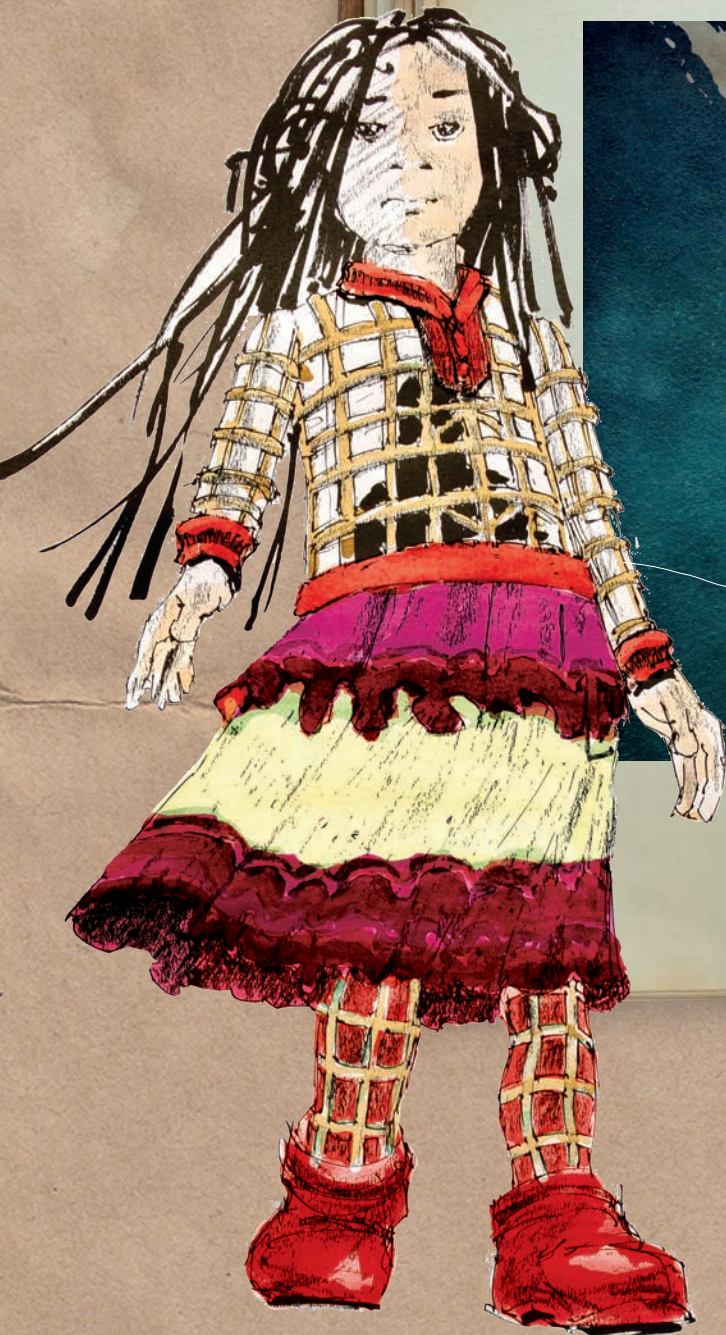


# EDUCATION and ACTIVITY pack



THE  
W  
A  
L  
K



Handspring  
Puppet Company



In 2021, a ten year old refugee called Little Amal, embarked on a remarkable journey that took her from the Syrian border across Turkey, across Europe and in 2022 to Ukraine, Poland and New York City. Amal came to Canada, Mexico, and journeyed across the United States in 2023. Next, in March, 2024, she will travel to Adelaide, South Australia, which is located on the traditional Country of the Kaurna people.

Amal is a 3.5 metre tall puppet and, as a global icon of human rights, she champions a message of peace. She represents all children who have been forced to leave their homes and are often separated from their friends and families.

She journeys in search of her mother. To get back to school. To start a new life. On the way she has been welcomed by more than a million people on the streets and tens of millions online.

In 2024, she will journey to key locations in and around Adelaide, carrying her urgent message on behalf of all displaced people, especially children: "Don't forget about us."

We ask the world not to forget about children who have had to flee their homes because of war or other reasons beyond their control.

These refugees and asylum seekers are children just like you. Children of the world – the future.

# Little AMAL



Amal is 10

She walked from Syria all alone (all by herself)

And is now going on a new adventure to Adelaide, South Australia

She is very brave but sometimes she is not

She is happy but sometimes she is not

She is very curious but sometimes she is not

And very much like you, she is very good but sometimes she is naughty

*She will walk  
From sea to shining sea  
Looking for new friends*

And she needs your help

Can you help her?

Can you show her the way?

Can you teach her the words she needs to know?

Can you become her friends?





Little Amal left the HOME she knew,  
AMIGRATION across lands anew,  
She lets FEAR push her forwards,  
Just like the earth's CLIMATE, her mind has a purpose.  
She can't wait to see, at the end of her ADVENTURE,  
What will be there and who will WELCOME her?

The stepping stones within this journey suddenly appear

وطن

1. HOME

هجرة

2. MIGRATION

خوف

3. FEAR

مناخ

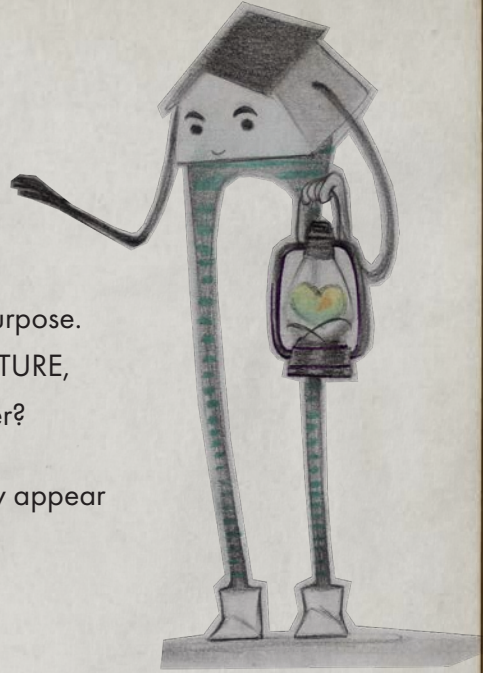
4. CLIMATE

مغامرة

5. ADVENTURE

أهلًا وسهلاً

6. WELCOME



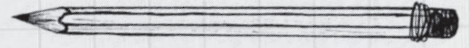
**Would you like to join LITTLE AMAL**

**on this adventure by completing the challenges  
in this activity pack?**

There are plenty of different ways to join in, including writing poems or stories, making artwork, and being creative wherever you are in the world. And everywhere Little Amal goes, she'll be collecting all that she has learned and all her memories. So, whether you see her in real life or follow her next steps from home, you can be part of Little Amal's journey.



# What is a Journal?



Amal is travelling to Adelaide, South Australia.

When we visit different places or have new experiences, it can be useful to keep a journal.

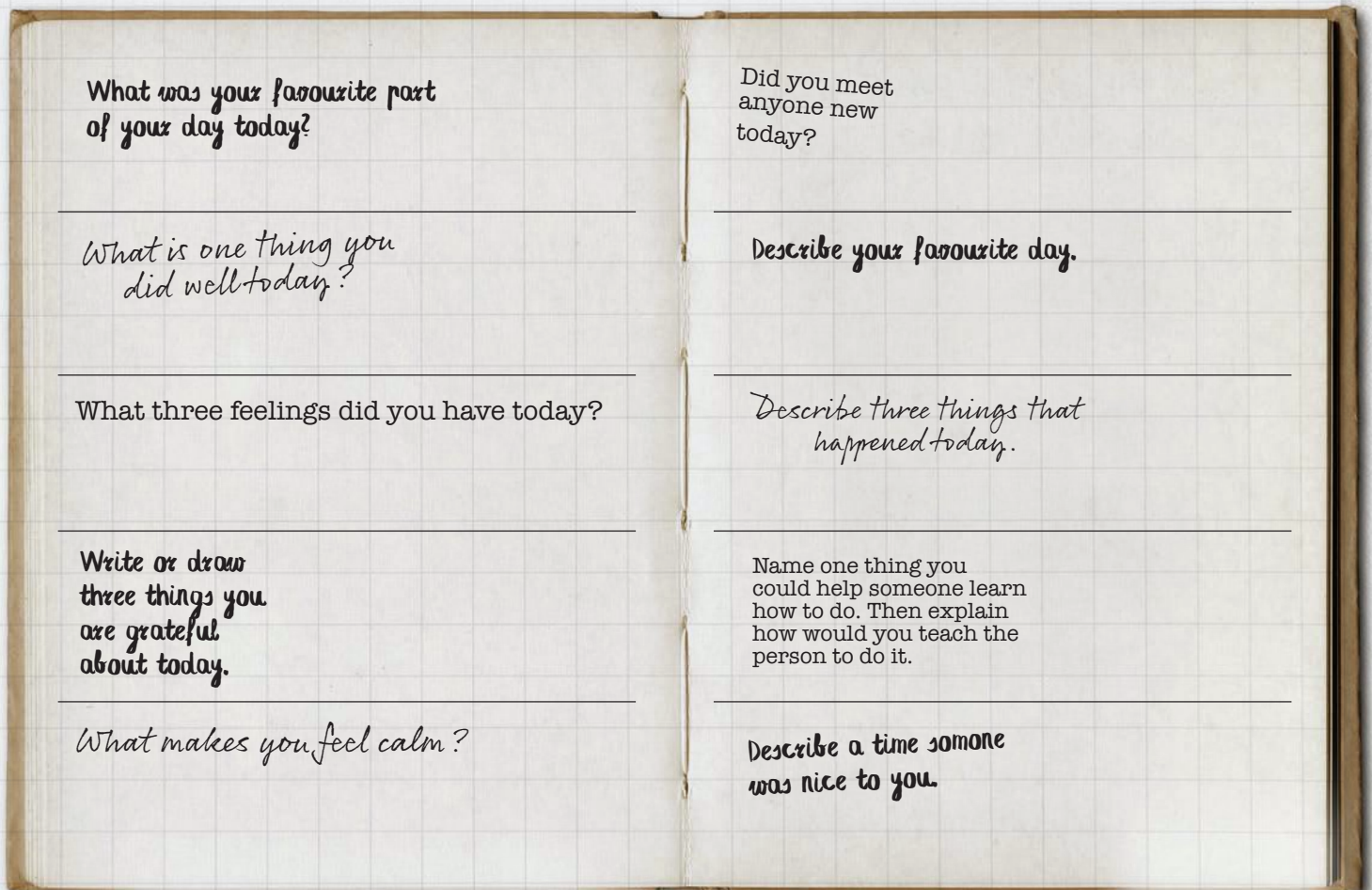
Journaling is recording your thoughts and feelings in a way you feel most comfortable and can be as creative or simple as you want. It can be a very positive healing process, or it can just be a fun way of writing about what you did each day.

