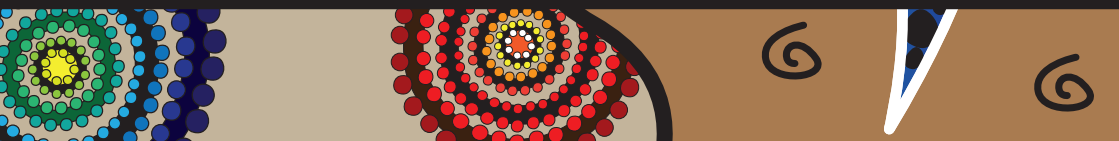
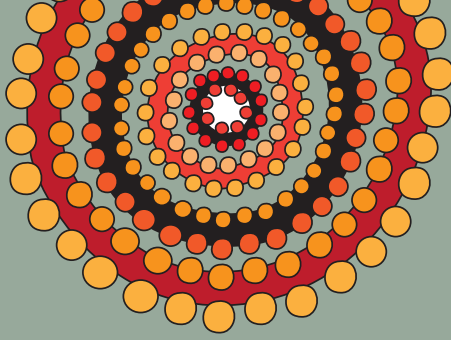




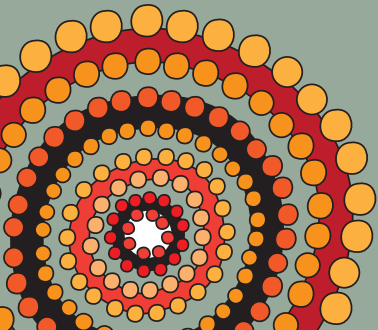
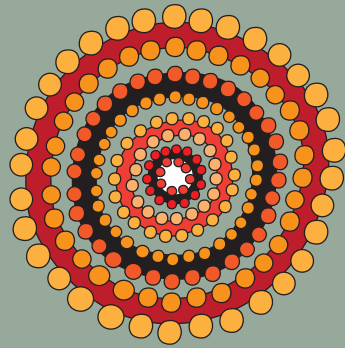
Pilyurni
(Kurna for calm down)





Colouring in is a great way to help calm yourself down and make you feel more relaxed through artistic self-expression. This is also true for children.

The Pilyurni booklet brings together the fun and benefit of colouring in with some really useful exercises to help children slow down and relax. Practicing the actions in this book with mum, (or dad or with someone who looks after them) will help children feel more connected with you and they can practice the skills that will help them to feel calm.



Together4Kids™

Relationships Australia

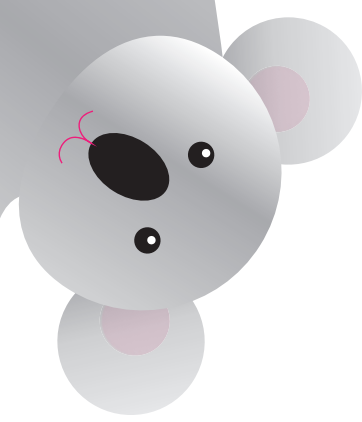
SOUTH AUSTRALIA

Pilyurni

Colour

Breathe





Cuddle like a kuula

(Kuula is Kurna for koala)

Wrap you arms around yourself and hug really tight then loosen the hug (but keep your arms wrapped around yourself).

Hug tight again then let go.

Do this one more time.





