

NRW 2024 Colouring Sheet Learning Guide

The National Reconciliation Week (NRW) 2024 colouring resource is perfect for use in schools, early learning services, disability services, at work, home or at your NRW event.

There are many ways to engage with the colouring sheet such as through solo, mindful colouring-in or as a prompt for reflective conversations. Below are some ideas for different age groups to enjoy the activity while still considering the NRW 2024 theme *Now More Than Ever*.

Ages 0-5

Use as a mindful colouring experience to creatively engage children while unpacking the NRW theme *Now More Than Ever* and what it means to the children.

Reflective questions to consider:

- How does it make you feel when you're included with your friends?
- What would you do if you saw someone was being left out?

Ages 5-18

Consider using the mindful colouring activity individually or print a large A3 sheet for a small group to colour in together and use the reflective questions below to prompt discussions about the NRW theme *Now More Than Ever*.

Reflective questions to consider:

- What Aboriginal and/or Torres Strait Islander activists and change makers do you know about and can share with others?
- What action can you take to support reconciliation?

Adults

Think about the NRW theme *Now More Than Ever* and reflect on the questions below while mindfully engaging in the colouring sheet.

Reflective questions to consider:

- What you already know and feel about reconciliation?
- What action you can take to progress reconciliation in Australia in your sphere of influence?