**Write a couple of sentences about some recent experiences you have had.**

## How do you feel? What are you grateful for?

We have included a prompt if you wish to use it.

After Amal's visit, look back on your self reflective journal.



Try capturing and reflecting your experiences in other ways such as photography or art.

# PEACE

**How do you define peace?** Journal about your thoughts and reflections.  
Have a discussion in class and at home.  
Here are some guide questions to get you started.

## Local Perspective

Think about how you feel about harmony and safety in your immediate environment, which can include your school, neighbourhood and community.

- What does a peaceful community look like to you?
- How can you contribute to peace in your local environment?
- Think of a time when you helped resolve a conflict. What did you do?



## National Perspective

Think about how you feel about the absence of war in Australia, social justice and equality.

- How can social justice and equality contribute to peace in a country?
- What are some other ways in which a country can achieve and maintain peace internally?
- Can you identify any historical and current examples of how Australia works towards peace?



## Global Perspective

Think about how you feel about conflicts and shared humanity around the globe.



- Being an island country, do Australians perceive peace and conflict differently to other countries? Does being isolated from places of war desensitise us at all?
- How can countries work together to solve issues that affect peace?
- What role do international organisations play in promoting peace?

# WELCOMING people to Australia

First Nations peoples have a variety of traditions when welcoming visitors into their homes or communities. During her visit to Adelaide (Tarntanya), Amal will be welcomed to the community with a ceremony known as **Welcome to Country** which pays respect to the traditional custodians of the land.

## Welcome to Country

is presented by Aboriginal or Torres Strait Islander people to welcome visitors and give them permission to enter their Country. Adelaide is located on the traditional land of the Kurna people.

## Acknowledgement of Country

is presented by non-Indigenous people to pay respect to the Traditional Owners of the land on which events, official occasions and meetings, including school assemblies, take place.

Here is an Acknowledgement of Country that can be used by schools, families and broader communities during Amal's time in Adelaide.



Angkuna Baker  
from Indulkana:  
titled **Areyonga** (2019)

**We acknowledge the Traditional Custodians of this land, the Kurna people, and pay our respects to their Elders past and present, honouring their deep, enduring connection to country. We extend this respect to Aboriginal and Torres Strait Islander peoples here today. In the spirit of reconciliation, we also extend respect to all migrants and refugees, who, along with Amal, are walking an ongoing path towards finding home and belonging. May the sharing of this space, alongside mutual respect and understanding, help foster a commitment to nurturing hope, peace, and a united community for all.**

Additionally, Amal is being welcomed to Adelaide with a **Water Ceremony** at Festival Plaza. Water Ceremonies hold significant spiritual and cultural importance in many First Nations communities. They reflect the deep connection between Aboriginal and Torres Strait Islander peoples and their natural environment. While these ceremonies vary, given the diverse cultures and languages across Australia, they generally centre on themes of cleansing, healing, life-giving properties and the acknowledgment of water as a vital resource and spiritual entity.

# YOUR Journey...

Every journey needs a goal to work toward!

As you tick off each challenge within the pack you can earn your very own Badge!



## HOME

- Imagination challenge
- Dreaming and Yarning
- Sounds of Home
- Paper Community



## MIGRATION

- Migration Haiku
- Your Family Migration
- Illustrate your Name



## FEAR

- Facing your Fears and Anxieties
- Finding Your Courage
- Exploring Mindfulness



## CLIMATE

- Your World Challenge
- Make a Change Messages
- Big Steps, Little Amal, Big Change



## ADVENTURE

- Adventure Storytelling
- Adventure Comic
- Telescope Creations
- Paint a Stone



## WELCOME

- How will you Welcome Amal?

How many can you get before you Welcome LITTLE AMAL?



وطن

My bed and the sound of  
mom's bracelets rattling when  
she pats my head.  
The ginger cat that appeared  
one day and stayed.  
and the broken tile above the  
bathroom sink.



HOME

# WHAT does Home mean to YOU?

Let's explore what home means and looks like... to Amal in Syria,  
and to you wherever you are.

The idea of home may be different for each of us.

Let's see what home looks like in some of the languages around the world...

English

*Home*

Arabic

بيت

Spanish

*hogar*

Navajo

*hogan*

Chinese

家 Jiā

Hindi

घर Ghar

French

*maison*

Ukrainian

ДОДОМУ (dodomu)

Sudanese

*imah*

Lithuanian

*Namai*

Kaurna

*Ngurra*

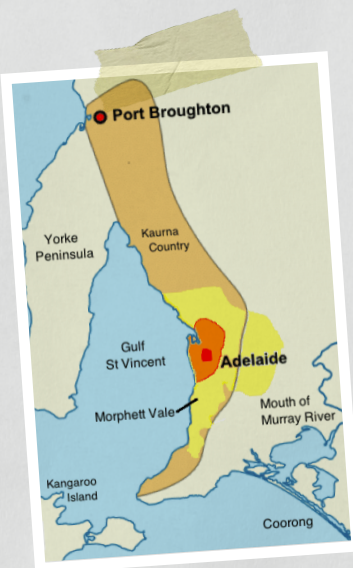


# AUSTRALIA'S MAP

Australia's Indigenous map differs from the conventional one, reflecting over 500 First Nations communities, and is a testament to the diverse cultures, languages and rich histories of Australia's traditional custodians across the continent. Understanding and respecting these diverse cultures fosters unity and reconciliation.



**MOBS** The term 'mob' is commonly used in Australia to refer to Aboriginal groups, particularly in informal contexts. Each mob typically has cultural elements that are significant to their identity and heritage. These include language, totems, ceremonies and are expressed in dance, music and visual art which teach their history, cultural lore and spiritual beliefs.



## ADELAIDE (Tarntanya) SOUTH AUSTRALIA

The **Kaurna people** of South Australia's Adelaide Plains have left a significant mark on the landscape, with their unique language, cultural practices, and deep connection to ancestral lands.

The Kaurna language is known as Pama-Nyungan. It reflects the deep connection between the First Nations peoples, and the lands and waters of Tarntanya, or Adelaide, and its surrounding areas. In Kaurna culture, the concept of "Yerta" embodies "Country," representing the profound spiritual and cultural connection between the people and the land they inhabit.

### Learn the Language

Hello	Niina marni	Water	Kauwi
Welcome	Marni naa pudni	I love you	Kesalul
Thank you	Ngaityalya	Goodbye	Nakutha

## Homes can look different too. Let's explore some unique homes in different parts of Australia and around the world.

Here are just a few examples of the amazing places where people are living right now...

