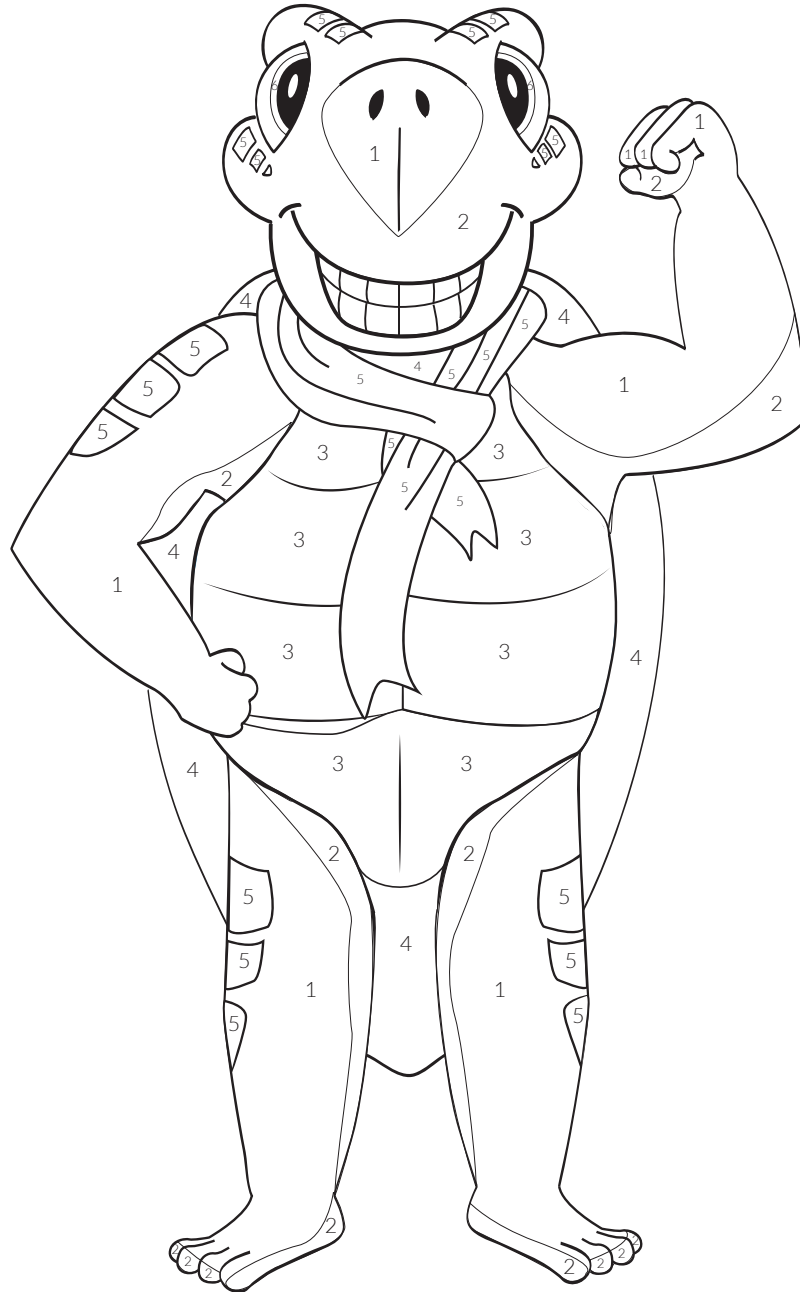


colour me by numbers



“Keep The Family Spirit Strong,
Yarn About Your Wellbeing”

1

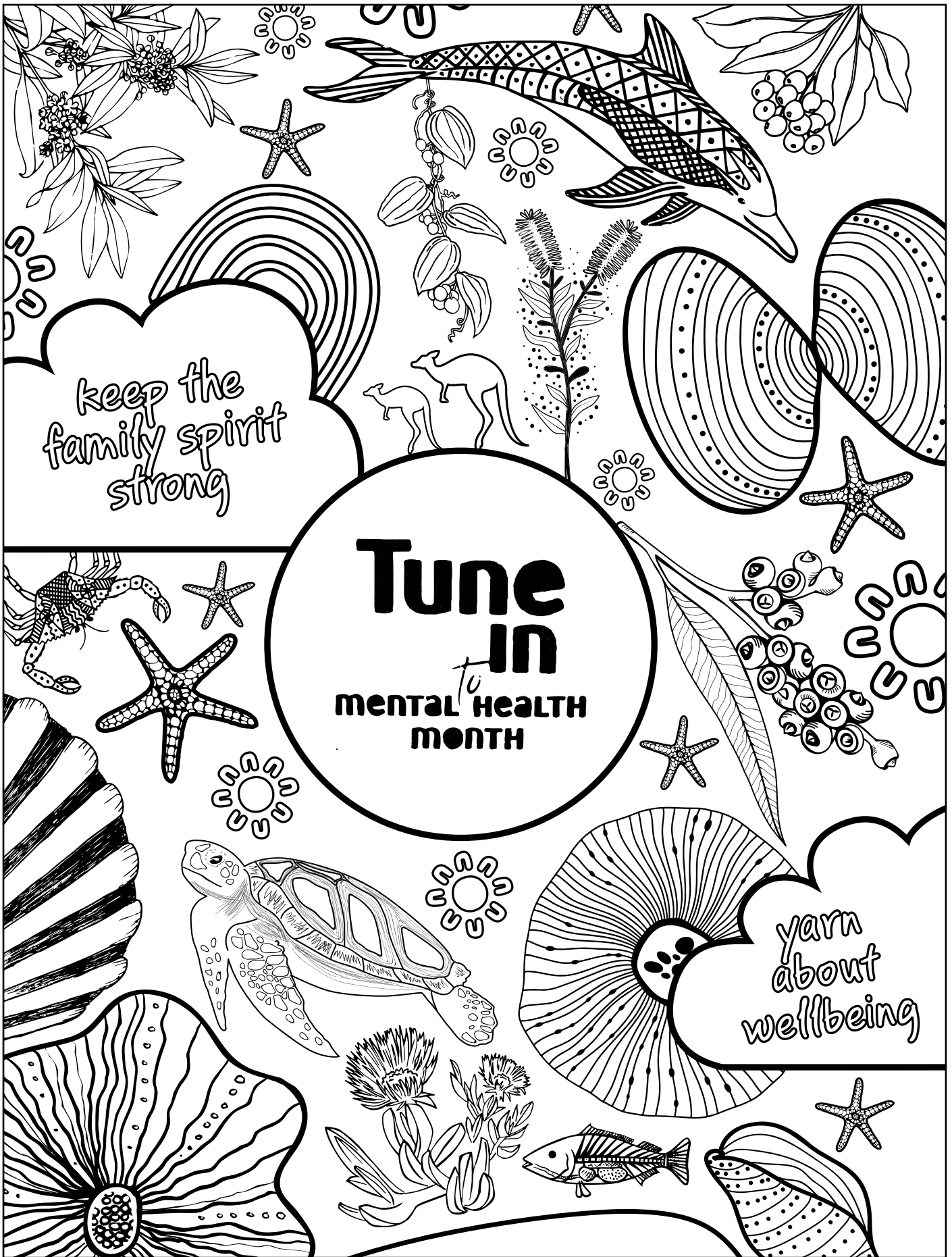
2

3

4

5

6



keep the family spirit strong

Tune In
to
mental health month

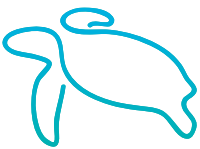
yarn about wellbeing

Name:

