

HARMONY DAY



Get ready to embrace diversity and create a sense of belonging this Harmony Week!

As childcare educators, you play a vital role in fostering inclusivity. Through engaging activities like multicultural storytime, exploring diverse cuisines, and celebrating different traditions, you can open young minds to the wonderful world around them.

This Harmony Week, let's come together!

Join us in creating a space where every child feels valued and respected, regardless of their background or culture. Together, we can make this Harmony Week a truly memorable experience for all.

Here's how you can connect each activity to Harmony Day, celebrating diversity and inclusion:

Autumn is Here:

- **Nature Walk Adventure:** Discuss the different types of plants and flowers that grow in Australia compared to other countries. Talk about how seasons can vary around the world.
- **Blooming Crafts:** Use a variety of colors and textures in the crafts to represent the diversity of cultures and backgrounds.

Cooking Activities:

- **Rainbow Fruit Kebabs:** Talk about the different fruits that come from various parts of the world. Discuss how sharing food is a way to connect with different cultures.
- **Healthy Muffin Surprise:** Include ingredients from different cultures in the muffins, like spices from Asia or dried fruit from Europe. Discuss how food can be a way to learn about other cultures.

Sensory Play:

- **Calming Ocean Bin:** Discuss the vastness and diversity of the world's oceans, highlighting the different marine life found in various regions.
- **Fizzing Fun with Homemade Play Dough:** Use different colors in the play dough to represent the variety of cultures and ethnicities around the world.

Art Activities:

- **Fingerprint Family Tree:** Discuss how families come in all shapes and sizes, and how fingerprints, like cultures, are unique to each person.
- **Sock Puppet Extravaganza:** Decorate the puppets with clothing or features that represent different cultures around the world.

Storytelling and Music:

- **Interactive Read Aloud:** Choose books that celebrate diversity and inclusion, featuring characters from different backgrounds. Discuss the similarities and differences between the characters.
- **Movement and Music:** Play music from different cultures and encourage children to move their bodies in ways that reflect the music's style.

By incorporating these connections, you can use these activities to promote Harmony Day values and encourage children to appreciate the beauty of diversity in our world.

Remembering the First Nations

Harmony Day is all about embracing diversity and fostering a sense of belonging. Australia's rich tapestry of cultures wouldn't be complete without acknowledging the oldest continuing cultures in the world – the Aboriginal and Torres Strait Islander peoples. Learning about their traditions and stories isn't just about respect, it's about fostering understanding and building a truly inclusive society where everyone feels valued and their heritage is celebrated.

Harmony Week Activity: Aboriginal Dreamtime Storytelling, introducing children to the rich culture and traditions of Aboriginal and Torres Strait Islander peoples.

Materials:

- Children's book with Aboriginal Dreamtime stories (e.g., "The Rainbow Serpent," "Tiddalick the Frog")
- Didgeridoo recording (optional)
- Art supplies (paint, crayons, markers, paper)

Instructions:

1. **Welcome the children and explain that you'll be sharing a special story from Aboriginal culture.** Briefly explain the concept of Dreamtime stories and their importance in Aboriginal culture.
2. **Read the chosen Dreamtime story in a captivating way.** Emphasise the sounds and imagery to bring the story to life.
3. **Play a didgeridoo recording softly in the background (optional).**
4. **After the story, have a discussion with the children.** Ask questions like: What did you like about the story? What animals or elements did you find interesting? Why are Dreamtime stories important?

Art Activity: Provide art materials and invite the children to create their own interpretations of the Dreamtime story. Encourage them to use colors and symbols that resonate with them.

Benefits:

- This activity exposes children to Aboriginal culture and traditions.
- It fosters appreciation for diversity and respect for different ways of knowing the world.
- Storytelling promotes language development and imagination.
- The art activity allows children to express their creativity and understanding of the story.

Adaptations:

- For younger children, you can use shorter picture books or focus on specific elements of the story.
- You can invite a guest speaker from the local Aboriginal community to share stories and answer questions (with permission, of course).