






# Jarjums Connections

8-week Aboriginal storytelling  
and movement program for  
preschool and long day care



Created by Nadia Levett

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## Intention and Purpose

Jarjums Connections provides educators with an easy to follow 8-week program for preschool and long day care.

This will increase Aboriginal education to the Sydney Local Health District (SLHD) community by:

- supporting cultural awareness and knowledge
- increasing physical and emotional wellbeing for educators and children through storytelling and yoga inspired movement activities that are tailored for the SLHD.

## Guidelines

1. 8-week program – can be self-paced.
2. Can be used 2-3 times per week, ensuring all children experience the program at least once per week.
3. Flexible daily movement and mindfulness options can be brief (5-10 minutes) and incorporated into current routines. Full lesson plans (30 minutes) can also be used.
4. Prepare before each week's lesson by finding the instructions for the different poses and activities within the guide.

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Welcome



Gawura



Wirriga



Burra



Wrap up

- 78 Extra Jarjums activities



# What's in Your Pack

Resource pack to support your A3 story book  
and this A4 resource booklet

Please check that you have the following:



1 x set of 2 handmade wooden clapsticks

1 x SLHD Aboriginal Health logo artwork flag



10 x SLHD  
Aboriginal Health logo  
embedded sun mats



10 x 40-50mm  
smooth river painting  
stones with mesh bag