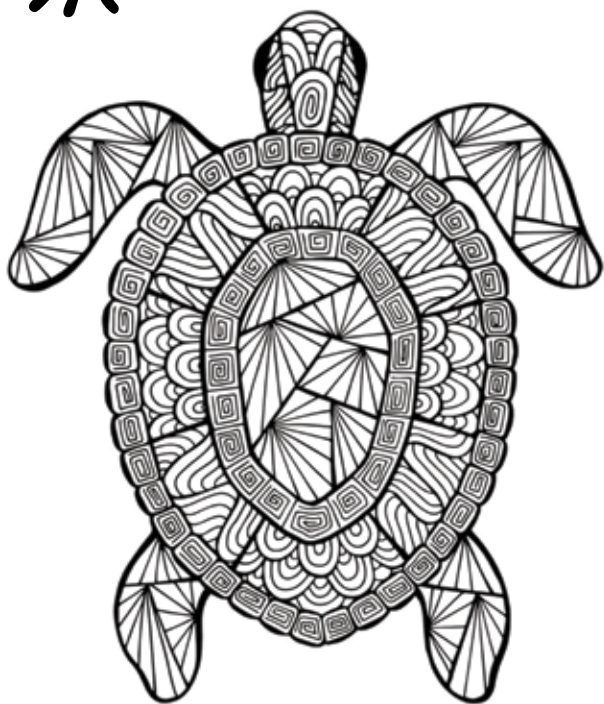
School:

Age: Contact:

South Coast
Medical Service
Aboriginal Corporation

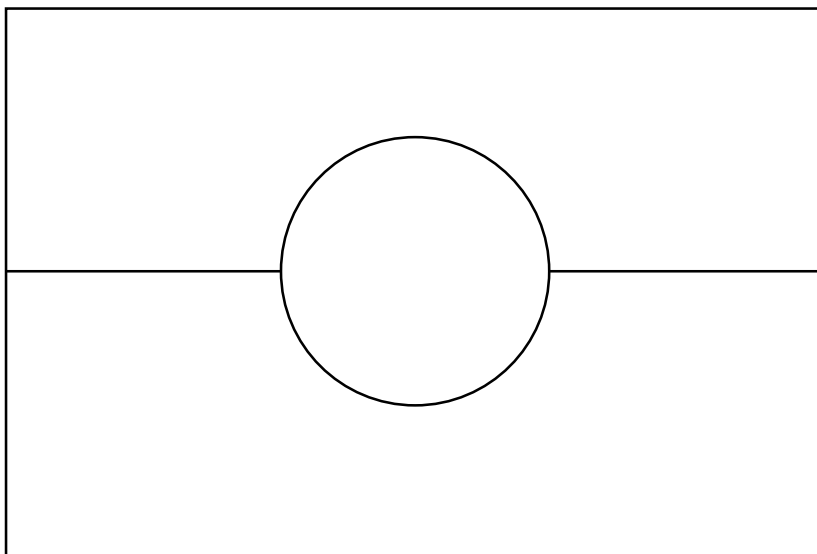


BOORI PAGES



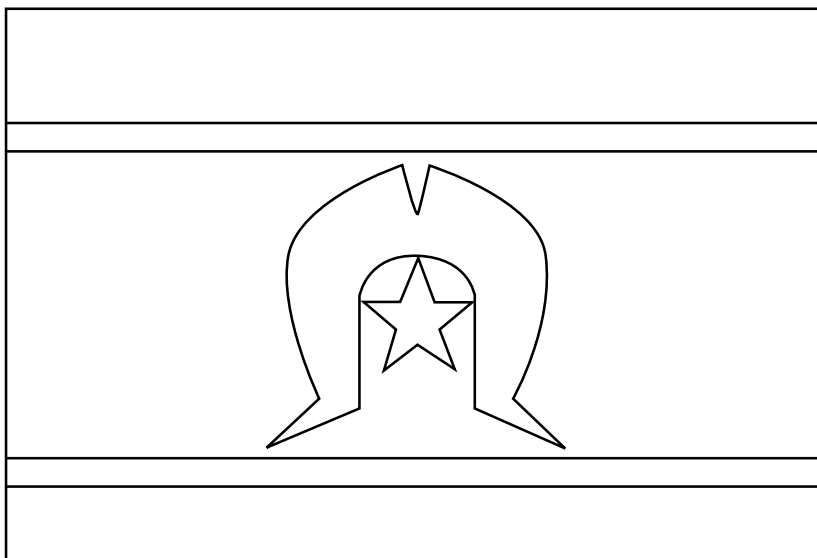
The Aboriginal flag was designed by Harold Thomas in 1971. The flag is divided into two equal halves. The top half is black, this symbolises the Aboriginal people of Australia. The bottom half is red, this symbolises the earth and the spiritual relationship Aboriginals have with the land. The circle in the middle is yellow to symbolise the sun, the giver of life.

Colour the flag



The Torres Strait Islander Flag was created as a symbol of unity and identity for the Torres Strait Islander people. The green panels at the top and the bottom of the flag represent the land. The middle panel is blue and represents the sea. The thin panels between the green and blue ones are black to represent the Torres Strait Islanders. The centre of the flag shows a white dhari, a symbol for peace. Below the dhari is a white five-pointed star which represents the island groups in the Torres Strait.

