

CREATIVE LEARNING

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"We all have an innate desire to be and express who we truly are."

Thaendra Frangos

Facilitator Name: Thaendra Frangos

Curriculum Link: Cross-curriculum priority
Aboriginal and Torres Strait Islander histories and cultures

Lesson Title: Connecting to earth and culture - a journey to wholeness

Target Audience: Year 7 - 12

Key Focus: A personal journey of reconciliation exploring identity and family through
Aboriginality and connection to country.

Key Questions:

1. What do you know about your cultural background?
2. Do you speak another language? Have you learned songs, stories or rituals?
3. Are you aware of the country of origin of your parents, grandparents and great grandparents?
4. Do you feel a connection with the place that you live?
5. Places you have visited? Places you are inspired to visit?
6. Do you feel a strong sense of who you are?
7. In what ways do you feel drawn to express yourself?
8. What places in nature do you feel most connected to?
9. Where is a place in nature that you feel most at home, connected to and relaxed?

Reflection points:

We all have an innate desire to be and express who we truly are. When the truth and history are suppressed, parts of our self are also suppressed, and we may feel disconnected.

We may also experience this absence as a feeling of shame or insecurity, and we may feel as though we have lost a part of us or do not understand who we are. The wisdom of our ancestors is passed down to us and retained within us - it is inherent wisdom. If you learn to listen, this knowledge finds its way back to you, when you are ready to hear and integrate it.

In Australia, we have had many years of suppressing the truth of our nation's history beginning with the 1772 declaration of Terra Nullius 'nobody's land' (overturned in 1992) which denied Aboriginal inhabitancy, connection to and care for this country. Awareness of and acknowledgment of the truth of our country's history and recognition and respect for the knowledge and wisdom of our Indigenous people, is the first step towards reconciliation and wholeness. Each step towards understanding and reconciliation with my Aboriginality has strengthened my sense of self and supported healing, healing. (Healing in this context means becoming whole).

By Thaendra Frangos

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Additional activities:

In exploring your cultural background and sense of self, you may wish to write about what you learn, conduct some research by talking with family members and explore through journaling or art.

Yarning Circle

In the circle below, write the names of the people in your life and their relationship to you.