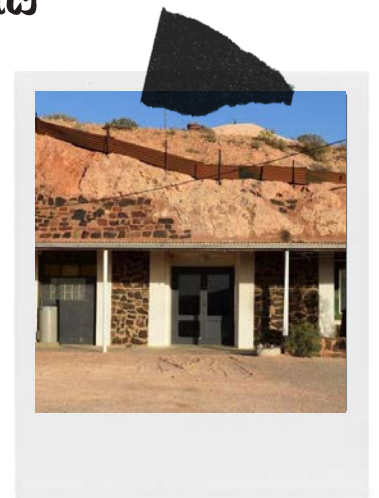


### Living in ADELAIDE (Tartanya)

- Adelaide has diverse neighbourhoods, each with a unique character and amenities, with easy access to parks and a well-connected public transport system. Housing is relatively affordable compared to other major Australian cities, making it more accessible for homebuyers and renters.
- Adelaide, originally called Tartanya by the Kurna people, was the first capital city in Australia not settled by convicts. In 1895, South Australia was the first state in Australia to allow women to vote and the first in the world to give equal political rights to men and women.
- Adelaide is mainly known as the Festival City, and living there is an immersion in vibrant cultural events and festivals, including the Adelaide Festival, which Amal is visiting. It is also known as the 20-minute city, offering easy access to both picturesque hills and coastal areas within a short travel time.

### Down under dwellings in COOBER PEDY (Umoona)boats

- At the core of the South Australian Outback, 850 kilometres north of Adelaide, over 60% of Coober Pedy's population resides underground to escape the extreme desert climate: oppressive summer heat and cold winters.
- Constructed by excavating into natural rock formations or old opal mines, desert homes in Coober Pedy are typically reinforced with supports to ensure the walls and ceilings are stable. Some homes have traditional structures above the ground for entryways and additional spaces, but the main living spaces are underground.
- Underground homes around the world still inhabited today include White Cliffs (NSW, Australia), Guadix (Spain), Matmata (Tunisia) and Cappadocia (Turkey).



### The Rugged Outback STONE HOUSE

- In 1836, when British colonists first pitched tents at Holdfast Bay, they encountered an ancient housing tradition well adapted to the environment. Some features of Aboriginal housing were adopted by the new settlers, who erected their first huts of reeds, bark, thatch and saplings.
- As the settlement progressed, locally quarried blues stone and sandstone was the predominant material used in the early colonisation of Adelaide and up until 1850, the town made up of 99% earth and stone cottages with thatched rooves and later tin rooves surrounded by a wide veranda to provide protection from the heat.

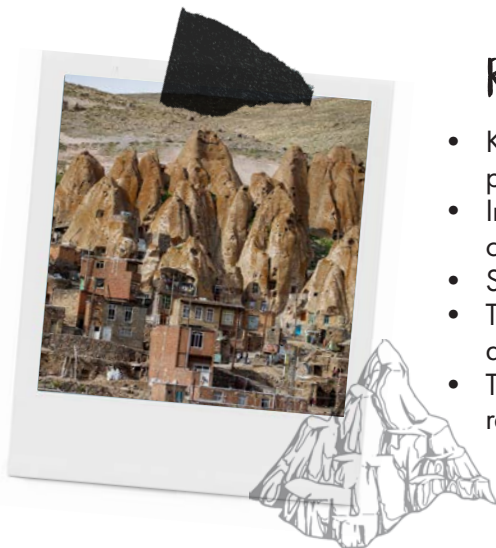
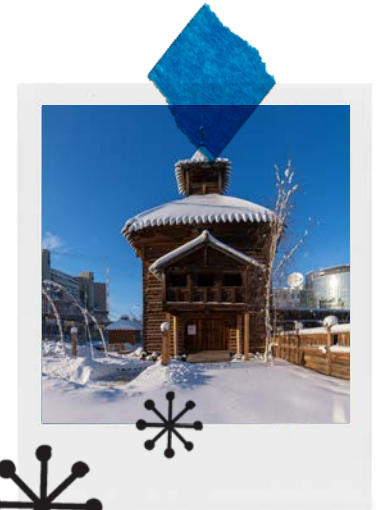


## The Hanging Monasteries of METEORA

- In Greece, there are Orthodox monasteries (religious houses) balanced between giant rocks, 1,300 feet in the air.
- The rocks are called Meteora, which means "suspended in the air".
- In the past people lived in cracks and caves and used baskets, pulleys, ropes and ladders to bring supplies up the cliffs. Over the years 24 monasteries were built.
- Today 6 monasteries still stand on the cliffs and around 60 monks and nuns still live in them.

## YAKUTSK the World's Coldest City

- Yakutsk in Russia is known as the coldest city in the world.
- The city has a short summer, and during the long winter, temperatures drop to  $-4^{\circ}$  Celsius (that's below freezing!)
- Most buildings are built up on stilts because the ground is always frozen. The buildings that aren't on stilts are slowly sinking because they are melting the ice.
- The people of Yakutsk do not spend much time outside, but when they do, they are dressed from top to toe in warm clothes.



## Rock Village of KANDOVAN

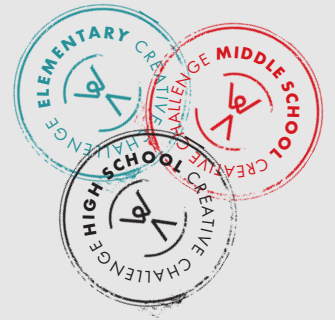
- Kandovan is a village built into the rocks in Iran. The rocks are in sharp pyramid shapes and were created by volcanic eruptions.
- Inside the cliffs (some up to 130 feet high) are two to four-storey houses carved out by humans, with rooms, kitchens, halls and even animal pens.
- Some of the rock houses are 700 years old.
- The people of Kandovan work as farmers and grow herbs for medicine and breed honey bees.
- There are 117 families living in the village, and it has a public bath, school, restaurant, mosque, mill and souvenir shops.

## The Floating Villages of CAMBODIA

- Southeast Asia's largest lake named Tonlé Sap is home to most of Cambodia's ethnic Vietnamese people.
- Around 45 years ago the ethnic Vietnamese people of Cambodia were forced to leave.
- When they tried to come back to their home country, they were not allowed to buy land, so instead many people built their homes to float on the lake or close to the lake on stilts.
- Today there are around 3 million villagers, living and working on the lake.



# IMAGINATION Challenge



We are going to use our imagination in this challenge. Our imaginations can take us anywhere. **Let's begin?**

**1** Imagine a place where you **feel safe and happy**. What can you

**SEE and HEAR?**

What can you **Smell?**

Remember where everything is as you walk around it in your mind. Write or draw the image or feelings and put in an envelope.

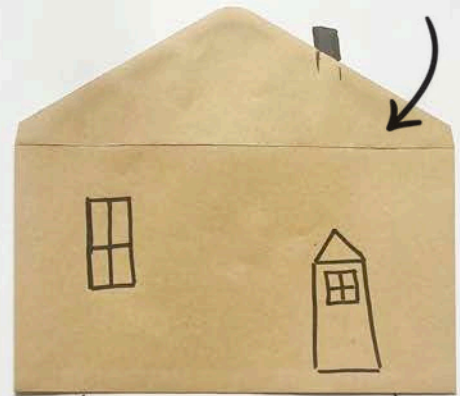


**2** Now picture **three** of your favourite objects?

What do they **look like?**

What **COLOURS** are they?

Imagine you are holding them. How does it feel? Write or draw the image or feelings that come to mind and put them in an envelope.



**3**

Now imagine the people that are special to you.

Try and **SEE**

**all their FACES**

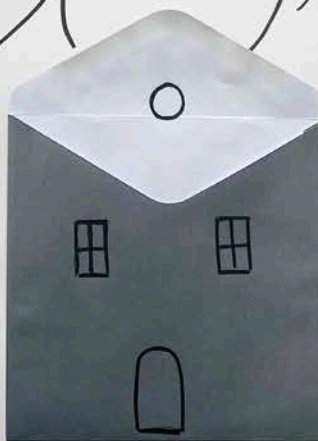
How does it feel? Write or draw the image or feelings and put in an envelope.

**4** Now imagine you've arrived in a new place.

It's going to be your **NEW HOME**

You **DON'T KNOW** anything about it

What people or things would you want with you? Write or draw the image or feelings that come to mind and put it an envelope.



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**

# Who are YOU?



Your name:

**Amal**

My mum told me it means 'hope'.

Your age: **10**

Your home-town:

A small village close to Aleppo, in Syria.

Three words to describe yourself:

playful, strong and funny

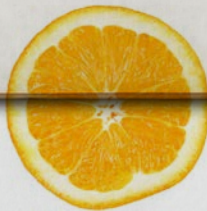
Your favorite games:

Playing hide and seek with the little kids and sometimes I like to pretend I'm a teenager. Samira even lets me try on her lipstick! Her auntie got it when she was in Aleppo.

Your favourite musician: Your favourite smells:

I love to sing songs by Sabah Fakhri. I'm really good at reaching the high notes.

When mum put orange peels inside the old wood furnace, the whole house would smell of smoke and burnt orange. Or when dad would leave the bread on top of the furnace, I love the smell of fresh bread!



Your favourite things to do:

I love having picnics on Fridays at the river with cousins, uncles, and aunties.

Also, visiting the seaside or a visit to Citadel in Aleppo. So exciting!