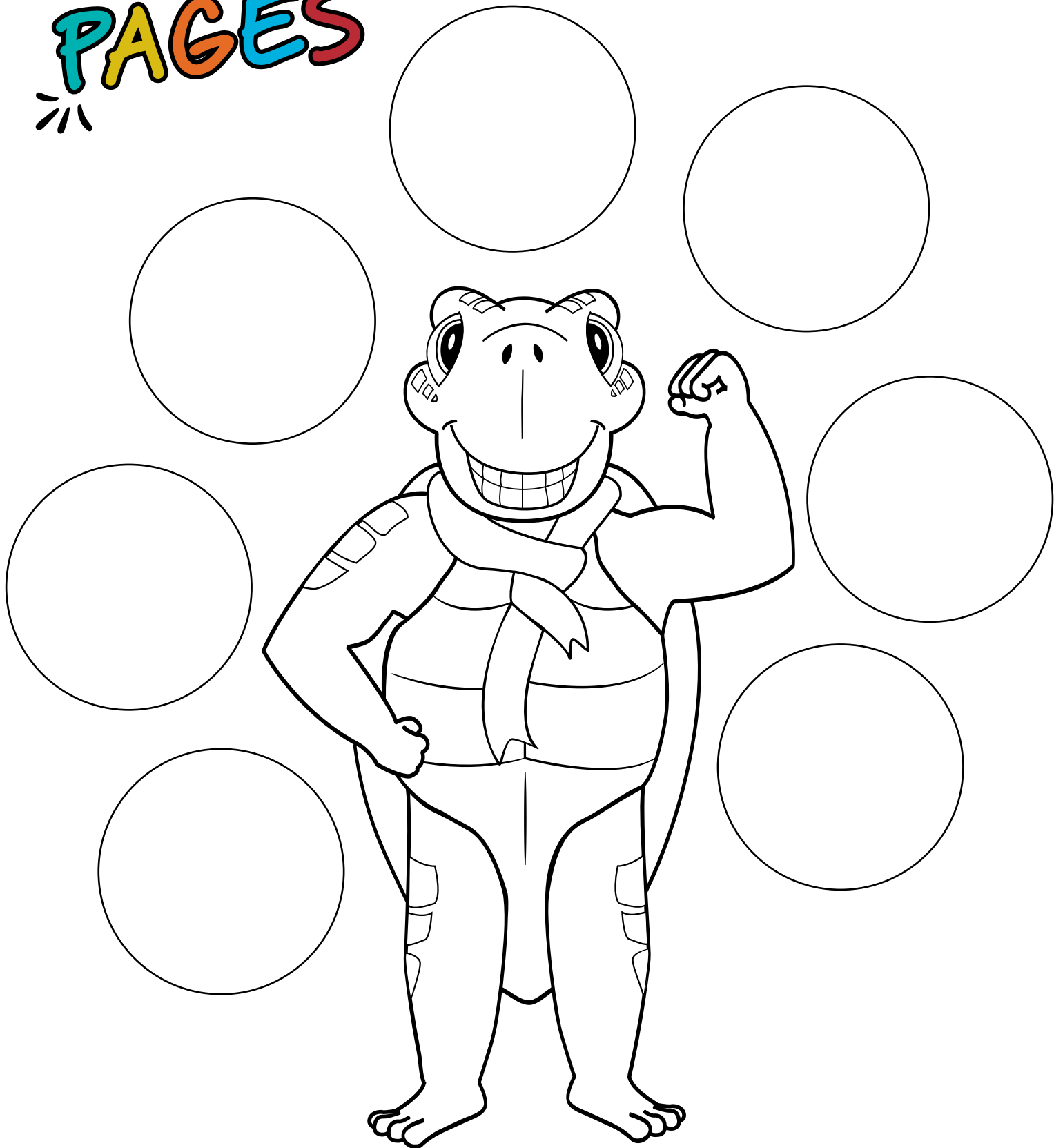
Colour the flag





BOORI PAGES

Write in the circles below
all the things that make you
strong, proud & deadly



Kindness cards

Use these cards to share something you are grateful for with your friends and family.

Dear:


Thank you for:

.....

.....

.....

From:



Dear:


Thank you for:

.....

.....

.....

From:



Dear:

Thank you for:

.....

.....

.....

From:



Dear:


Thank you for:

.....

.....

.....

From:



Dear:


Thank you for:

.....

.....

.....

From:



Dear:


Thank you for:

.....

.....

.....

From:



Affirmation cards

What are affirmations?

Everything that we say to ourselves out loud, or in our thoughts, is an affirmation. They can influence our behaviour, thinking patterns, habits and our environment (school, home etc.) Noticing our affirmations can help us identify when our feelings and emotions are positive or negative.

What do positive affirmations do?

They motivate you, keep your mind focused on your goals, change the way you think and behave, and can help you communicate with others. Positive reminders make you feel positive, energetic and active, which can put you in a better position to deal with your emotions and feelings.

Create your own affirmations below



A horizontal rectangular box with an orange border. It contains a small colorful burst icon in the top-left corner and another in the bottom-right corner.



A horizontal rectangular box with a teal border. It contains a small colorful burst icon in the top-left corner and another in the bottom-right corner.



A horizontal rectangular box with a yellow border. It contains a small colorful burst icon in the top-left corner and another in the bottom-right corner.



A horizontal rectangular box with a blue border. It contains a small colorful burst icon in the top-left corner and another in the bottom-right corner.

WHY I AM GRATEFUL



I am grateful for my family because _____



Something good that happened this week _____



I am grateful for my friendship with _____,

because _____



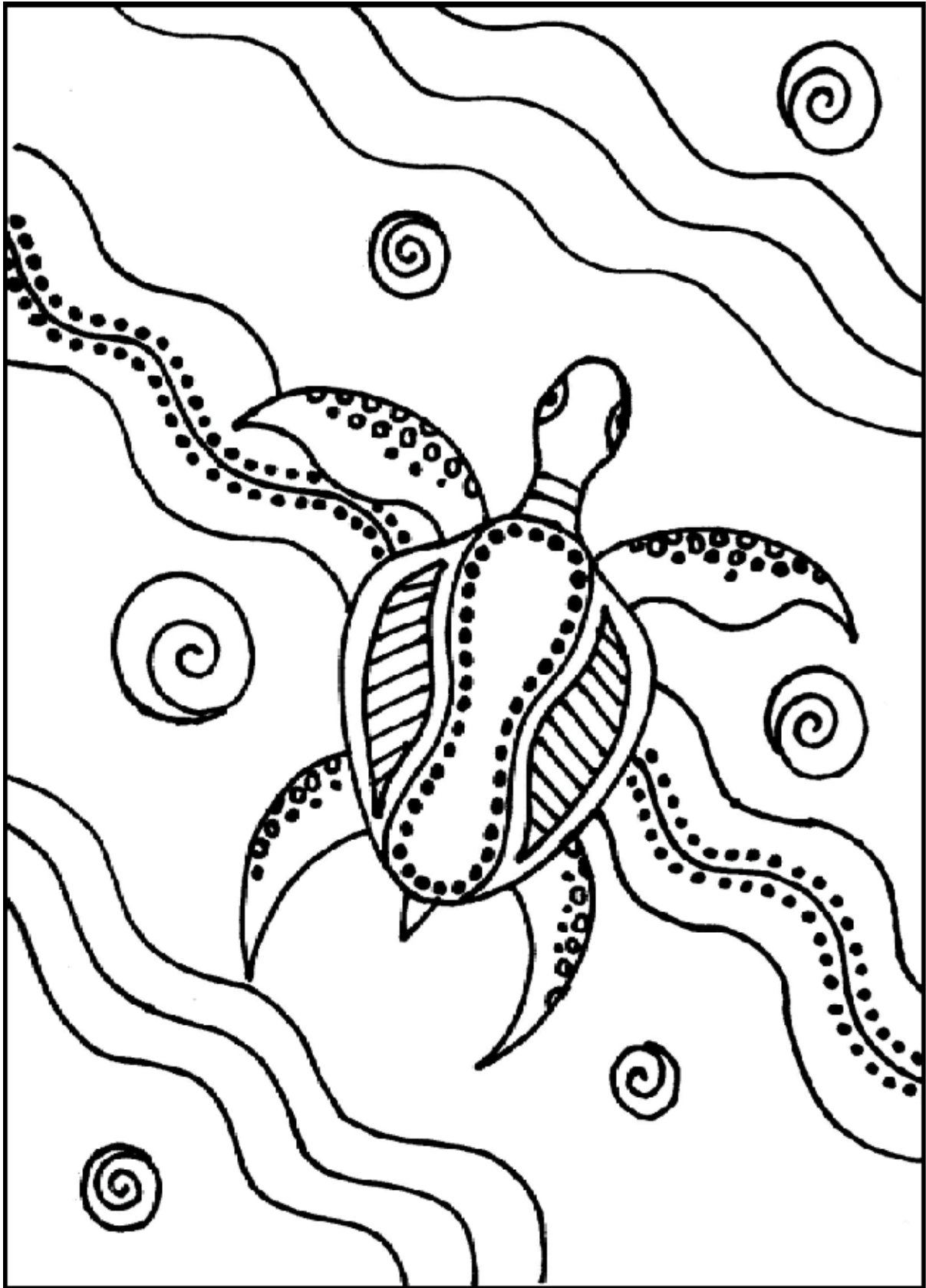
I am grateful for who I am because _____



