3 - 5 years

MONTHLY PROGRAM OUTLINE

MONTHLY PROGRAM C

Everyone Belongs – Celebrating Diversity.

How do I use this outline?

1. **Choose the activities and experiences you would like to add** to your weekly, fortnightly or monthly plan from this educator monthly program outline.

2. Add your choices to the Empowered Ed **blank program template** (print or save to your computer) Make sure to fill in the dates at top of the program to indicate if your plan is covering weekly, fortnightly or monthly.

3. Match the numbered activities on your plan to the **corresponding activity guides (Playful Learning Page).**

4. Fill out the separate **organisation planner** each week if you wish to help you keep up to date with all documentation requirements including reflection, prep, observations and forward planning (optional).

Activity Guides to choose from:

A 190 – Herby Cultural Planting

A 68 – Nature Bracelets/Crowns

Simple Suggestions to add:

Explore Cultural Food

Provide opportunities for the children to access videos, recipe books, storybooks, magazines that show foods and meals from different cultures. You might choose a few simple recipes to cook together after learning more about where the dish originated from. You can download this recipe book (Word Format) and guide created especially for Harmony Day in Australia and supported by the Australian Government. This will help you to introduce different cultures and food in a hands-on interactive way for the children. This YouTube video shows children eating different lunches around the world and is an excellent tool to prompt further discussions in this area!

Watch this video for ideas on setting up a bush tucker children's garden.

Family Gallery & Museum

Send an invitation to parents and carers to send in an object that has some special meaning for their family or culture. Ask them to share a little information about the object and attach to a family photo. Set up a table or wall space as a Family Gallery & Museum and encourage children to tell others about their family & special object or customs.

Native Flora & Fauna Sensory Tub

Cover the bottom of a tray or tub with paperbark, pebbles, soil or sand (whatever you can easily access locally). Research local fauna and flora in your area with the children beforehand then extend the learning and opportunities for creative & sensory exploration by adding natural materials like gumnuts, wattle flowers, gum leaves etc. If you have access to Australian animal figurines add them too. Don't forget to set up a 'waterhole' somewhere in your tray!

Visit this website for some more ideas about Australian animals and flora. The NSW National Parks & Wildlife provides lots of information online here if you want to delve deeper with the children.

Active Wild has photos and information of many Australian animals in their list online here. If you want to investigate local birds in your area make sure to also take a look at their Australian Birds List here.

Symbol Tic Tac Toe *(also called "ngaka ngaka", which means "look look").*

Before the game sit with children and explore some different symbols that Aboriginal people might use in their art together. Draw symbols onto some smooth pebbles using white chalk pens. Allow the children to experiment with their own designs after looking at images of symbols and indigenous artwork examples.

While they create make a few of your own symbol stones ensuring you do multiple numbers of 2 patterns so you can also use them to play a game of tic tac toe on another day. When you are ready to play use a sheet of cardboard and some paint or pens or alternatively some chalk on the pavement to draw a simple tic tac toe grid.

Find examples to recreate and information about symbolism in Australian Indigenous Art here and also here.

For educators that want to learn more about the use of Aboriginal art symbols I recommend reading through this article – there are some beautiful pictures including the ones shown below and informative videos to explore too!

Activity Guides to choose from:

A 191 – Everyone Belongs Story Stones

A 192 – Diverse Needs Prop Box

Simple Suggestions to add:

Around the World Homes

Cut out pictures from magazines like national geographic or print some photos from the internet of different environments and homes from around the world. Paste to different sized cardboard boxes and add to the dramatic play, block play and outdoor areas. Observe the different ways children explore and use them in their play. Initiate discussions about what they see in the photos and who might live there. How is it different from their home environment? Can they build a village? A tall building? A road for the cars? Sit in the boxes and drive them or make a cubby?

Camp & Cook

Set up a simple campground/tent site indoors or outdoors using real props and tools like tents, sleeping bags, wood for a fire, tin plates and cups. If you can't access a tent tie some rope between 2 trees then drape a colourful sheet or blanket over the top. Make some traditional Australian Damper together using this recipe from Laughing Kids Learn. Learn how people cooked without gas and electricity long ago by watching this video.

