

National Aboriginal and  
Torres Strait Islander  
Children's Day 2021



*Celebrate*

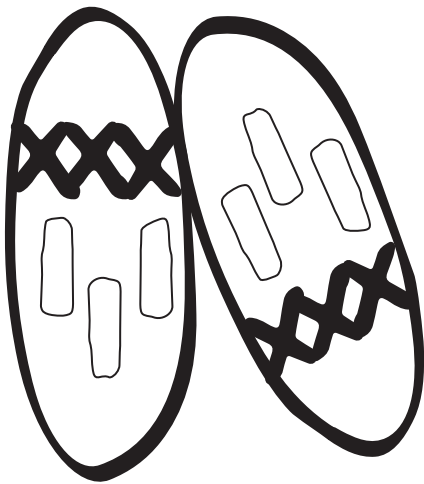
**PROUD IN CULTURE, STRONG IN SPIRIT**

**CHILDREN'S**

**DAY** *on* **4 AUGUST**  
[www.aboriginalchildrensday.com.au](http://www.aboriginalchildrensday.com.au)

**Have you seen these traditional items before?**

**Cultural ceremony and dance are important to all Aboriginal and Torres Strait Islander cultures.** Practise your own ceremonial dance and share your videos with @SNAICC on Twitter, Facebook and Instagram.



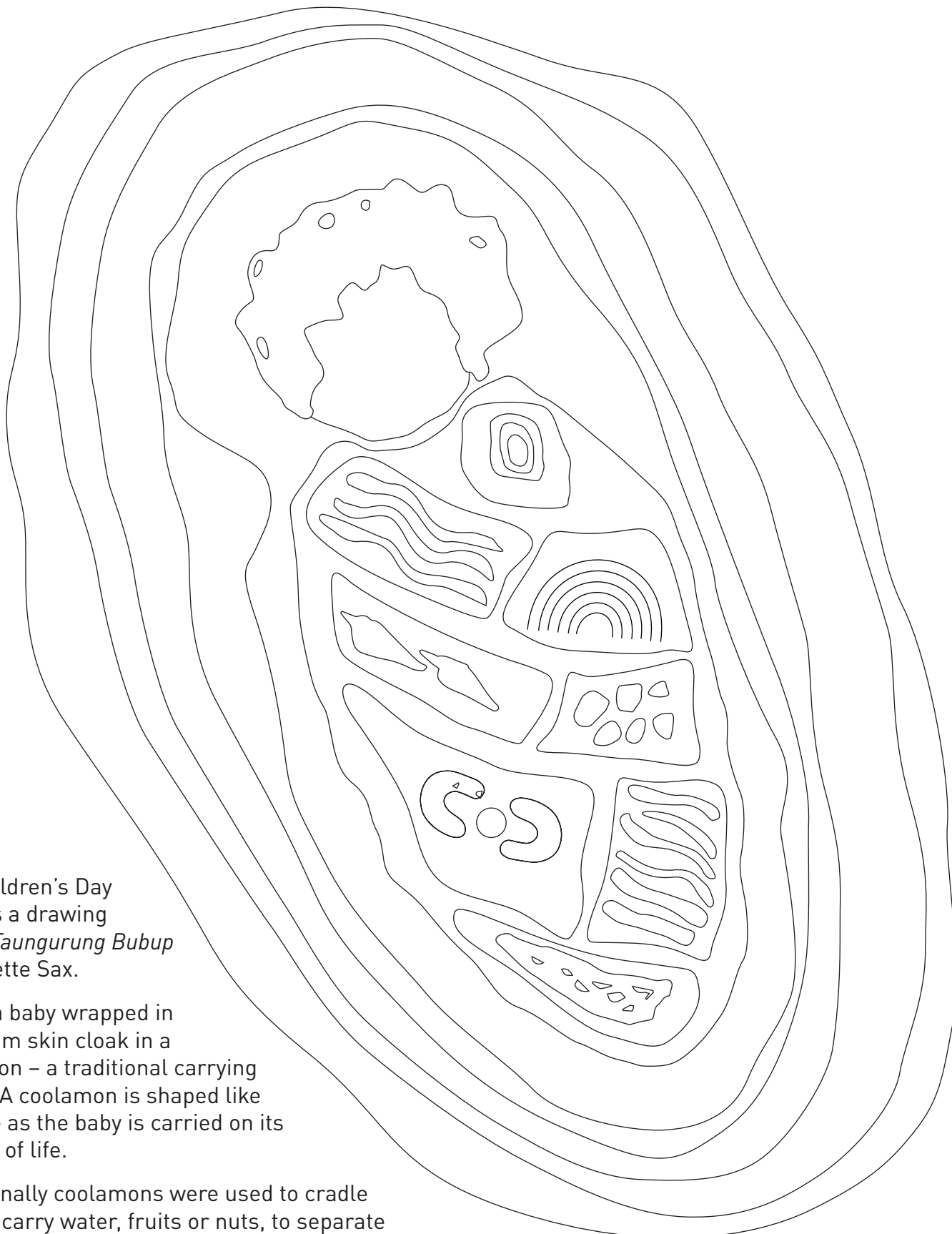
*Tell somebody how they  
are used in your community*



