

ACTIVITY: CIRCLE OF FEELING AND HEALING WITH THE RAINBOW SERPENT

What you will need:

- Aboriginal story
- tokens
- cards with animals faces expressing different emotions
- drawing materials
- soap

Kids sit in a circle with the teacher reading an Aboriginal story. At the end of the story, the teacher chooses one of the characters and asks the children how the character might feel, showing them cards with animal's faces expressing different kinds of emotions.

Each child puts his/her token on the card which is the most like the feeling he or she has at that moment. The teacher may comment on the different emotions and the diversity of feelings.

At the end of the game the children celebrate naming their emotions. Here are some ideas for celebration: dancing, singing, rolling on the floor, relaxation etc. This game is about identifying, naming, expressing and soothing emotions. Emotions are experienced differently by different people.

Dreamtime story - The Rainbow Serpent

In the Dreamtime all earth lay sleeping. Nothing moved. Nothing grew. One day the Rainbow Serpent awoke from her sleep and came out from under the ground.

She travelled far and wide and eventually grew tired and curled up and slept. She left marks of her sleeping body and her winding tracks that made the valleys, mountains and rivers. Then she returned to the place where she had first appeared, and called to the frogs, "Come out!".

The frogs came out slow because their bellies were heavy with water, which they had stored in their sleep. The Rainbow Serpent tickled their stomachs and when the frogs laughed and then the water ran all over the earth to fill the tracks of the Rainbow Serpent's wanderings. This is how lakes and rivers

were formed. With water, grass and trees sprang up. Also all animals awoke and followed the rainbow serpent across the land. They were happy on earth and each lived and gathered food with their own tribes. Some animals live in rocks, others on the plains and others in trees and in the air.

The Rainbow Serpent made rules that all the people were to obey, but some people made trouble. The Rainbow Serpent said "Those who keep my rules will be rewarded; I shall give them human form. Those who break my rules will be punished and turned to stone, never to walk the earth again."

The tribes lived together on the land given to them by the Rainbow Serpent or Mother of Life and knew the land would always be theirs, and no one should ever take it from them.

Some suggested activities include:

- Draw and colour Rainbow Serpent
- Let children play out being the Rainbow Serpent by sleeping and then awakening wiggling through their land creating the rivers and valleys.
- Go outside, stand in a circle and one person holds soil in their hands and passes the soil to the next person and so on until everyone has felt the soil. The soil is theirs; it's part of them and their ancestors. When finished let children wash their hands and tell children to think of hygiene and keeping their hands clean.



Teaching Strategies:

Don't forget the *Marte Meo* - "name" what each child is doing and follow their lead.

Reggio - follow what the local culture has/believes/does. Follow-up on areas that most interest the children, it could lead to a great unit of work.