Soap Sculptures

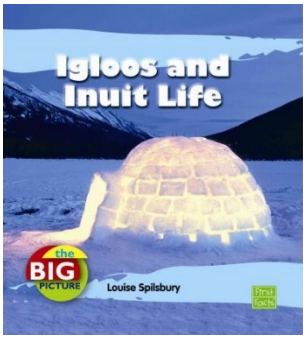
This is a nice sensory and imaginative play experience that also offers opportunities for intentional teaching as children explore the Inuit culture (peoples of Northern Canada – sometimes called Eskimos but this isn't their preferred term!) and their traditional art form of soap sculpture and carving. This short animated film about an Inuit child will give the children a glimpse into aspects of the culture and home environment. Find out why ice igloos keep Inuit peoples warm in this video.

Mix 1 box of Lux Pure Soap flakes (or your local equivalent) with a little water in a large bowl or tub. Add water slowly and work into the flakes with your hands (you could also give each child their own separate pile of flakes and a little water to mix and experiment with on their own. The aim is to form a squishy dough like texture – it will start wet and a little gooey or sticky but as the soap draws in the water you should be able to knead it to a peanut butter type consistency. Encourage children to manipulate the soap dough with their fingers to make their own 'sculpture' Let them explore their own creative ideas and make meaning in their own way.

If you have the resources add some natural materials like bark, twigs, herbs, flowers, stones, leaves, feathers etc that they can use to decorate or help create their soap sculpture. Leave the creations overnight to harden.

Children could also take them home to dissolve in the bath or washing machine!

You might like to also like to take a look at this Soapstone Sculpture Art project the children had fun with over at The Crafty Classroom. They used modelling clay as their medium rather than actual soap.



Activity Guides to choose from:

A 193 – Musical Painting

A 194 – Bush Animal Game

Simple Suggestions to add:

Indigenous Games

Get those muscles moving and develop a greater understanding and appreciation of Aboriginal and Torres Strait Island culture by setting up your own Indigenous Games Mini Event using some of these ideas. You can find more traditional games to try here. Why not invite family and carers to participate too!

Worldly Relaxation

Try some different forms of relaxation and movement from around the world that are practised in Australia. Some of the common one's children might like to explore with you are Tai Chi, Yoga and Meditation. Where did they originate from? Have you tried them before with your family or friends?

Children show you some simple tai chi moves in this video. Learn more about the origins of Tai Chi here. The video is aimed at children an easy to understand.

Try some of the easy animal yoga moves for kids from Mother Natured here.

Dance Around the World

Learn to Irish Circle dance, watch children performing a traditional Greek Dance, have some fun with the Mexican Hat dance, explore Aboriginal culture and storytelling with the Crane Dance. Try some Australian Bush Dancing using the easy heel and toe polka steps. This Korean Fan Dance is a nice video to pop on during wind down time – the fan movements are mesmerizing!

Activity Guides to choose from:

A 195 – Skin Colour Creativity

A 196 – Stick Dot Rock Painting

Simple Suggestions to add:

Playdough & Clay Colour Mixing

Playdough and Clay can be used in so many creative ways, but they can also be very helpful mediums to help children explore skin colours, differences and similarities. Think about using playdough and clay of different skin tone colours and varying from light to dark – encourage children to make models of their friends or themselves using the dough colour tone that most closely matches. You could also use these people playdough mats from Picklebums – just download and print then let the children create their body or face. Add some loose parts and simple materials for them to decorate with and personalise.

Mirror Self Portraits

Introduce some small mirrors to the art area. Add wool in different colour shades and textures along with a variety of skin colour paints, crayons or pencils. Give each child an oval shaped piece of cardboard or paper plate that will represent their face, a glue stick and scissors. Talk together about what they see in the mirror. What colour is your skin? Can you find a crayon or paint colour that matches your skin and colour in your cardboard face? What hair colour do you have? Can you find some wool that matches and glue it on? Do you need to cut it shorter or make it curly? What else do you want to add to your face?

Rosemary Twig Painting

If you have Rosemary growing in your garden snip off some of the long stalks, then show children how to dip the beautifully scented leaves into water or acrylic paint then onto bark or paper as a sensory alternative to brushes. Pick more rosemary leaves and use to make this delicious and easy rosemary & garlic pizza bread!

Activity Guides to choose from:

A 197 – Spice Grinder

A 198 – What's on the inside?

Simple Suggestions to add:

Native Wonders Provocation Table

Set up a collection of Australian flowers, seeds, plants, animal figures, insects, paperbark, eucalyptus leaves, aboriginal artwork, photos of different houses, landscapes, animals, people within Australia (or your own country), musical instruments, maps, aboriginal symbols – anything you think might spark interest and provide an opportunity for children to investigate and extend their own learning.