*Decorate  
these in your traditional  
patterns and colours*

STORY OF THE

# Coolamon



The Children's Day bag has a drawing called *Taungurung Bubup* by Annette Sax.

It is of a baby wrapped in a possum skin cloak in a coolamon – a traditional carrying vessel. A coolamon is shaped like a canoe as the baby is carried on its journey of life.

Traditionally coolamons were used to cradle babies, carry water, fruits or nuts, to separate grains, and protect from the rain.



# RECIPE

## Chocolate and Wattleseed BISCUITS



For generations, wattle or acacia has been important to Aboriginal and Torres Strait Islander peoples. It is used for food, medicine, utensils, weapons, instruments and more. Traditionally the seeds are harvested from their pods, roasted, and ground into flour to make damper.

There are many types of wattle grown across Australia. Find out what your local wattle is called in your language.

Today, we use wattleseed in many different recipes. It has a coffee-chocolate flavour, so it tastes really good in these chocolate and wattleseed biscuits.

*Plant the seeds*

from your Children's Day bag to harvest your own wattleseeds

or

you can buy ground wattleseed at Aboriginal-owned organisations: search 'bush tucker' in your region on [supplnation.org.au](http://supplnation.org.au) to find out more.



PREPARATION



+

COOK



=

MAKES

36



### INGREDIENTS

- 1 ¾ cups of self-raising flour
- ¼ cup of cocoa
- 3 teaspoons of ground wattleseed
- 250g of soft unsalted butter
- ½ cup of caster sugar

*You also need:* 1 bowl, 1 wooden spoon, 1 tray and some baking paper

### DIRECTIONS

1. Preheat oven to 160 degrees Celsius.
2. Stir together the flour, cocoa and wattleseed with a whisk or a fork to break up any lumps.
3. Mix the butter and sugar together with the wooden spoon until it is soft and looks pale yellow.
4. Stir in the flour, cocoa and wattleseed mixture.
5. Roll the dough into small balls and place them 5cm apart on a tray lined with baking paper. Flatten them gently with the back of a fork.
6. Cook for 15-20 minutes until the edges are brown but the middle is still soft.
7. Transfer to a wire rack or leave on the tray to cool, then eat them!
8. *(If there are any left)* store them in an airtight container.