Your favourite snacks:

Derbi Crisps and Ghandour biscuits from Abu Said's bakery. And Turkish delights. Dad used to give them to me on Fridays after he came back from the Mosque. Yum!

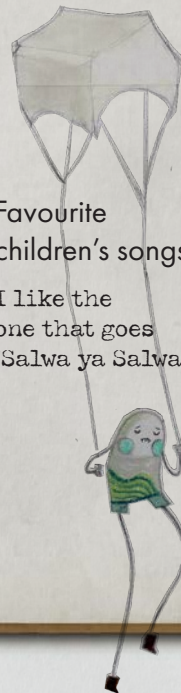


Your favourite color:

Bright blue! The same color as my smock I wear to school. I also like the black and red bandana scarf that we wear to school too.

Your fears:

I'm afraid of the sound of explosions. And walking past Hanzeh's window. He would always fling tiny pebbles at me with his slingshot.



Favourite children's songs:

I like the one that goes 'Salwa ya Salwa'



The last things you saw when you left home:

I started the journey near where Abu Said's bakery used to be, then I went around the big fig tree all the way through the village. I passed the neighbor's garage and their noisy dog was still there but the chicken pen was empty. Then I walked past my second-grade teacher's house but no one is there anymore.

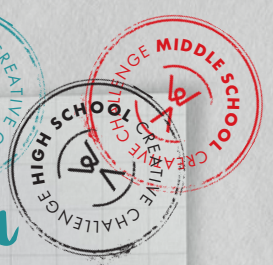
The most important thing to you right now:

To feel safe and to make new friends and to remember who I am.



What are YOUR answers to the Questions?  
How are you and Amal similar? How are you different?

# Youz "Where I'm From" poem



I am from \_\_\_\_\_  
(a specific item from your childhood home)

From \_\_\_\_\_ and \_\_\_\_\_  
(two products or objects from your past)

I am from \_\_\_\_\_  
(a phrase describing your childhood home)

and \_\_\_\_\_  
(more description of your childhood home)

I am from \_\_\_\_\_  
(a plant, tree or natural object from your past)

whose \_\_\_\_\_  
(describe how this natural object makes you feel)

I am from \_\_\_\_\_  
(1-3 family names or ancestors)

and from \_\_\_\_\_  
(2-3 family traits, habits or tendencies)

I am from \_\_\_\_\_  
(a family tradition or a religious memory)

and from \_\_\_\_\_  
(two foods from your family history)

I am from \_\_\_\_\_  
(a specific event in the life an ancestors)

and from \_\_\_\_\_  
another detail from the life of an ancestor)

I am from \_\_\_\_\_  
(a memory or object you had as a child)

I am from the moments... \_\_\_\_\_  
(continue this thought or repeat a line or idea from earlier in the poem)

\* Adapted from the original Where I'm From by George Ella Lyon



Share your creations on social media and tag @walkwithamal  
using #AmalAdelaideFestival



# YARNING & DREAMING



Dreaming and yarning are complementary forms of communication through which Aboriginal Peoples impart knowledge to strengthen and preserve culture and identity.

**Yarning** is the sharing of knowledge through informal conversation and the oral tradition of storytelling, which helps build and strengthen relationships.

**Dreaming** stories are the heart of Aboriginal Peoples spiritual and cultural teachings, firmly anchored in nature. They are passed down through generations and, through narratives tied to specific locations and ancestral beings, explain the foundations of existence, the creation of landscapes, moral and ethical values, and cultural customs and rituals.



## WHISPERS FROM THE ANCIENTS Kaurua Dreaming

Listen to the **Tjilbruke** Dreaming story and follow his trail by imagining it or, if possible, walking it. Reflect about the story in your journal and draw an ibis bird. Act out the story with a friend.

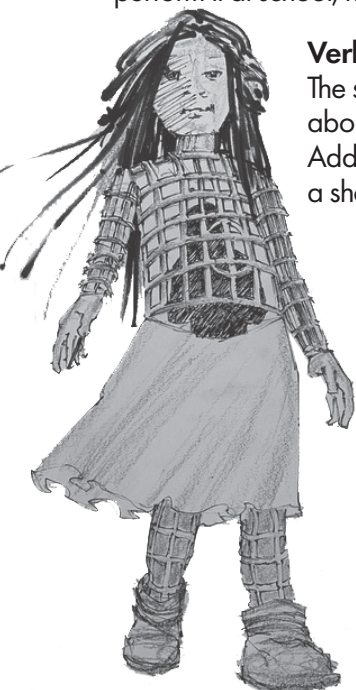
[https://www.youtube.com/watch?v=qD\\_f7ZHhPZO](https://www.youtube.com/watch?v=qD_f7ZHhPZO)

## HAVE A Yarn!

Through yarning, you can reflect on **Amal's journey** and your experiences with her. This connection can be meaningful in growing an appreciation and respect for diverse cultures, experiences, and promote inclusion and empathy. Have a yarn with someone from a culture other than your own. You may wish to approach your local refugee association or involve your local community by inviting families from diverse backgrounds to share their stories. Perhaps there are some students a school from diverse cultural backgrounds. This can help build bridges between your school and the wider community, and families and neighbours. Reflect on how others' stories connect to your life and the lens through which you see the world through your journalling.

## CROSSING BRIDGES: A Walk Through Cultures

In the spirit of Amal's journey of searching and exploration around the globe, which is helping overcome cultural divides and connecting people, and using your learning from yarning about culture, produce a piece of verbatim theatre and perform it at school, home and/or your local community.



**Verbatim Theatre** is a type of play that is like a documentary and aims to educate and inspire. The script uses the exact words from discussions, interviews and/or speeches from real people about a specific topic or event and aims to present these authentically and with integrity on stage. Additionally, you may wish to perform your script or share your discussions as a podcast, a short film or a puppet show!

## PUPPET THEATRE

Amal is an impressive puppet who gives a voice to the vulnerable.

Create a puppet show based on Verbatim Theatre or a theme you research that appears in this activity pack. In the spirit of environmental responsibility, prioritise the use of sustainable materials.

There are a number of instructional sources online that can help you create a variety of puppets. Will your masterpiece feature marionettes, shadow puppets, hand puppets, rod puppets or ventriloquist dolls?

Perform your play at school, for your family and/or the broader community.

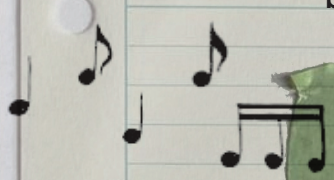
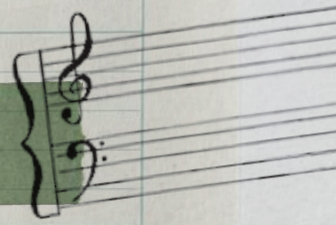
Enjoy!

# SOUNDS OF HOME



## Challenge

Amal thinks back and remembers sounds she associates with home. They make her feel safe, calm and happy. Can you do the same? It might be the sound of your family or friends cooking, the playground, birdsong by the riverbank. It may even be travelling to school.

 <https://www.youtube.com/watch?v=xHsjHPKuU0I> 

Can you create a recording of these sounds for others to hear?  
Choose how to record your soundscape depending  
on the level of complexity you want:

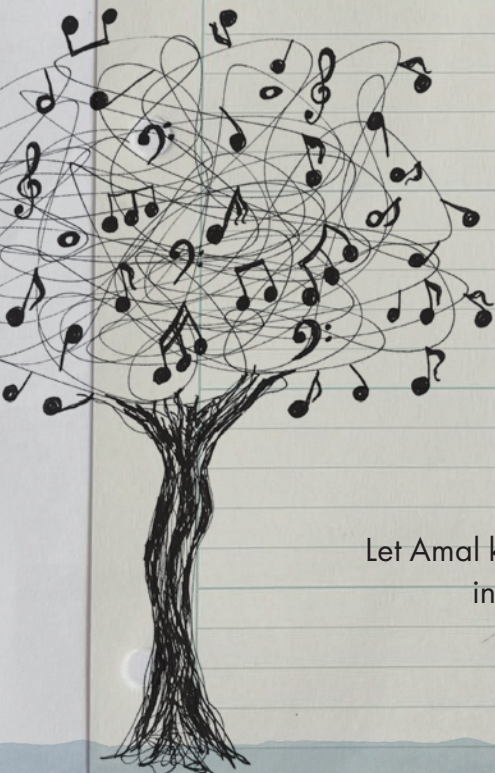
- Direct recording of sounds you hear.
- Using your voice, body percussion, homemade sound makers, or musical instruments to recreate the sounds.
- Use a recorder on a phone or audio recorder to capture your soundscape.
- You could also download Incredibox - a music app that lets you create your own music with the help of a merry crew of beatboxers.

<https://www.incredibox.com>

Work individually or in groups,  
put the sounds together to create a soundscape.

Let Amal know in a brief introduction, either recorded at the same time or in an accompanying document, the history and meaning of your soundscape. Share it online so that Amal has this to accompany her throughout her journey.