Something silly that I am grateful for _____

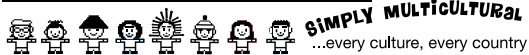


Something else I am grateful for _____



artwork by Helen Price

www.globalkidsoz.com.au

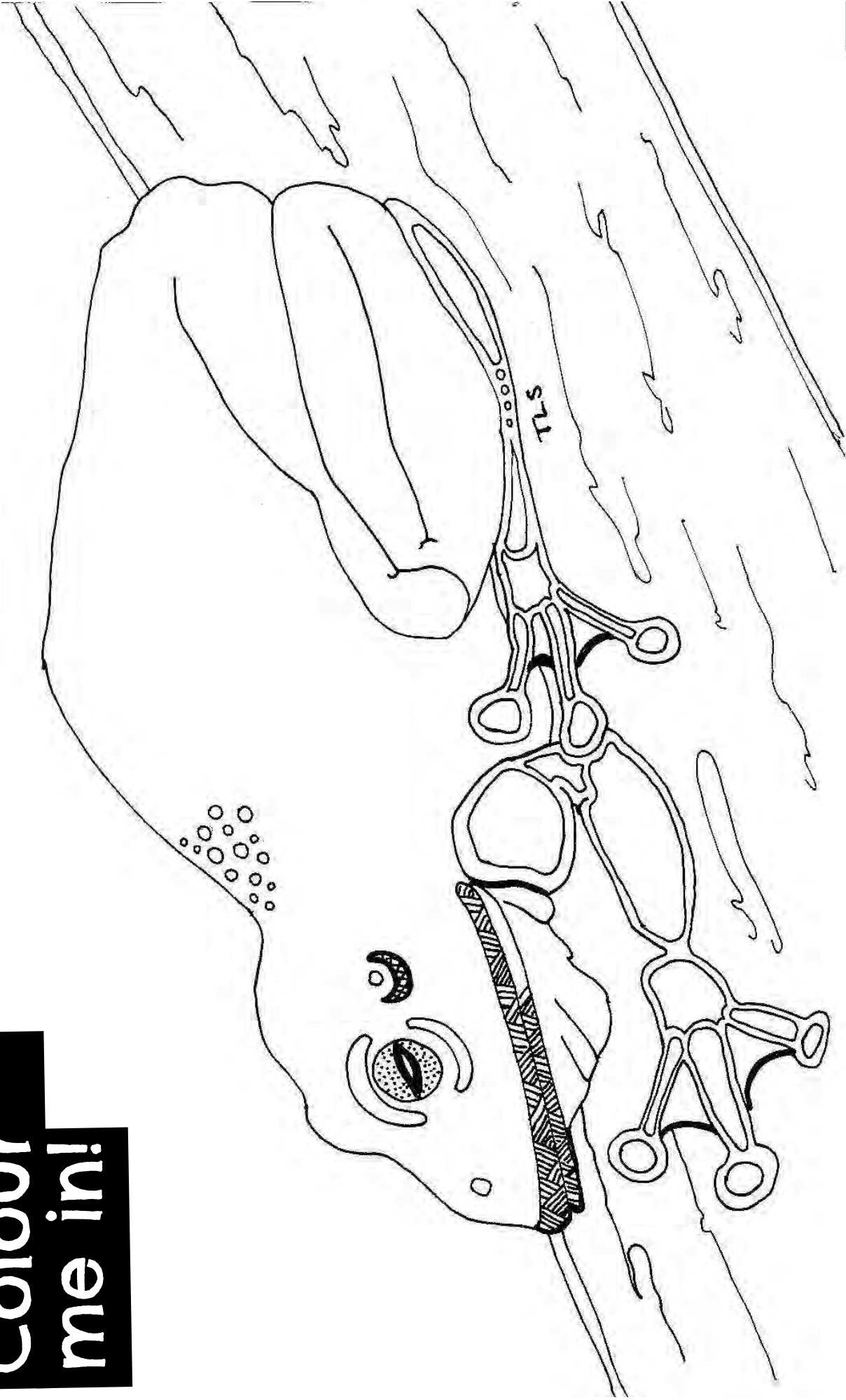


SIMPLY MULTICULTURAL
...every culture, every country


brisbanekids.com.au

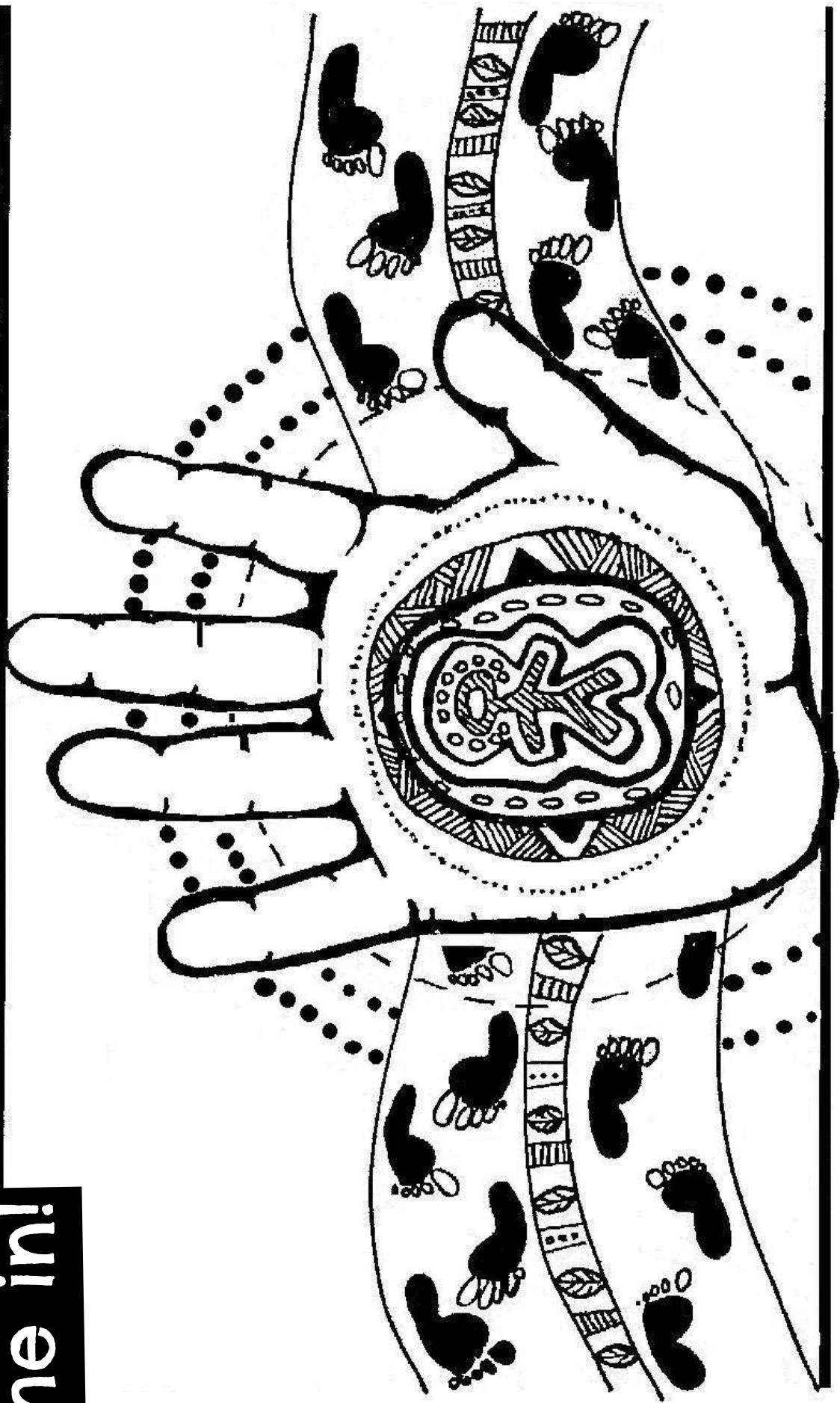


**Colour
me in!**