Make sure to add some magnifying glasses, small containers, cloths for laying out items and pens and paper for them to draw or write stories about what they see.

Mini Shelters.

Set out on a table or mat out on the grass some twigs, leaves, bark, twine, clay, stones and pictures of Aboriginal humpy's or similar. Talk about how different cultures and people build shelters and homes that might look different to yours. Encourage children to make their own mini shelter or house from the items you have provided. You could also extend the activity by adding some loose parts for children to design and build larger shelters outdoors as this class did.

Branch Weaving

Go on a walk around the local community park or the outdoor play area and collect twigs and branches that allow enough room for children to weave and wrap wool strands around the branches. You could also encourage children to collect and bring sticks or wool scraps from home.

Challenge those new weaving skills by turning the branch into a loom – see step by step guide here. via Brisbane Kids.com. Don't pressure the children if they find this too difficult – start with wrapping and winding the wool instead.

FINE MOTOR / MANIPULATIVE PLAY

See how they played by clicking here.

Show them how to weave the wool in and out of the branches or loom. When the children are finished with their weaving hang from the roof or outdoors so everyone can admire their work from all angles.

Weaving is a big part of many cultures for both ceremonies and day to day life so you might like to use this activity as an intro to learning more about those communities and cultures. Learn more about how the Maori developed a rich culture of weaving and see some finished objects in this video.

Activity Guides to choose from:

A 199 – Stick & Stone Storytelling

A 200 – Skin Colour Stockings

Simple Suggestions to add:

Book Baskets – Exploring Diversity

Refer to the book list at the end of this planner for specific title ideas but keep in mind that when you are trying to incorporate culture and diversity into your book area you want to aim for a wide selection rather than just a few token favourites. Consider adding a selection of books that depict a variety of different family structures, ethnicities, special needs, cultures and ages. Include stories that challenge traditional girl and boy stereotypes and show men and women doing a variety of activities at home, workplaces and when relaxing. Ask families if they have a favourite story they love to tell. Use various texts and mediums like picture books, recipe books, national geographic magazines, travel brochures, non-fiction books.

Listening & Learning Together

Learn to say a few common words in the Bundjalung language from Northern NSW Australia. Watch the video together here.

Tell the Dreamtime Stories 'Tiddalick the Frog' or 'The Rainbow Serpent'. Use some props or puppets if you have them.

Explore this treasure trove of Dreamtime stories made into child-friendly animations to watch on video.

Music Time

Sing Heads, Shoulders, Knees and Toes in Wiradjuri language. Or try 'Pelican Sitting on the Water' – another animation and song in Wiradjuri words. For more information about the Wiradjuri language and other Indigenous languages, cultures and identity visit the Learning & Sharing website here.

Activity Guides to choose from:

A 201 – Kinship Tree

A 202 – That's Me! Photo Art

Simple Suggestions to add:

How are we different?

This is a fun group activity and easily modified for mixed age groups. Using a large piece of cardboard or butcher's paper (or some coloured chalk on a pavement outside) and a marker divide the paper into sections like 'favourite foods', eye colour, hair colour, height, favourite sport, tv show, song etc. As children add their selection to the paper you can chat about how the results show how interesting and positive it is to be different. Can they see any ways they are also the same? Encourage the children to decorate their 'different & same' collage with photos, magazine pictures or drawings.

My Family, Your Family

Ask families to bring in a photo of the people in their family, their house, their pets...whatever they are comfortable sharing with the other children. Create a family wall and display each family at eye level. Talk about how many people in your family, if there are pets, what sort of home you live in, similarities and differences. After displaying for a week or so provide paper and glue so the children can create their own 'family book'. Encourage them to mark make throughout their book by drawing, writing and colouring as they wish.

Cupcake Colours

This fun cooking activity provides an opportunity for you to touch on and talk about the issues of difference, colour and judgement. Use your favourite cupcake recipe or this one and let the children help measure, pour, stir and take turns as you usually would when cooking together. When mixed, split the mixture into three or four batches and add a couple of drops of food colouring to each batch (each one a different colour). When cooked taste the cakes together and ask if the colour males their cake taste different. The colour doesn't affect the taste but they do look different and this offers an interactive way to talk about judging based on colour.