Share your creations on social media and tag @walkwithamal  
using #AmalAdelaideFestival



# PAPER Community



Create your community

of people by making a paper people chain.

See how others show their own creativity and unique paper communities!

PERSONALISE EVERYONE IN THIS COMMUNITY

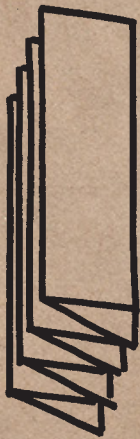
Think of friends or people who support you. What are they like? How do they make you feel?

Let's start with... A LONG STRIP OF PAPER...

THE LONGER THE STRIP,

THE MORE PEOPLE

YOU'LL FIT!



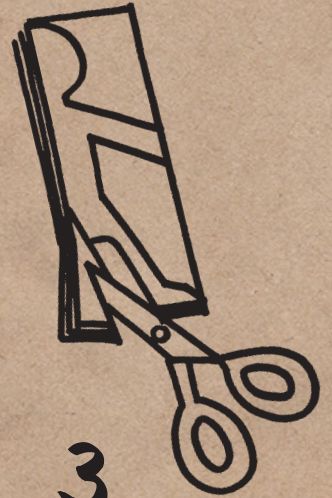
1.

Fold your paper in half, then fold in half again – keep folding it until you have a small rectangle.



2.

Draw **half** a person on the rectangle. Make sure the foot, hand, head and middle of the body reach the edges of the paper.

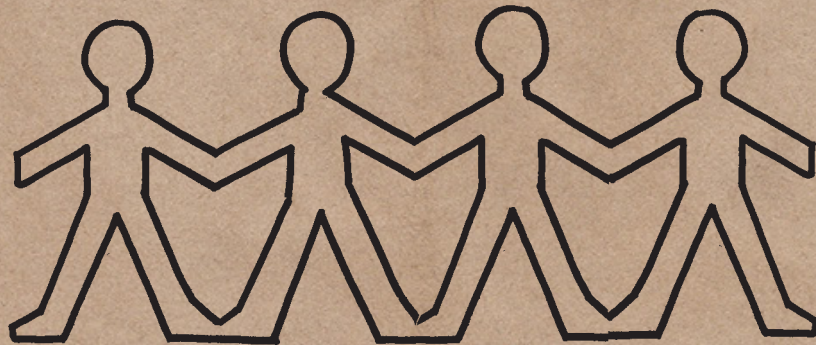


3.

Carefully cut around the person. **Do not** to cut the hand and body on the folds.

4.

Unfold your strip of paper to reveal your community all holding hands.



5.

Colour and add detail to represent your friends and family. You could add messages or decorations and hang them up at home or school.

IN THE CENTRE OF EACH PERSON, WRITE A WORD OR SENTENCE

THAT DESCRIBES ONE OF YOUR FRIENDS OR SUPPORTERS.

Why not show your paper community to friends or family and discuss who you have made and why?

# هجرة

I had to leave  
I couldn't stay  
I had to leave  
Now I look up and  
see the birds  
flying north  
And I feel safe  
I am not alone

# MIGRATION



# What IS Migration?

First, let's explore animal migration...

## Migration of ANIMALS

Animal migration has fascinated humans for thousands of years and some creatures can push their bodies to limits humans can hardly imagine. These amazing journeys are taken by fish, reptiles, insects, and mammals alike.

### What is animal migration?

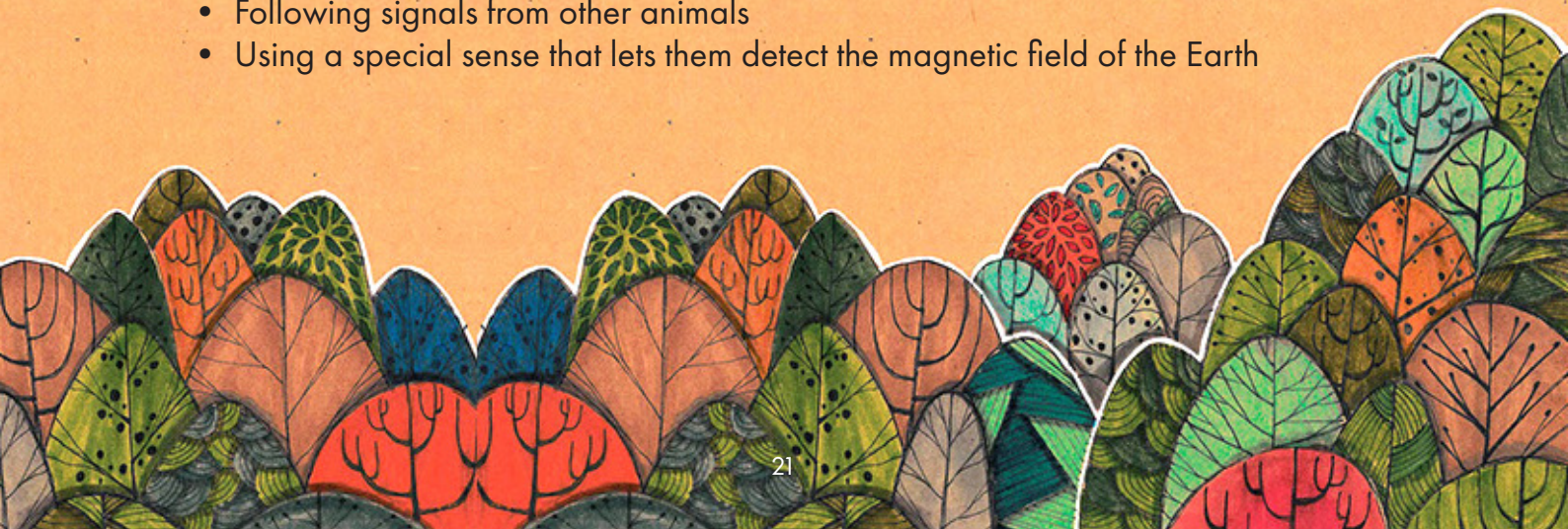
Animal migration is when a group of animals travel to another place for a certain period of time. Different animals migrate at different times of the year.

### Why might animals need to migrate?

- To find food and water
- To have babies and raise their young
- To move away from harsh weather
- To get further away from predators

### How do they find their way?

- By tracking the sun and stars
- Following different smells
- Remembering landmarks such as mountains, lakes, and rivers
- Using wind patterns and ocean currents
- Following signals from other animals
- Using a special sense that lets them detect the magnetic field of the Earth



# SOME Amazing MIGRATING ANIMAL FACTS



## EMPEROR PENGUINS

can walk across  
125 miles of ice every  
year to find the best place  
to lay their eggs.



## ARCTIC TERNS

are birds that will fly a distance  
equal to 60 times around the  
world during their lifetime.



## SEA TURTLES

migrate back to the  
same beach where  
they were born to lay  
their eggs.



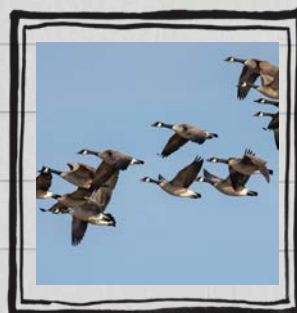
## CHINOOK SALMON

swim 900 miles upriver and  
climb nearly 7000 feet to find  
the river where they were born.  
Scientists believe they do this  
because they know it will be a  
safe place to lay their eggs.



## ZEBRA AND WILDEBEEST

are always migrating.  
They are always moving in a giant  
clockwise circle, following the seasons  
to find the best food.



## CANADIAN GEESE

fly in a 'V' formation which  
helps them save energy and  
allows them to cover over 600  
miles in a single day.

# HUMPBACK Whale

In the warm months, they travel to cold areas of water where there is more food for them to eat.

On the East Coast of the US they are visible during their migration, even from Massachusetts and Cape Cod.

Humpback whales have the longest migration of all mammals.

On the East Coast of the United States, they are visible from Massachusetts/Cape Cod

Humpback whales eat krill (small crustaceans) and small fish to build up their fat (called blubber) to keep them going in the winter.

Humpback whales can live up to 90 years and they can travel up to 5,000 miles, one of the longest animal migrations on Earth.



## CHRISTMAS ISLAND RED CRAB

- The Christmas Island Red Crab can only be found on Christmas Island, Australia.
- The red crabs live on their own in the forest and in the dry season they hide in their burrows to stay damp until wet season arrives.
- During the wet season the crabs come out of their burrows and head to the seaside to have their babies.
- Sometimes there are so many crabs moving across the island at the same time that roads have to be closed as cars cannot get past them.




## WILDEBEEST

- The wildebeest is an animal from the antelope family that lives in Africa.
- They spend their time grazing (eating grass) constantly, day and night.
- Wildebeest travel in large herds (around one and a half million) and migrate to find more food and water.
- Other animals such as zebra and gazelle also join the large herd of wildebeest.
- The different groups of animals eat different parts of the grass. Some will eat the top of the tallest grass and some will eat the medium-height grass. Once the grass is almost all gone the herds will leave.
- This migration happens every year and the animals are almost always on the move.