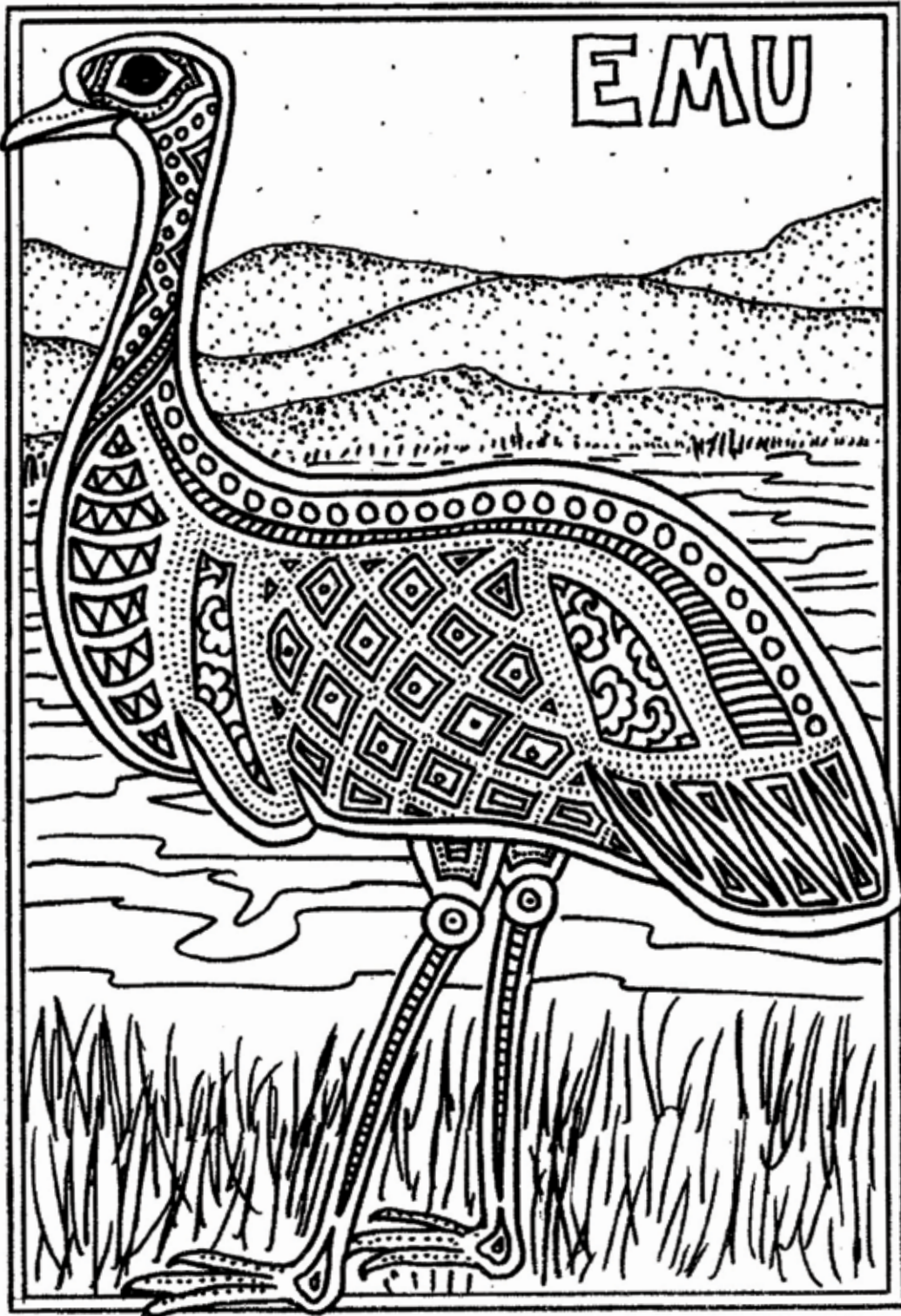
**Colour
me in!**



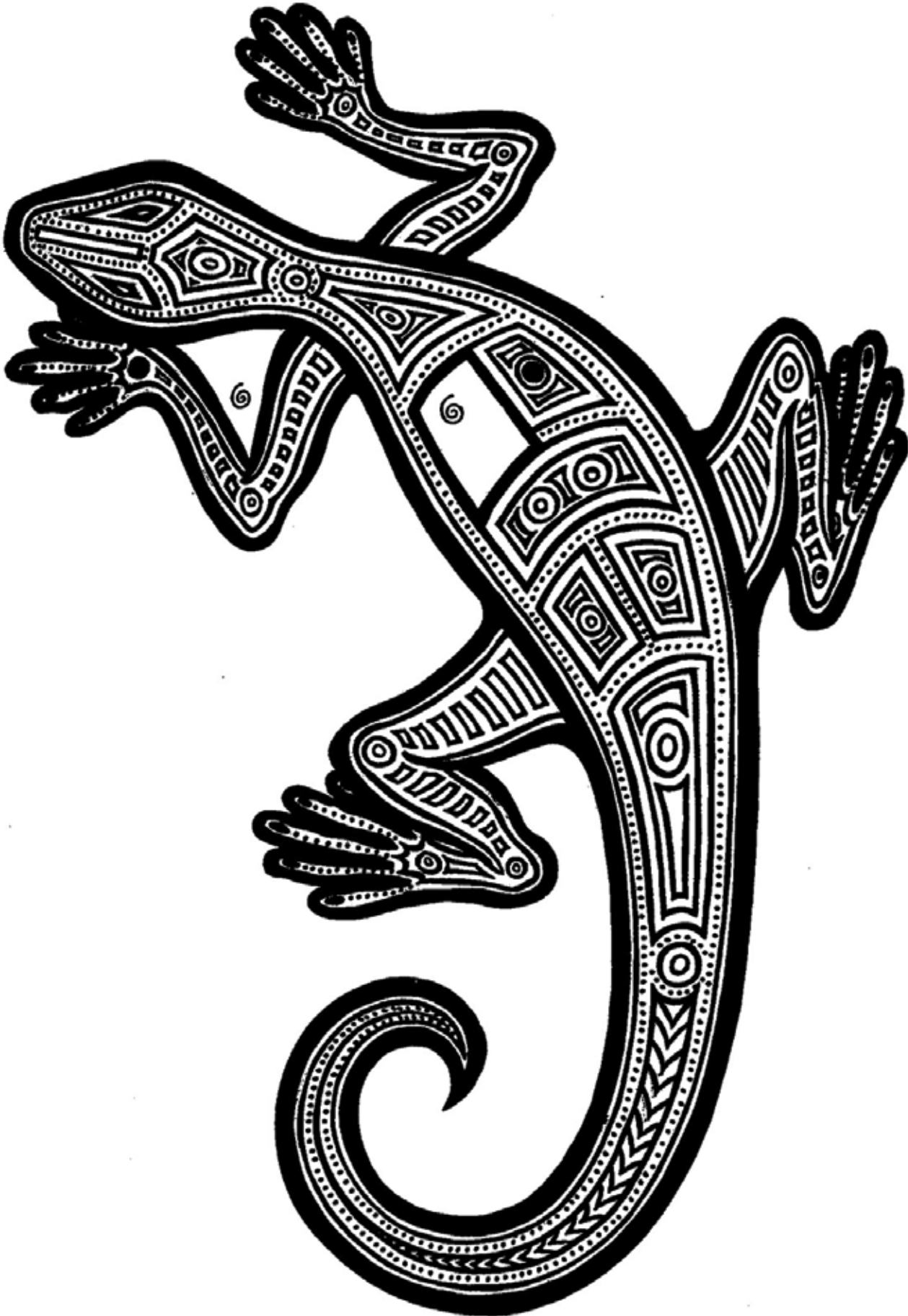
T.L.S.



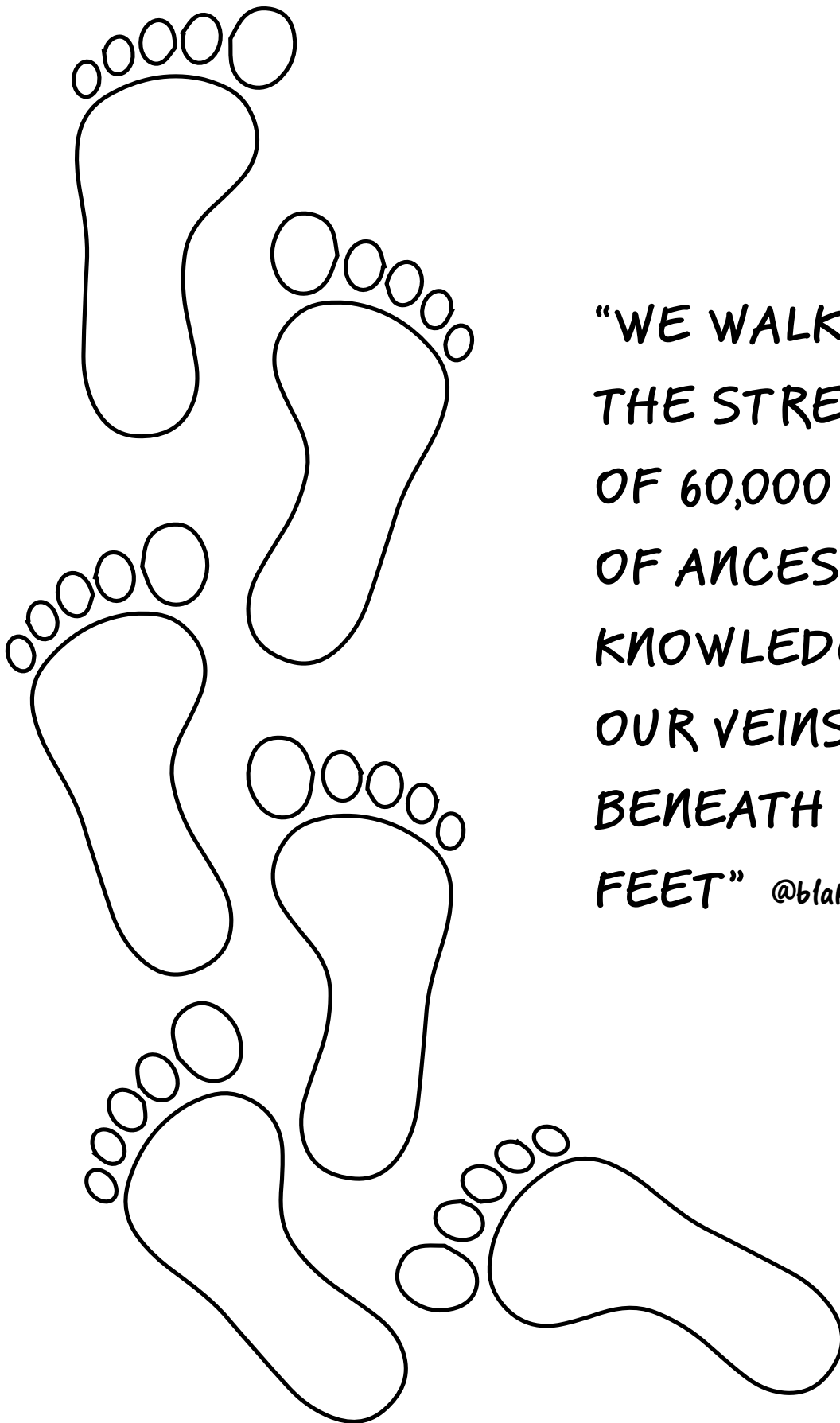
Colour me in!