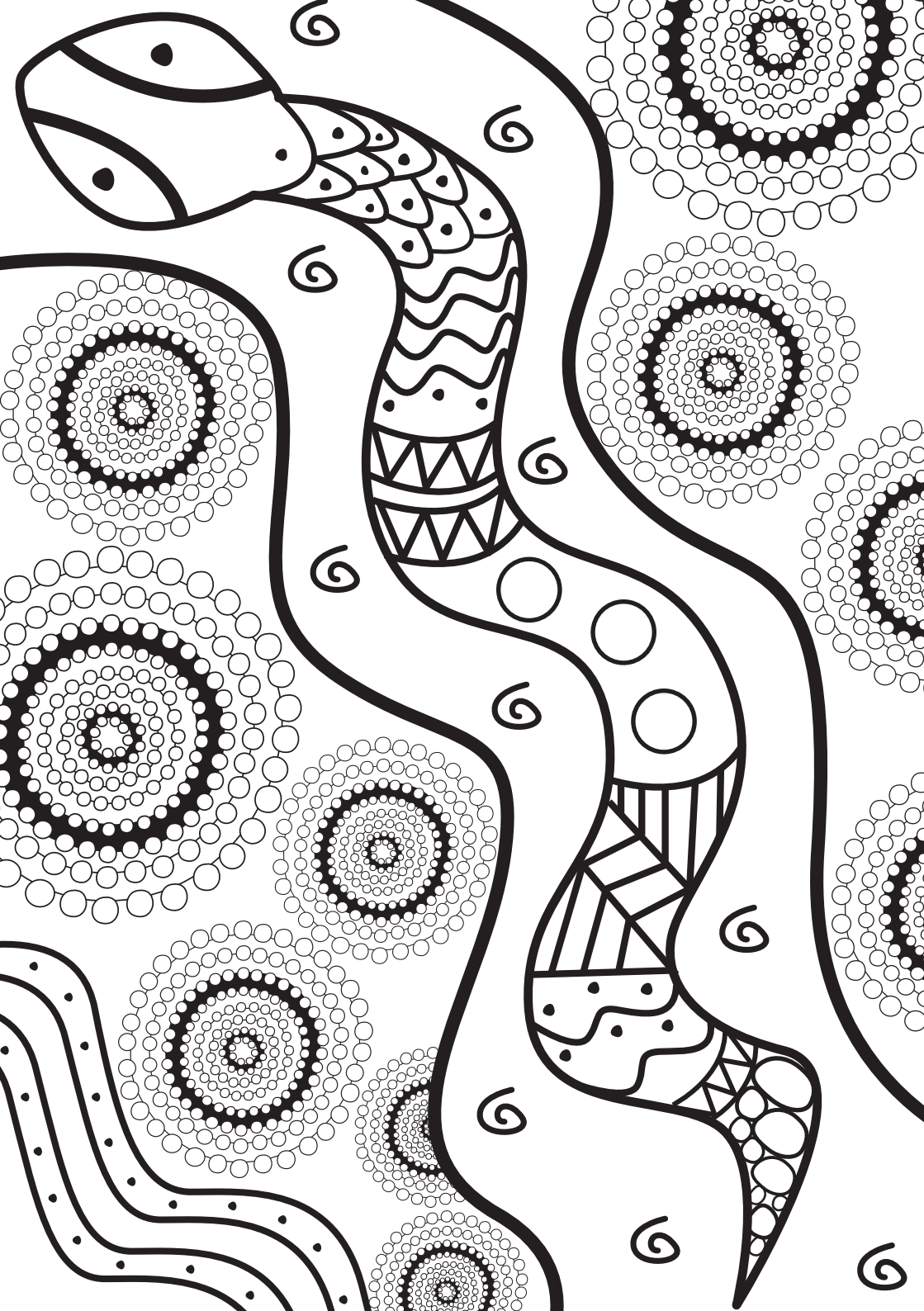
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Breath like Yurda (Rainbow Serpent)

“Long ago in Munaintya (Dreamtime) when the earth lay sleeping and nothing moved or grew, lived Yurda. Then one day Yurda awoke and came out from beneath the earth”**
rising up and breathing deeply –

Take a deep breath in and then slowly let your breath out making a “SSZZZZ” sound like Yurda.



Stars in marathangka (the palm of your hand)



Find Wirttu Tidna (Southern Cross) on marathangka (palm of your hand) to give yourself a hand massage.

Use your thumb to draw Wirttu Tidna on the palm of your hand.

First press the tip of your middle finger, then go down to the bottom of your palm and press in the next star.

Next move over to the base of your thumb and press in the star, over to the other side and the base of your little finger and press in a star, then finally near the middle of your palm press in the final star to complete your Wirttu Tidna Palm map.



Repeat this on your other palm.



Add your own
patterns and art!

Acknowledgements

Ngadlu tampinthe Kurna miyurna yaitya yarta-mathanya Wama Tarntanyaku.

Relationships Australia SA acknowledges Aboriginal and Torres Strait Islander Australians; their spiritual, physical, emotional, intellectual and economic connection to the Land and Seas. We acknowledge the original custodians of Australia and in doing so understand that their inherent Cultural and Spiritual beliefs continue to sustain the living People of each region.

Relationships Australia SA acknowledges Aboriginal and Torres Strait Islander Australians have educated and nurtured their children for thousands of years and we commit to respecting these traditions and values.

We especially honour the Kurna elders of the Adelaide Plains and the elders of the River Murray and Mallee Region, which includes: Ngaiawang, Ngawait, Nganguruku, Erawirung, Ngintait, Ngaraita, Ngarkat and small parts of Maraura and Daanggali, upon whose land Relationships Australia SA offices are located.



Relationships Australia SA acknowledges that the Kurna language and culture is the property of the Kurna community. Every effort has been made to have the spelling and grammar correct in this resource. We acknowledge and thank Kurna Warra Karrpanthi for providing cultural consultation and consent in the development of this booklet.

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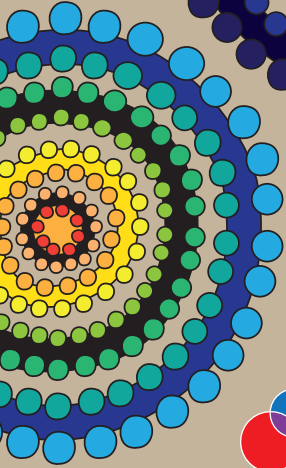
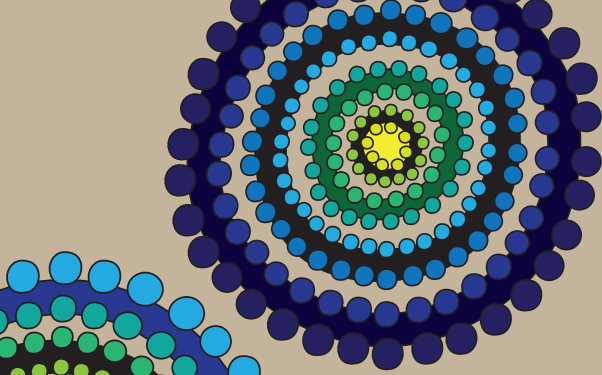
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