# Migration Poem

No more flowers on our trees, 

Said a buzzing bunch of bees...

No green grass on which to feast,

Said a wild wildebeest...



It's too cold to flit and fly,

Said a monarch butterfly...

What should we do?



How can we live?

When environments,

Cease to give...



Conditions change what's on our plate,

It's time to move, we must migrate!

Migration's moving,

Swim, run, fly,

From a place too cold or dry,

To a place where food is found,


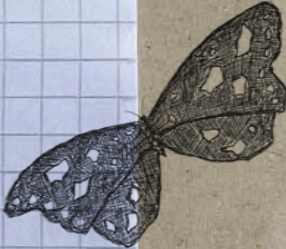

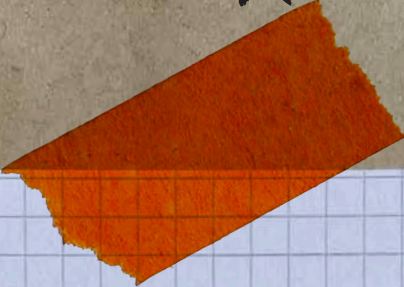
Migration's moving to new ground!



**by Mr. R.**



# MONARCHS



Monarchs fly to Mexico.  
Millions flee from the winter snow.  
Wings wink quickly to and fro  
as monarchs feel which way to go.  
They listen to a voice inside  
find a wave of wind to ride  
stay together  
work as one  
flutter firmly toward the sun.  
Tiny tigers trim tall trees  
quiver in a Spanish breeze.  
Confetti creatures strong and bright  
sleep a season  
rise in flight.  
They know what they were born to do.  
I'd like to be a monarch too.

by Amy Ludwig VanDerwater



# MIGRATION Haiku

A haiku is a type of short poem originally from Japan.

It's usually made from three lines that have a specific number of syllables each.  
So, the first line of a haiku has **FIVE** syllables.  
The second line has **SEVEN** syllables.  
And the third line has **FIVE** syllables again.

*Here's an example:*

My first line is five  
With seven in the middle  
And then five again

A haiku is usually about seasons in some way, which makes it perfect for talking about **migration**.

Try writing your own and see if you can make it about a type of animal migration.  
Maybe it's about **whales moving to warmer waters** or **butterflies seeking out the summer**.



Share your creations on social media and tag @walkwithamal  
using #AmalAdelaideFestival

# MIGRATION of People

Humans move around the planet for many of the same reasons as animals. Just like salmon, zebras and turtles, humans want to find the best food, water, air and shelter for themselves and their children.

## Why do people migrate?

Human migration often happens when there is a combination of "push factors" and "pull factors".

## Push FACTORS

are the reasons people might leave their homes.

These could be:

- LACK OF SAFETY
- HIGH CRIME
- CROP FAILURE
- NATURAL DISASTERS
- CLIMATE CHANGE
- DROUGHT
- POVERTY
- WAR
- PERSECUTION BASED ON POLITICAL, SOCIAL, RELIGIOUS, GENDER EXPRESSION, AND OTHER IDENTITIES
- LACK OF SERVICES  
(e.g. hospitals & education)

## Pull FACTORS

are the reasons people might be encouraged to move to a new area.

These could be:

- BETTER CLIMATE
- MORE FERTILE LAND TO FARM
- MORE FOOD
- BETTER SERVICES  
(e.g. hospitals & education)
- LOWER RISK FROM NATURAL HAZARDS AND DISASTERS
- MORE WEALTH
- MORE JOBS
- LESS CRIME



# Words ARE IMPORTANT

There are lots of different words used to describe children and people who have left their home like Little Amal, and these words will change at different points of their journey. Follow this family's journey through words as they seek safety in another country, but remember that behind all these words are people just like you and me!

## MIGRANT

Someone moving from one place to another, often to seek a place of safety.

## DISPLACED

Someone who has had to leave home to find safety somewhere else

## ASYLUM SEEKER

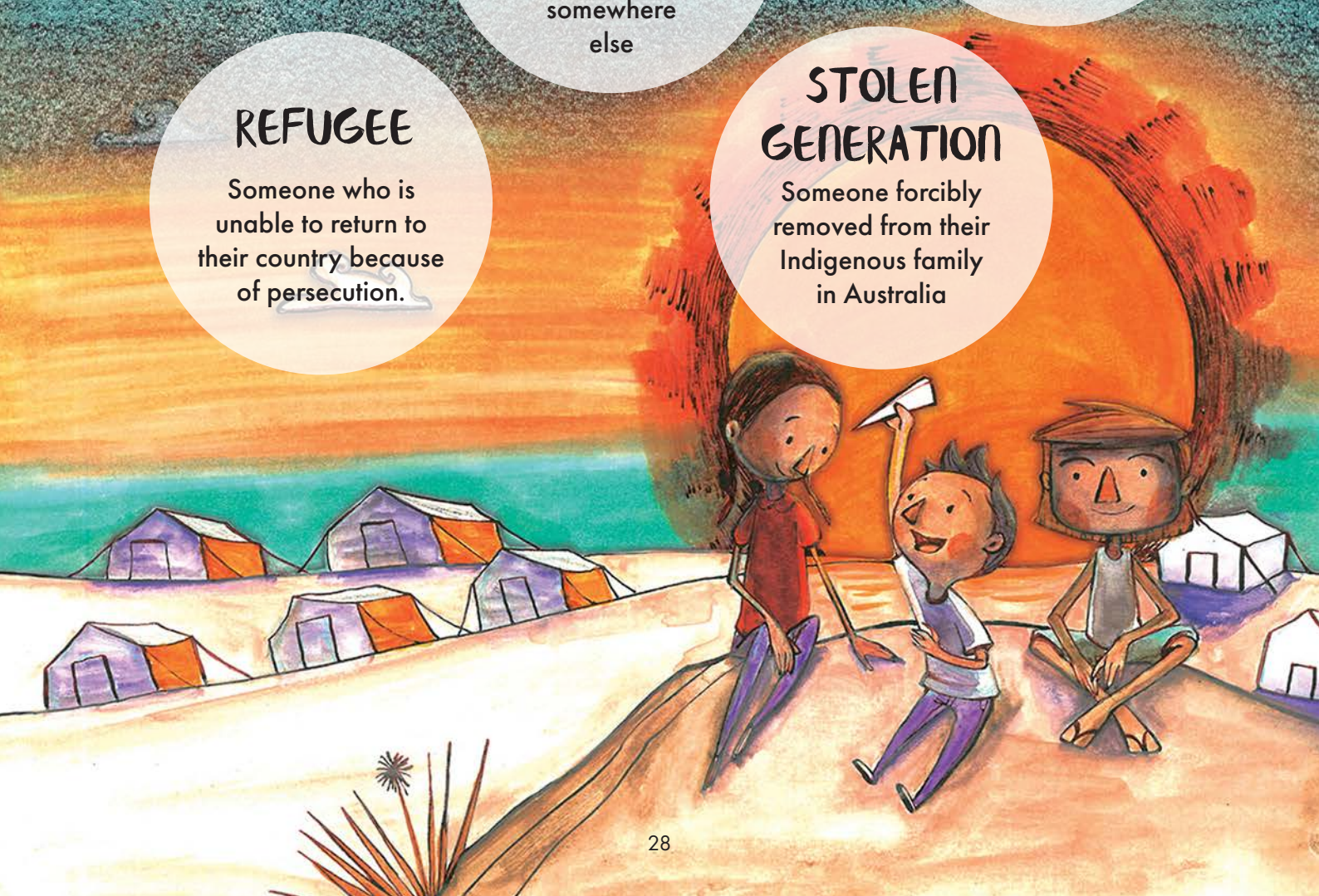
Someone who is asking for help and protection in another country

## REFUGEE

Someone who is unable to return to their country because of persecution.

## STOLEN GENERATION

Someone forcibly removed from their Indigenous family in Australia



# WHAT DOES IT ALL



# mean!

**Activity:** Draw a picture to match with the word and the description - the first one has been done for you!



IMMIGRANT

Someone who is unable to return to their country because of persecution.



NEWCOMER

Someone who is asking for help and protection from another country.



REFUGEE

Someone who lives outside their country of birth.



ASYLUM SEEKER

Any recent immigrant who was born outside of Australia.



