

Educator Notes – Arabana

Episodes

Mungara - Individuality

Kardipirla - Stars

Malka-Kudninta – To paint up

Overview

Rudi and the kids head to Arabana Country in Kati Thanda, West Lake Eyre in South Australia. Lakota has some great experiences on Country for us to enjoy and some special words for us to learn!

Consider how Lakota's episodes of *Little Yarns* can extend children's knowledge of Aboriginal & Torres Strait Islander language and culture? How can provocations from Arabana language learning enrich your program for children and families?

Extension Ideas

Where is Arabana Country? Check out the [Gambay First Languages Map](#) to find out more.

Lakota describes the quiet and peaceful desert of Kati Thanda. She encourages the kids to tune into feelings of 'consciousness' and 'being'. They relax and listen to their heart beating.

Mindfulness experience

Slow things down and encourage children to tune into their bodies and surroundings. While settling into rest time, turn off music and dim the lights. Ask children to find a place on the floor where they feel comfortable. Relax legs and rest feet naturally to the sides. Place right palm over left of chest. Guide children through some deep breathing – in and out slowly for about 10 breaths. Ask children if they can feel the beat of their heart under their hand.

Lakota introduces Rudi and the kids to a very special word in Arabana - **mungara**. Mungara is your individuality, your identity or essence. Mindfulness and self-reflection experiences can help children focus on their mungara.

After listening to Lakota's episodes of *Little Yarns*, ask the children in your group: ***What are some of the things that make you who you are?*** Record audio of children's thoughts at the beginning, in the middle and at the end of a year – compile and share with children and families as part of your documentation.

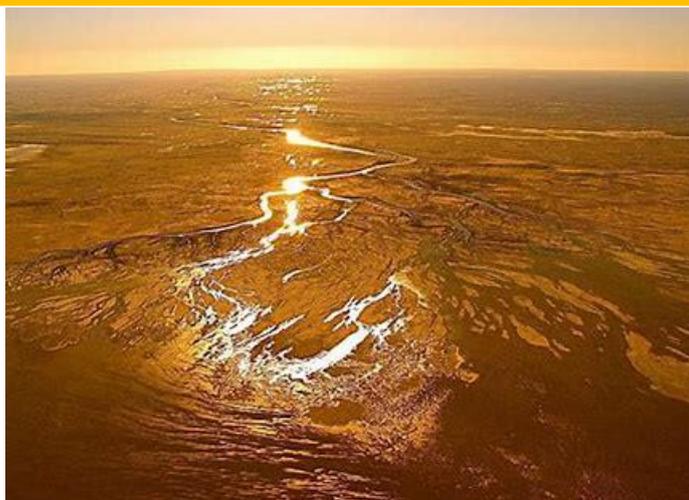


Image: flickr.com – Kati Thanda, Lake Eyre.

Lakota likens mungara to the flavours in a delicious stew; various ingredients representing things that make each person special and unique.

Represent mungara through art:

- Encourage children to brainstorm at least 3 attributes that makes them special.
- Invite children to choose a colour to represent each attribute.
- Children can use their own special colour palette to paint a self-portrait.
- When displaying children's work, include a blurb linking back to the concept of mungara and this Little Yarns provocation.

Link these experiences to EYLF outcomes 1.3, 2.2.

We hear the word **kardipirla**, meaning stars.

Lakota talks about the importance of constellations in the beautiful night sky over Arabana Country. Constellations have helped Arabana Elders share Dreaming stories for thousands of years. Visit [Australian Indigenous Astronomy](#) to find out more. Additional astronomy resources can be found on Page 6 of the Narragunnawali [Science Resource Guide](#).

Lakota talks about celebrations that follow much needed rain on dry Arabana Country. One of these celebrations or ceremonies is called a **corroboree**, where people **malka-kudinta** (paint up) their bodies with beautiful colours made from ochre.

Have a go at making paint with clay. For a great sensory experience, give each child a small ball of red, brown or white natural clay. Invite them to add a little water and mix with their fingers. Try finger painting on pieces of cardboard cut from upcycled boxes.

Country: Arabana

Language: Arabana

Focus word	Meaning
mungara	individuality, spirit, consciousness, individual identity
kardipirla	stars
malka-kudninta	to paint up (for special ceremonies/corroboree)
Kati Thanda	Lake Eyre

Additional words	Meaning
arru	hello
athu unanha anti nhanhinha	see you soon
kalta-kalta	sleepy lizard
warrukathi	emu
wakarla	crow
wabmarā	wind
kutyanardi-nha	Orion (constellation)
mangkara-kari	The Seven Sisters (Dreaming story)