

# storytelling

Share your stories with your kids and let them share theirs. They will thrive on spending time with you.

A long time ago our old people told a lot of old stories:

- stories of how things were made
- how the animals grew or changed
- how people lived and moved around
- they told stories of why the birds sang, or why they changed their colours, and why the stars shine at night
- how people got their food or where the waterholes could be found.

They told these stories to pass on the knowledge and understandings that our people needed to know in order to survive in this country, long ago.

Today we need these same stories to help us understand and enjoy the differences in lifestyles and traditions of our people. It will help us to know the stories, the traditions and songs of our culture, for it will provide us with windows on the world.

It is good for us to know this and it will be good for us to pass this knowledge on to our kids. This will help us to learn and respect others.

We can take in these messages about other lifestyles and behaviour, and then learn responsible ways of doing things, and to understand why things are like they are.

It is good for kids to play outside and take in fresh air, to listen to the sounds of the world around them, to hear the singing of the birds, or the sound of the wind in the trees.

*storytelling is a  
very important  
part of our  
culture.*



## *What do our kids need?*

All kids need to talk, to play, to daydream, to read and to be told stories.

- Stories are important because they help kids cope with lots of the feelings and problems that they have.
- You can help kids carry on the tradition of our culture by telling the stories you remember from your childhood.
- Talk to your kids using your language and encourage them to use the words. This helps build their self esteem and confidence. It helps them develop a sense of belonging.
- Tell them stories of our history.

By doing some of these things you can help your kids to know who they are and to know of their heritage. They will enjoy having this time with you.

When your little kids or even your big kids ask you to tell them a story, you can begin by:

- telling them some of the Dreaming stories
- spending time with them to have fun and explore things outside
- telling them stories about other family members
- teaching them some of the games you played as a kid
- singing some of the songs you remember
- teaching them by what you do as well.