CHILDREN ON THE MOVE

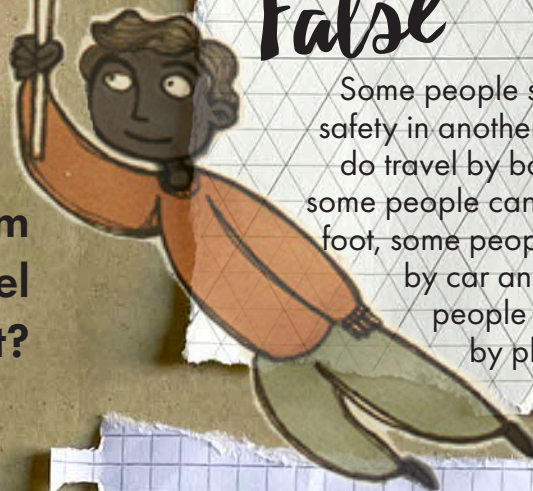
Children travelling between states and territories.

**TRUE**



**All asylum seekers travel by boat?**

**FALSE?**



**False**

Some people seeking safety in another country do travel by boat, but some people can travel on foot, some people travel by car and some people travel by plane.

**Asylum seekers should ask for protection in the first safe country they arrive in?**

**FALSE**

Under something called the Refugee Convention, there is no law that says people have to stay in the first safe country they arrive in. This means that all countries have the opportunity to help people in danger.



**It is not illegal to seek asylum.**

**True**

It's not illegal to enter a country without paperwork and ask for protection.



**Seeking asylum is difficult?**

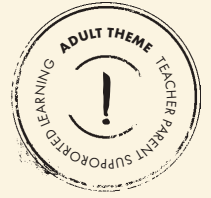
**TRUE**

Asking for protection is a scary and difficult thing to do. People that ask for this help are incredibly brave and strong but still need our support and kindness.

\* Please see Resources for an explanation of this Syrian flag



# Poems about Refugee Experiences



Here are powerful and emotional poems about the experiences of some refugees and immigrants. They explore themes and feelings such as:

- Being an outsider
- Belonging and not belonging
- Feeling unwelcome or rejected
- Being away from family and friends
- Leaving your country
- Leaving behind your culture

As you read these poems, consider:

- Which images or phrases resonate for you and why?
- What feelings do the poets' experiences being up in you?
- How do the poems help you understand the experience of being a refugee or immigrant?

## OUTSIDER

misplaced hanger on -  
rejected I  
go from  
one friendship group to another

searching for where I might belong

an inherent feeling

among friends, and family,  
and strangers,

that I am the imposter

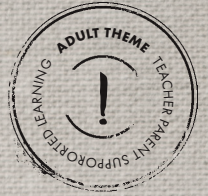
that my place isn't here -

what does  
it mean  
to belong?

by **Katie Lewington**



Here are a few lines from a poem by Warsan Shire, a poet and teacher who was born in Kenya to Somali parents and now lives in London.

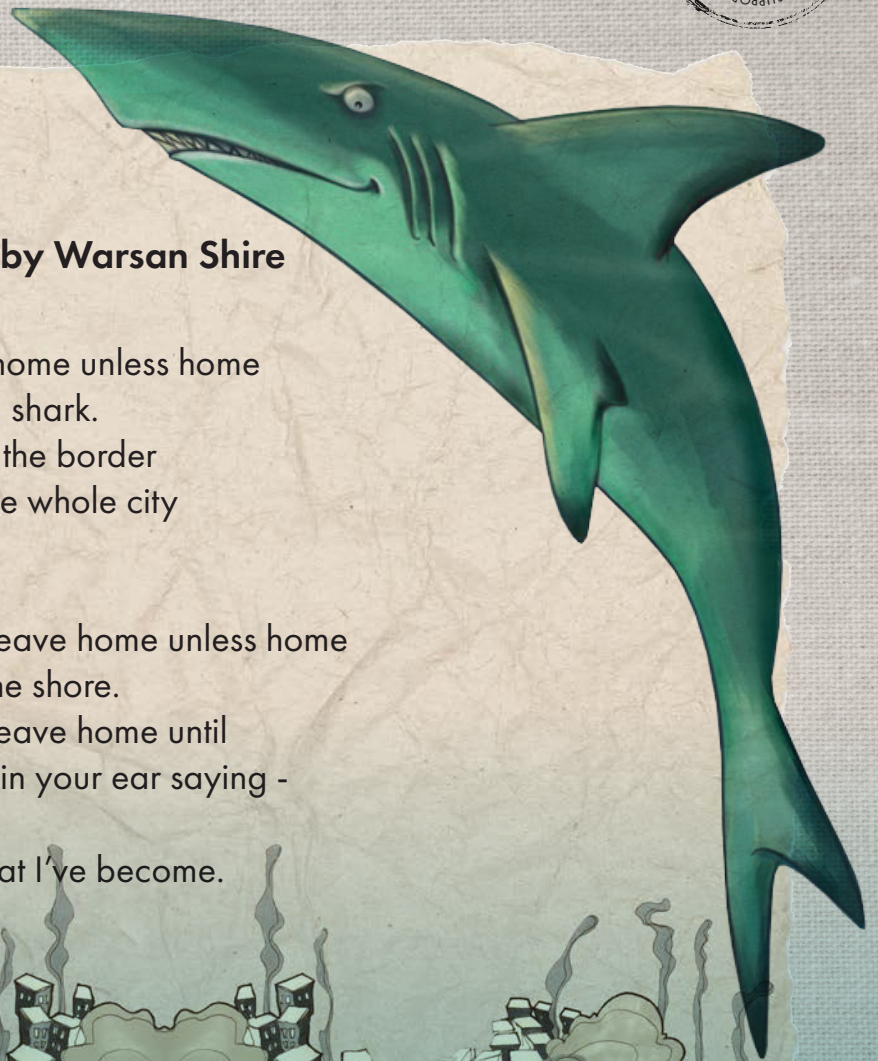


## Home by Warsan Shire

No one leaves home unless home  
is the mouth of a shark.  
You only run for the border  
when you see the whole city  
running as well.

...

No one would leave home unless home  
chased you to the shore.  
No one would leave home until  
home is a voice in your ear saying -  
leave, run, now.  
I don't know what I've become.



Warsan speaks about how she writes about the things that have happened to her:

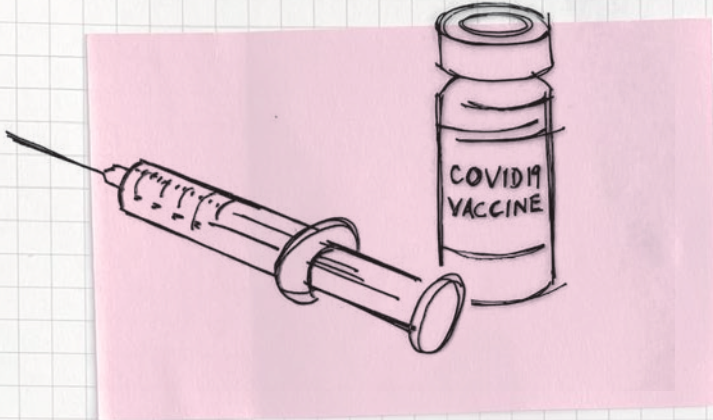
“I’m from Somalia where there has been a war going on for my entire life. I grew up with a lot of horror in the backdrop - a lot of terrible things that have happened to people who are really close to me, and to my country, and to my parents; so, it’s in the home and it’s even in you, it’s on your skin and it’s in your memories and your childhood...  
...me writing it, it’s cathartic, being able to share their stories, even if it is something really terrible, something really tragic.”

\*Note for teachers: the full poem which can be found online, includes adult language and topics that will require special consideration and preparation before introducing to students.\*



# MIGRATION of ideas

Many people have traveled to new countries and have gone on to make a huge impact on the world. Here are some of the individuals that have made a difference.



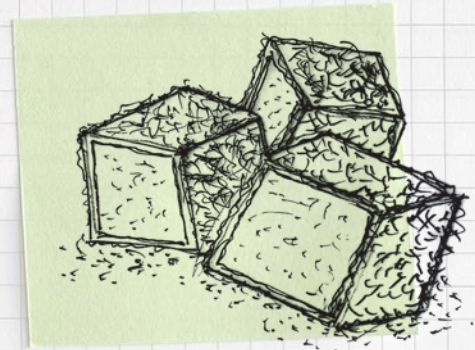
\*Vaccine: A vaccine is a fluid that helps your body to become immune (protected) to a disease caused by certain germs.

## COVID-19 VACCINE

Uğur Şahin & Özlem Türeci are scientists who helped to create a Covid19 vaccine\*. Dr Şahin was 4 years old when he immigrated from Turkey to Germany with his family. Dr Türeci was born in Germany but her father was an immigrant from Turkey as well. The couple owns a small company called BioNTech and created a vaccine for the coronavirus that is more than 90 percent effective. BioNTech joined up with the worldwide pharmaceutical (medicine) company called Pfizer and the vaccine is now being used all over the world.

## THE LAMINGTON

Armand Galland, a French migrant arriving in Australia in 1898, is widely credited by historians with creating this iconic Australian dessert, while serving as Head Chef for Lord Charles Lamington, the 8th Governor of Queensland. The sponge cake dipped in chocolate and coconut debuted in 1900, and soon became a popular item at tea tables and baking competitions nationwide. In retirement, he introduced Australians to French vegetables like endive, globe artichokes and cos lettuce, and is deemed as Australia's first celebrity chef!