Colour me in!







"WE WALK WITH
THE STRENGTH
OF 60,000 YEARS
OF ANCESTRAL
KNOWLEDGE IN
OUR VEINS AND
BENEATH OUR
FEET" @blakbusiness

FIND-A-WORD

C	A	E	L	A	N	I	G	I	R	O	B	A	E	C	S	S	E	P	B
L	U	I	V	W	K	H	C	C	O	O	L	A	M	O	N	R	G	M	K
B	Q	L	S	I	E	M	S	D	O	U	Q	L	Y	U	U	A	A	J	C
N	N	G	T	L	T	Q	N	O	X	C	E	A	I	N	Z	E	U	T	V
N	A	G	P	U	W	I	R	X	O	P	O	F	P	T	L	P	G	G	J
L	E	I	M	S	R	A	S	M	P	I	K	F	N	R	R	S	N	K	J
Y	N	X	F	K	G	E	M	O	M	L	O	V	B	Y	J	W	A	Y	A
G	Y	F	Z	N	A	U	B	S	P	D	R	C	A	N	E	Y	L	C	Y
D	G	X	A	P	N	T	R	O	P	P	U	S	A	D	M	W	T	Q	L
T	C	K	A	I	L	P	E	C	H	F	M	L	F	F	R	L	K	O	F
G	U	E	C	H	L	I	M	V	X	V	C	K	S	X	H	B	Z	O	I
G	X	A	U	U	R	L	Z	I	W	L	K	Y	P	L	Y	D	G	J	R
B	T	M	E	Z	E	M	U	D	J	L	Z	E	J	D	O	X	O	I	K
E	T	E	E	D	G	Z	W	W	Y	M	T	D	O	O	A	B	W	R	N
P	B	P	M	Y	T	N	W	N	G	Y	I	D	M	F	V	W	M	V	O
V	B	B	B	B	J	K	F	D	Q	F	L	X	I	L	A	N	T	Y	U
H	B	G	U	X	P	T	H	Q	Y	L	F	C	F	Y	J	B	F	J	S
V	S	N	B	G	H	I	D	R	D	W	T	J	P	Z	D	E	P	A	G
U	G	S	L	Q	R	S	P	S	F	E	H	U	U	J	I	Y	N	Y	Q
E	Q	G	L	R	U	S	V	T	E	P	X	J	F	I	O	B	C	Z	Z

Aboriginal

Clan

Communicate

Coolamon

Country

Culture

Emu

Helping

Kangaroo

Language

Positive

Spears

Support

Symbols

FIND-A-WORD

C	A	E	L	A	N	I	G	I	R	O	B	A	E	C	S	S	E	P	B
L	U	I	V	W	K	H	C	W	O	E	L	A	M	O	N	R	G	M	K
N	E	C	O	N	N	E	C	T	E	D	Y	E	L	K	I	Y	A	J	C
A	R	A	T	E	F	E	E	L	I	N	G	S	U	N	T	R	U	T	V
S	S	S	E	N	L	U	F	D	N	I	M	N	H	H	T	Y	G	G	J
T	H	P	O	S	I	T	I	V	E	E	H	N	Y	E	R	A	N	K	J
C	E	C	E	P	E	A	C	E	F	U	L	N	P	U	Y	L	A	Y	A
L	I	O	O	T	N	E	D	I	F	N	O	C	E	N	I	M	L	C	Y
E	F	F	O	N	M	E	N	M	L	A	C	C	D	E	S	A	T	Q	L
L	G	R	E	L	T	D	A	H	E	O	E	U	E	W	A	S	K	O	F
F	A	I	I	O	I	R	E	S	N	U	N	L	E	R	E	R	Z	O	I
I	U	E	M	T	L	A	O	E	F	F	Y	T	R	S	A	W	G	J	R
N	S	N	N	C	L	L	S	L	I	I	V	U	F	E	F	S	O	I	K
C	U	D	S	T	S	M	I	O	E	S	U	R	A	W	Q	I	W	R	N
R	A	S	H	G	S	M	I	L	I	N	G	E	C	V	E	R	M	V	O
E	I	Y	N	E	G	A	T	I	V	E	L	F	E	L	O	N	T	Y	U
H	B	G	U	X	P	T	H	Q	Y	L	F	C	F	Y	J	B	F	J	S
V	S	N	B	G	H	I	D	R	D	W	T	J	P	Z	D	E	P	A	G
U	G	S	L	Q	R	S	P	S	F	E	H	U	U	J	I	Y	N	Y	Q
E	Q	G	L	R	U	S	V	T	E	P	X	J	F	I	O	H	O	P	E

Mindfulness

Control

Healthy

Culture

Friends

Fun

Connected

Free

Calm

Hope

Confident

Feelings

Peaceful

Negative

Positive

Smiling

FIND-A-WORD

C	A	E	L	A	N	I	G	I	R	O	B	A	E	C	S	S	E	P	B
L	U	I	V	W	K	H	C	C	R	O	L	R	M	O	N	R	G	M	K
B	Q	L	T	B	E	L	O	N	G	I	N	G	B	A	L	G	I	J	C
N	N	G	P	Y	S	M	I	L	E	P	H	A	P	S	O	O	K	T	V
N	A	G	N	A	R	E	P	Q	N	D	S	L	T	N	P	Y	O	G	J
L	E	I	C	I	M	H	S	L	U	P	U	D	M	M	M	U	T	K	J
Y	N	X	O	N	N	S	T	O	S	L	P	Q	S	H	Y	E	H	Y	A
G	Y	F	T	C	D	H	L	U	A	L	P	U	M	S	I	S	E	C	Y
D	G	X	F	L	A	O	U	O	M	E	O	I	I	N	A	M	T	Q	L
T	C	K	N	U	Y	E	C	R	N	B	R	E	R	P	R	A	Q	O	F
G	U	E	Y	S	N	O	O	S	T	P	T	T	N	A	T	R	F	O	I
G	X	A	R	I	H	N	U	T	N	E	R	A	H	S	S	T	U	J	R
B	T	M	G	O	A	A	Y	C	E	P	A	D	V	I	C	E	N	I	K
E	T	E	N	N	S	I	P	I	S	S	I	S	V	L	O	S	A	R	N
P	B	P	A	S	N	T	R	P	R	Y	P	I	T	N	Y	H	A	V	O
V	B	B	O	A	S	P	H	N	Y	A	D	U	L	H	Y	G	R	Y	U
H	B	G	Y	U	I	B	I	E	R	W	S	D	I	E	Q	R	M	J	S
V	S	N	B	G	H	I	D	R	D	W	T	J	P	Z	D	E	P	A	G
U	G	S	L	Q	R	S	P	S	F	E	H	U	U	J	I	Y	N	Y	Q
E	Q	G	L	R	U	S	V	T	E	P	X	J	F	I	O	B	C	Z	Z