Keeping it Simple:

- Explore opportunities for shared thinking regarding ourselves, colour varieties, differences, similarities when using various skin colour toned playdoughs, clay, paint and drawing materials.
- Use the activities in this plan to help you explore a variety of cultural methods of creating art with the children such as different mediums (clay, dough, paint, rosemary brushes, wool, sticks, sand etc), colours and techniques (weaving, drawing symbols, sculpting, sewing).
- Use the playful activity ideas and follow on conversations to explore the positive aspects of similarities and differences between people, animals and flora. Make sure to point out how interesting and positive differences are.
- Learning song lyrics, playing music, cooking different foods and trying dances from other cultures all provide wonderful opportunities for children to learn about their own culture and that of others around the world and within your own service in a fun interactive way.
- The family photo, kinship tree and family gallery activities help you to include, respect and welcome families into your service and planning.
- Encourage creative thinking, problem-solving and gross motor control by allowing children to use the community boxes and loose parts to build environments, homes, shelters in any form they want to.
- Replicate the rhythms and sound patterns in stories, rhymes, songs and poems from a range of cultures – use the linked videos to help with your intentional teaching in this area.
- Encourage children to think through the consequences of discrimination. Find examples children can relate to in the book suggestions on the next page, videos, photos and through personal experiences in their own lives.
- Talk about the concepts of lighter and darker, as well as different colour shades and hues such as golden brown, tan, peach, rosy pink, ivory etc when painting, working with clay or dough, reading books, cooking, drawing etc.
- Seek out local Elders, family and community members to guide learning about Aboriginal cultures. Take action to build your knowledge about Indigenous custodianship for your local area and share with the children. Contact your local council for more information about where to start.

EVERYDAY ESSENTIALS FOCUS

This page includes some optional suggestions for setting up your environment to complement this monthly program outline. *Modify* according to your space and children.... or just use your own ideas! It is completely up to you whether to use these suggestions or not. Everyday essentials can include the *blocks/puzzles/dress-ups/cars/dolls/loose parts and other resources that you tend to have available each day*. Decide what you want to use this month then put everything else away as part of a toy rotation system.

Materials & Interest Areas:

Community Display Board

A fun and visual way to enhance community connection and a sense of belonging is to create a large community display 'map' in your service using a variety of art and craft mediums and resources. Encourage families, other educators and children to add significant places on the map including markets, parks, leisure complexes, places of worship, doctors etc. Create a scaled down version if working in FDC or you are limited in space.

Dramatic Play Areas – Indoors & Outdoors

Dramatic play is a fantastic way for children to learn more about themselves and other cultures. Think outside the box here a little.... try not to just stick with the usual dress ups and hats! Here are some easy setup and prop ideas to get you started...

- Include dolls and puppets of various ethnicities and genders.
- Set up dramatic play areas that represent a range of environments where people may live and work. Not just an office or same kitchen area as always.
- Use the diverse needs and disability aids prop box to ensure the children are able to become familiar with their uses and include these in their day to day role play.
- Add real multicultural kitchen utensils, tools, storage containers, lunchboxes and implements. Include rugs, wall hangings, woven baskets, mats, cushions.
- Display images or posters of a diverse range of houses, kitchens, cooking and architecture.
- Maps, travel brochures old cameras, phones, pens, magnifying glasses to explore places around the world and help children identify other cultures.

On The Shelves & Around the Room

Add a few baskets or tubs with some simple materials suitable as self-select items for the children to use and add to their everyday play. Think about how to respectfully use displays and invite a sense of belonging. Some ideas for this month:

- A tub of Australian and other animals from around the world, bird feathers, greenery, twigs to build mini-habitats.
- Toy vehicles that represent different occupations (e.g. taxis, tractors, fire engine)
- Smooth stones with chalk pen aboriginal symbols drawn on, self-story stones, colourful gems, pictures of dot paintings and other artwork examples.
- Musical instruments used in different cultures or made from natural materials.
- A range of building materials including twigs, rocks, plants, canvas and bricks in the block area.
- Basket of different sized, shaped and coloured shells.
- Finger and hand puppets that reflect a range of skin colours, cultures and animals.
- Crayons, paper and writing implements in different skin tones.
- Pottery, woven wall hangings, colourful floor mats, placemats.
- Maps of your local community or world maps to identify different cultures within the centre.
- Prints, notices and texts in different languages, particularly those that are relevant to the children and their families including local Aboriginal languages.
- A basket of old Kids National Geographic magazines, laminated pictures of different environments, children in the group to explore.
- Download and print the Emotions & Faces cards from this Member Hub page then leave in a basket for children to use in their games and play. They also offer you opportunities for intentional teaching as you discuss facial features, hair colour, skin colour and other similarities and differences.