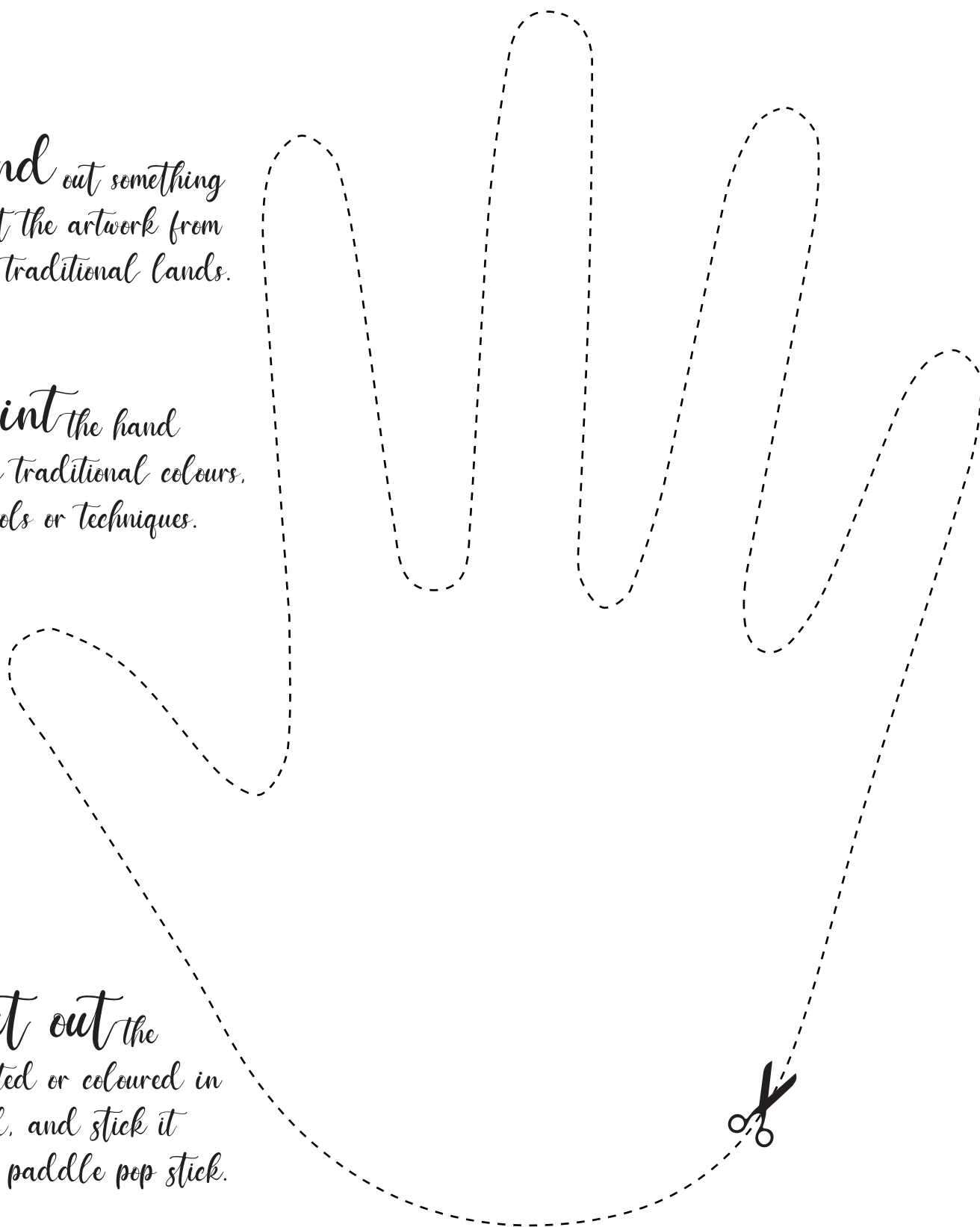
# WHAT ARE THE *artwork* STYLES AND SYMBOLS FROM YOUR TRADITIONAL LANDS?

The Children's Day bag includes a wooden hand shape with a handle.

*Find* out something about the artwork from your traditional lands.

*Paint* the hand using traditional colours, symbols or techniques.

*Cut out* the painted or coloured in hand, and stick it on a paddle pop stick.



When the hand is finished and the paint is dry, stick it in the garden with your friends to create a Children's Day reconciliation hand garden.





Aboriginal and Torres Strait Islander peoples believe that spirit is all around, in the trees, the sky, the earth, the rocks, the waterhole.

Stories connect us to *spirit* through The Dreaming.

What does *spirit* mean to me?

Ask somebody from your community such as an Elder, cousin or friend what spirit means to them. For more fun activities, go to [www.aboriginalchildrensday.com.au/resources](http://www.aboriginalchildrensday.com.au/resources)

