



# Harmony Week

## 15th - 21st March

### Activities for services



### Harmony Week — 'everybody belongs'

Harmony Week celebrates Australia's cultural diversity and is the week when 'Everybody Belongs'. It is a time to reflect on the cultural background of Australia's current population, whilst also recognising the traditional owners of the land.



*Harmony Week is represented by the colour ORANGE, so why not get all the children to wear orange.*

### Activity Ideas

- **Hand Painting:** Tape together some butchers paper to make two big blank canvas'. Draw a heart outline on one and a tree trunk with branches on another. Ask children to choose a paint colour for their hand painting and place a clear hand print on each canvas.
- **Headwear & Hats:** Print pictures or ask children to bring different headwear from home that is significant to different cultures. E.g. Mexican sombrero, Australian akubra, Jewish skull cap (kippah), Muslim hijab, Hindu turban or nun's veil. Provide some materials for children to make their own headwear. Children can model their headwear and tell the group where it is from.
- **Colourful Hands:** Have children trace their hands on different coloured paper to represent the cultural diversity of Australia and the different colours of nations' flags. Cut out and attach the hands together using twine and display. Ask if children if have a favourite flag.
- **Story Time:** It is a great idea to read some of your favourite story books that focus on different cultures during this time to generate discussion with the children.





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## Munch Experiences

- **Cooking Demonstration:** Plan a series of cooking demonstrations based on foods from different cultures. Invite parents and grandparents to participate and/or run the cooking demonstration.
- **Sharing Recipes:** Ask children to bring in a favourite recipe from home. Ask children which part of the world it is from and the different flavours it has.
- **Taste testing:** Organise taste-testing of fruits from different parts of the world. E.g. lychees, coconut & rambutan are of Asian origin whilst figs, pomegranates & jujube are of Mediterranean origin. How would these taste in a salad? You will be surprised!
- **Dip It:** Make or buy some dips to have with your vegetable break or snack, E.g. hummus—Arabic/Egyptian, tzatziki—Greek, baba ganoush—Middle Eastern and Pesto—Italian. Explain where these dips originate. Discuss the different ingredients with the children after they have tried each dip.



### Fun Fact:

In Japan many meals include noodles. It is tradition for Japanese people to eat noodles on their birthday because it is believed that if they eat long noodles they will live a long life.



## Beef kebabs with couscous and chickpea tabouli

(Lebanese inspired recipe and photo from Taste.com.au)

### Ingredients:

- 1 lemon
- 190g (1 cup) couscous
- 250ml (1 cup) boiling water
- 2 tsp olive oil
- 400g beef rump steak, excess fat trimmed, cut into long thin strips
- 2 tsp ground cumin
- 1 x 400g can chickpeas, rinsed, drained
- 2 tomatoes, coarsely chopped
- 2 shallots, ends trimmed, thinly sliced
- 1/2 cup fresh mint leaves, coarsely chopped
- 1/2 cup fresh continental parsley leaves, coarsely chopped



### Method:

1. Place couscous in heat proof bowl. Combine water and oil, adding to the couscous. Cover and set aside for 5 mins or until water is absorbed.
2. Thread the beef onto 8 skewers. Sprinkle with the cumin.
3. Grate lemon rind. Remove seeds and juice the Lemon.
4. Add lemon zest, lemon juice, chickpeas, tomato, shallot, mint and parsley to the couscous. Toss well to combine.



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## Physical Activity Ideas

Physical activity is a universal language and offers opportunities to engage and connect with people of all cultural backgrounds. As you teach the children about these games, display a world map to show children where certain games are played.



- **European Handball (Europe):** Played by many countries stretching across the Europe. Set up cones in a line in front of a goal area and give children a ball. Children then run in and out of the cones before throwing their ball into the goal. Goal!

- **Bocce (Italy):** Use bocce balls or a golf ball or smaller ball as the 'target ball' and a tennis ball or bigger ball as the rolling balls. The aim is to underarm roll the tennis ball and get as close as possible to the 'target ball.' The children can learn about Italy whilst working on their fundamental movement skill of underarm rolling!



- **Catching stars (Africa):** Divide children into two groups- Stars and Catchers. Set up two boundaries. Catchers stand in the middle whilst stars stand on one side of the boundaries. Catchers: say "star light, star bright, how many stars are out tonight." Stars say "more than you can catch!". The stars run to the other end and try not to get tagged. Stars who are caught become catchers

- **Tai Chi (China):** This internal Chinese martial art has many health benefits. Tai chi helps to improve balance, concentration, flexibility and focus. Why not run a mini tai chi session with your children? Google 'Children's Tai Chi' and there are many ideas and video clips to help you teach the children tai chi.



- **Kal-ka-doon kee-an (Indigenous Australian):** A traditional hunting technique based on the skill of throwing to catch emus. Place a tennis ball in a stocking or long sock as the 'foxtail'. In teams children hold the foxtail (by the tail end) and take it in turns to attempt to throw the foxtail ball into a large bin or basket. Children retrieve the ball after their turn and give it to the next player.

## Useful websites

### Indigenous games:

[www.sportaus.gov.au/yulunga](http://www.sportaus.gov.au/yulunga)

### Early childhood resources:

[www.harmony.gov.au/get-involved/schools/early-childhood](http://www.harmony.gov.au/get-involved/schools/early-childhood)