Funny

Advice

Support

Inclusion

Smart

Shy

Smile

Loud

Belonging

Quiet

Upset

Happy

Share

Angry

Hurt

FIND-A-WORD

I	Y	T	R	E	K	J	O	P	B	B	A	V	F	D	L	Q	W	R	X
L	K	L	G	A	E	R	T	E	W	Q	V	O	O	A	I	T	K	L	O
A	W	H	I	S	T	L	E	H	E	R	S	G	Y	I	U	P	E	R	A
O	O	L	K	T	T	E	W	A	Z	S	Y	U	K	J	H	G	S	U	O
M	B	C	D	T	R	E	R	E	A	N	S	R	T	M	E	I	V	E	E
A	W	E	L	D	A	D	E	R	M	S	M	R	S	E	A	P	R	T	Q
T	H	E	R	R	N	K	G	S	L	T	A	R	N	S	P	A	O	K	L
Y	O	O	R	T	O	A	A	T	C	K	O	A	S	S	C	I	I	J	U
I	N	I	A	M	A	M	E	I	C	R	R	N	C	A	C	N	E	L	L
Y	U	I	S	D	A	A	L	O	G	L	E	M	R	G	L	T	O	P	E
N	U	B	T	R	O	M	R	T	G	K	R	S	N	E	A	I	T	I	E
T	R	Q	A	K	A	G	N	I	K	O	G	M	N	S	P	N	M	E	A
E	H	C	O	W	O	S	A	H	R	N	S	R	O	T	S	G	A	Y	H
F	A	G	A	R	D	I	D	G	E	R	I	D	O	O	T	A	H	R	W
C	E	P	G	N	I	W	A	R	D	D	N	A	S	N	I	T	V	B	C
R	S	F	R	S	K	D	D	I	G	N	G	E	N	E	C	I	P	C	L
G	D	C	A	T	A	L	K	I	N	G	G	L	S	S	K	T	G	A	P
C	A	Q	M	D	H	A	N	D	S	I	G	N	A	L	S	R	P	E	F
P	F	A	E	A	D	P	Y	G	O	D	S	E	F	A	F	Y	G	S	D
E	S	S	D	R	A	C	G	F	P	P	L	G	S	D	B	R	F	C	S

Smoke

Didgeridoo

Clapsticks

Hand Signals

Sand Drawing

Message Stones

Talking

Whistle

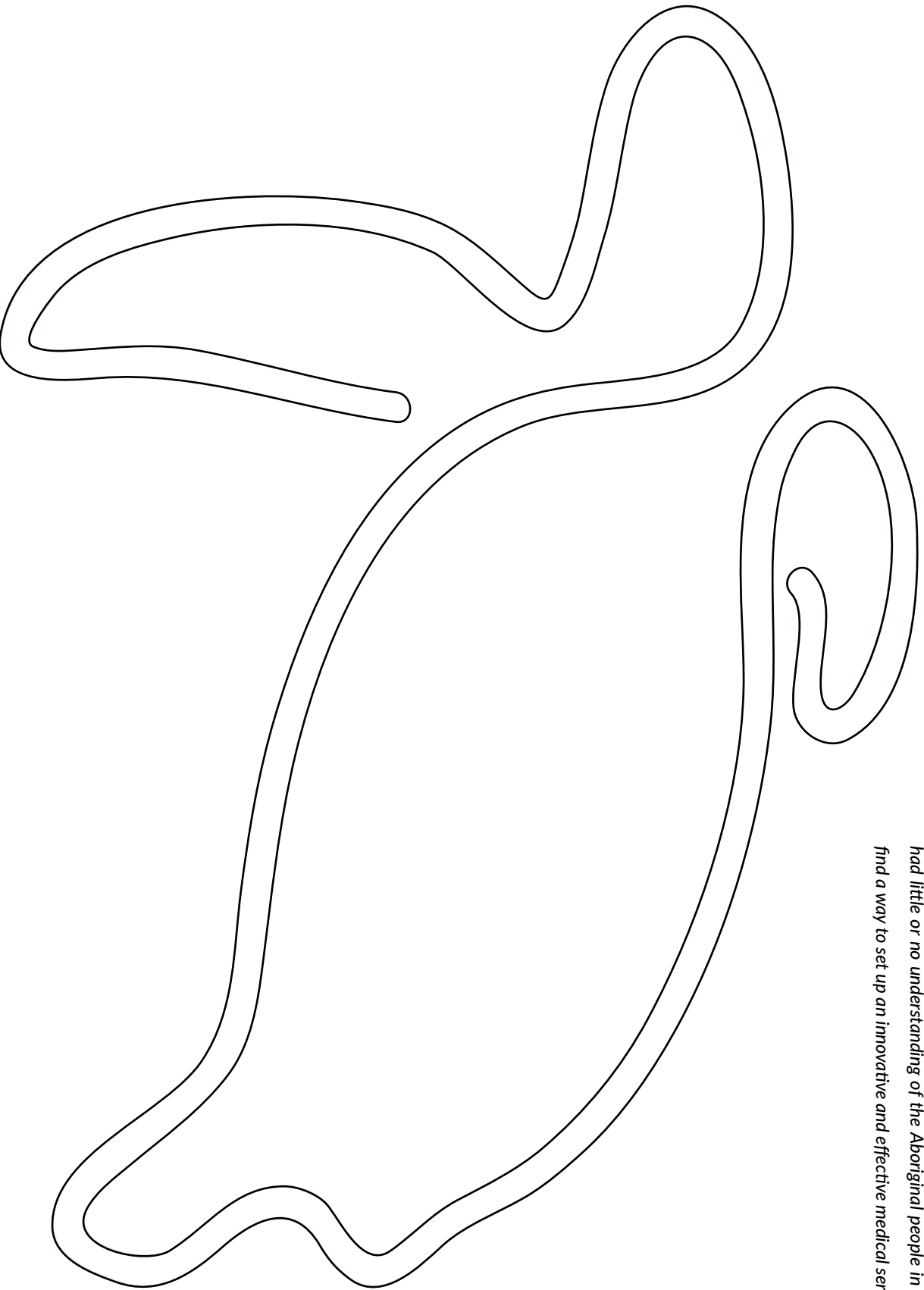
Rock Art

Painting

THE GREEN SEA TURTLE

The Green Sea Turtle is the totem of our founder - Jane Ardler.

Early in the 1980's Jane Ardler and other members of the local Aboriginal Communities were concerned about the lack of cultural understanding of many of the local health service providers. Jane and her colleagues believed that the local health practitioners had little or no understanding of the Aboriginal people in the area and decided to find a way to set up an innovative and effective medical service on the South Coast.



STRONG, PROUD & DEADLY!

Colour me in

