State Emergency Services	132 500
Seniors' Information Service	137 788
Salvo Crisis Line (suicide prevention)	9331 2000
Salvo Care Line	9891 4526
Immigrant Advice and Rights Centre	8234 0700
Department of Home Affairs	131 881
Electricity	131 003
Water	132 090
AGL	131 245



Communities  
& Justice



**Karabi**  
Community & Development Services Inc



Australian Government  
Department of Health



JUSTICE OF THE PEACE

@ Karabi  
Wentworthville

*Please call to  
make an appointment*