Books to find:

Try asking at your local library or bookshop to see if they have any of these titles available or just google for online buying options. *Keep in mind these books are just suggestions and not necessary to complete your program!*

Lemon the Duck (Laura Backman).

The Crayon Box that Talked (Random House Childrens Books, 1998).

Same, but a Little Bit Diff'rent (Windy Hollow Books, 2012).

Fair Skin, Black Fella (Magabala Books, 2010).

Same Difference (Calida Rawles)

Come And Eat With Us (Childs Play, 1995).

Whoever You Are (Reading Rainbow Books, 2006).

Ten Little Fingers and Ten Little Toes (Penguin Australia, 2009).

I'm Like You, You're Like Me (Free Spirit Publishing, 2011).

Who's in my family? All About Our Families (Candlewick Press, 2012).

The Colors of Us (Square Fish, 2002).

My Granny Went To Market (Barefoot Books).

We Are One (Jennifer Black).

The Other Bears (Freemantle Press, 2010).

The Skin You Live In (Chicago Children's Museum, 2005).

Stinky the Bulldog (Authorhouse, 2005).

Layla's Headscarf (Star Bright Books)

This web page has a recommended Indigenous Australian selection of children's books you might want to explore and a list of 10 picture books to celebrate NAIDOC week here.

SUGGESTED RESOURCES & MATERIALS

Video Resources

You Be You Story
Being Different is Beautiful
Colour of Me Song
Puppets with Disabilities
Children Like Me
Teaching Tolerance
We Are One
I Love My Hair
The Dreaming
Embedding Culture for Learning
Teaching Children About Diversity
Diversity & Children's Literature
We all Sing in the One Voice
We Are All Alike – We Are All Different
Hello to Children of the World
Indigenous Language Counting Song

Useful Extras

Becoming Culturally Competent – Ideas that Support Practice.
Map of Indigenous Australia
Calendar of Cultural & Religious Dates
Authentic indigenous colouring pages
Advice on how to invite an elder to your service and suggested questions to ask.

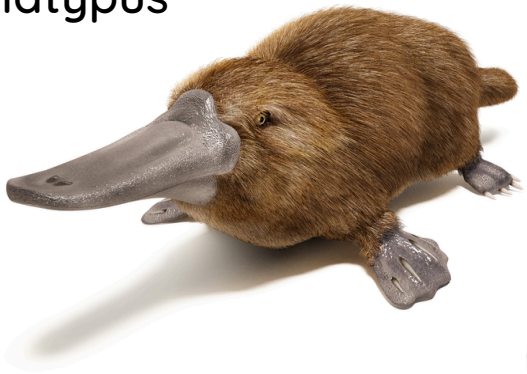
This Month's Activity Materials

Items to add to your regular craft & play resources include:

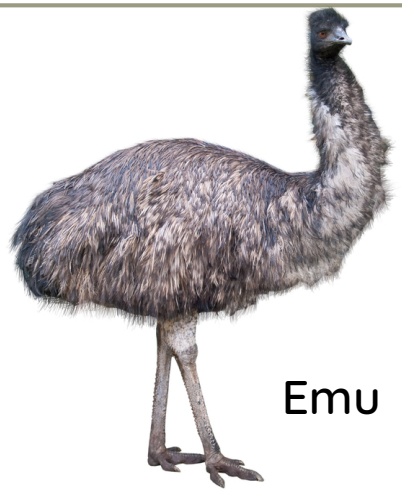
Cardboard boxes
Twigs/Branches
Playdough & Clay
Bark/Native flora
Stockings
Magnifying glasses
Wool
Australian Animals
Double sided tape
Gumnuts/Gum leaves
Herb seedlings
Smooth stones
Maps of Australia
Skin Tone Art Supplies
Disability Aids & props
Lux Soap Flakes
Magazines, Pictures
Tubs & Trays

Kangaroo & Joey

Platypus



Magpie



Emu

Wombat

Sugar Glider

Echidna

Wallaby

Green Sea Turtle

Redback Spider

Bush Turkey

Dingo

Bilby

Kookaburra

Galah Cockatoo

Eastern Water Dragon

Spotted Quokka

Cockatoo

Lorikeet

King Parrot

Brush Tail Possum

Koala