



CONNECTION TO CULTURE

Ask about your family and cultural background.

It's a good time to learn more about who you are and where you come from. Ask your Elders some questions around kinship, relatives and your family tree.



Keep your liyan feeling solid

- Ask your Elders about Indigenous art, language, and dance that is local or tied to your mob and learn about the stories behind them.
- Make your own art
- Listen to music that makes you think of the good times like your favourite country songs, local artists/bands or a family member
- Create your own music with your family.



Protect your family

If you are able to help your parents, grandparents, aunts and uncles out in any way that prevents them from leaving the house, make sure to offer help.



#StayConnected