## THE INTERNET

Today the internet is used by more than half of the people in the world. One person who helped to create the internet is the computer scientist, Philip Emeagwali, who came to the United States from Nigeria through a scholarship when he was 17. He created a formula (numbers and symbols) that lets lots of computers communicate at the same time.

# GLOBAL TASTE adventure

Find a recipe from a culture other than your own and create it to share with neighbours and/or hold a stall of multicultural dishes at school and/or make some lamingtons to share!

## CLASSIC LAMINGTON Ingredients RECIPE

4 eggs  
2/3 cup (150g) caster sugar  
1 cup (150g) self-raising flour  
1/4 cup (35g) cornflour  
25 gram soft butter, chopped  
1/3 cup (80ml) boiling water  
4 cups (270g) desiccated coconut

### Chocolate icing

4 2/3 cups (750g) icing sugar mixture  
1/2 cup (50g) cocoa powder  
20 grams soft butter  
3/4 cup (180ml) milk

## Method

1. Preheat the oven to 180°C (160°C fan-forced). Grease and flour a 20cm x 30cm lamington pan, line base with baking paper.

2. Beat eggs in a small bowl with an electric mixer until light in colour. Gradually add sugar; beat for 8 minutes or until the mixture is thick. Mixture should form thick ribbons when the beaters are lifted.

3. Meanwhile, sift flour and cornflour together three times. Combine butter and boiling water in a small heatproof bowl.

4. Transfer egg mixture to a large bowl. Sift the flour mixture over the egg mixture; using a balloon whisk or a large metal spoon, gently fold the flour into the egg mixture, then fold in the butter mixture.

5. Pour mixture into prepared pan. Bake in a moderate oven for about 25 minutes or until sponge springs back when touched lightly in the centre and comes away from side of pan. Turn cake onto a wire rack to cool.

6. Cut cake into 20 even pieces

7. Meanwhile, to make chocolate icing, sift the icing sugar and cocoa into a large heatproof bowl; add the butter and milk; stir over a medium saucepan of simmering water until icing is smooth and thick enough to coat the back of a spoon. Divide icing mixture into 2 small bowls.

8. Place coconut in a shallow bowl.

9. Using a large fork, dip each piece of cake briefly into icing until cake is coated in icing. Hold over bowl to drain off any excess. Dip half the cake pieces in one bowl of icing and the other half in the second bowl of icing. (We have separated the icing into two bowls, as cake crumbs will thicken the icing and make it difficult to use.) If the icing becomes too thick, stand it over hot water while dipping, or reheat gently with a little more milk. If necessary, strain the icing into a clean bowl.

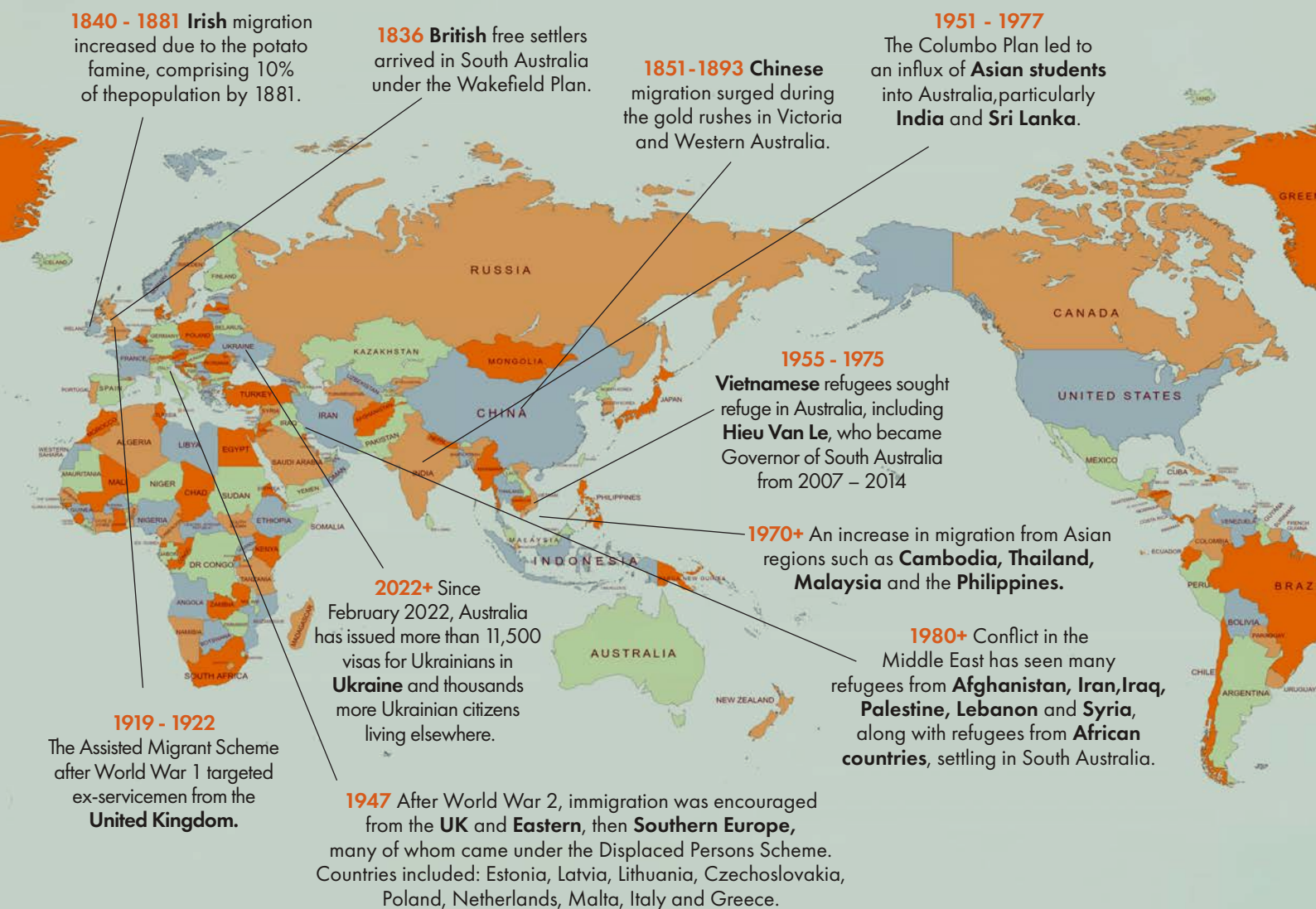
10. Toss cake gently in coconut. Transfer cake to a wire rack; stand until set



# Migration Routes to SOUTH AUSTRALIA

South Australia currently has residents from 180 different countries, speaking 160 different languages. Based on conservative evidence, prior to the present day, First Nations Australians have inhabited South Australia for approximately 45,000 years.

The map below, highlights migration routes to South Australia. In 1948, the Nationality and Citizenship Act created the status of Australian citizen. Note that the Immigration Restriction Act limited non-white immigration between 1901 and 1958, until its dismantling in 1973.



Discover how immigration has transformed South Australia through an interactive journey into history. Begin by watching this short video, which provides a visual history of migration patterns to South Australia; from the colony's beginnings to the present day.

[Changing Places - Migration to South Australia \(youtube.com\)](#)

Further enrich your knowledge and understanding of South Australia's cultural diversity and complex history of migration and settlement, by exploring the following websites.

- [From Many Places | SA History Hub](#)
- [How immigration changed Australia – an interactive journey through history | Australian immigration and asylum | The Guardian](#)

# BRITISH FISH and Chips

## INVENTED BY JEWISH IMMIGRANTS

Fish and chips are one of the most popular meals in the United Kingdom. But before it was brought to the United Kingdom, battered fish was eaten by European Jewish people.



It is believed that the first fish and chip shop was opened in London by a Jewish immigrant named Joseph Malin 160 years ago. The shop was so popular that it stayed open for over 100 years.



Many Jewish people would cook and eat fish on Fridays because it is traditional to not eat meat on this day. Jewish people brought battered fish to England in the 16th century (that's 500 years ago).

## ITALIAN PASTA originally from Asia

Pasta is one of the most popular and well-known dishes of Italy. It is thought that pasta was inspired by ancient Asian noodles. Some people believe that Marco Polo, an Italian explorer, brought noodles back from his travels to China after he was so impressed by the taste.

Other people believe that nomadic Arabs brought early forms of pasta to the Western world. The Italians developed these noodles into the pasta we have today.



# FAMILY TREES



A family tree is an amazing way of showing

where we - and our families - come from. Some families can trace their ancestry back for hundreds of years, and each step of the family tree is called a 'generation'.

So let's break down the number of ancestors you have by generation. A family tree that goes back eight generations will usually have a whopping 256 great great great great great grandparents.

Become a **DETECTIVE** by asking your family about your family tree.

Try and **FILL IN** as much of this tree as possible.

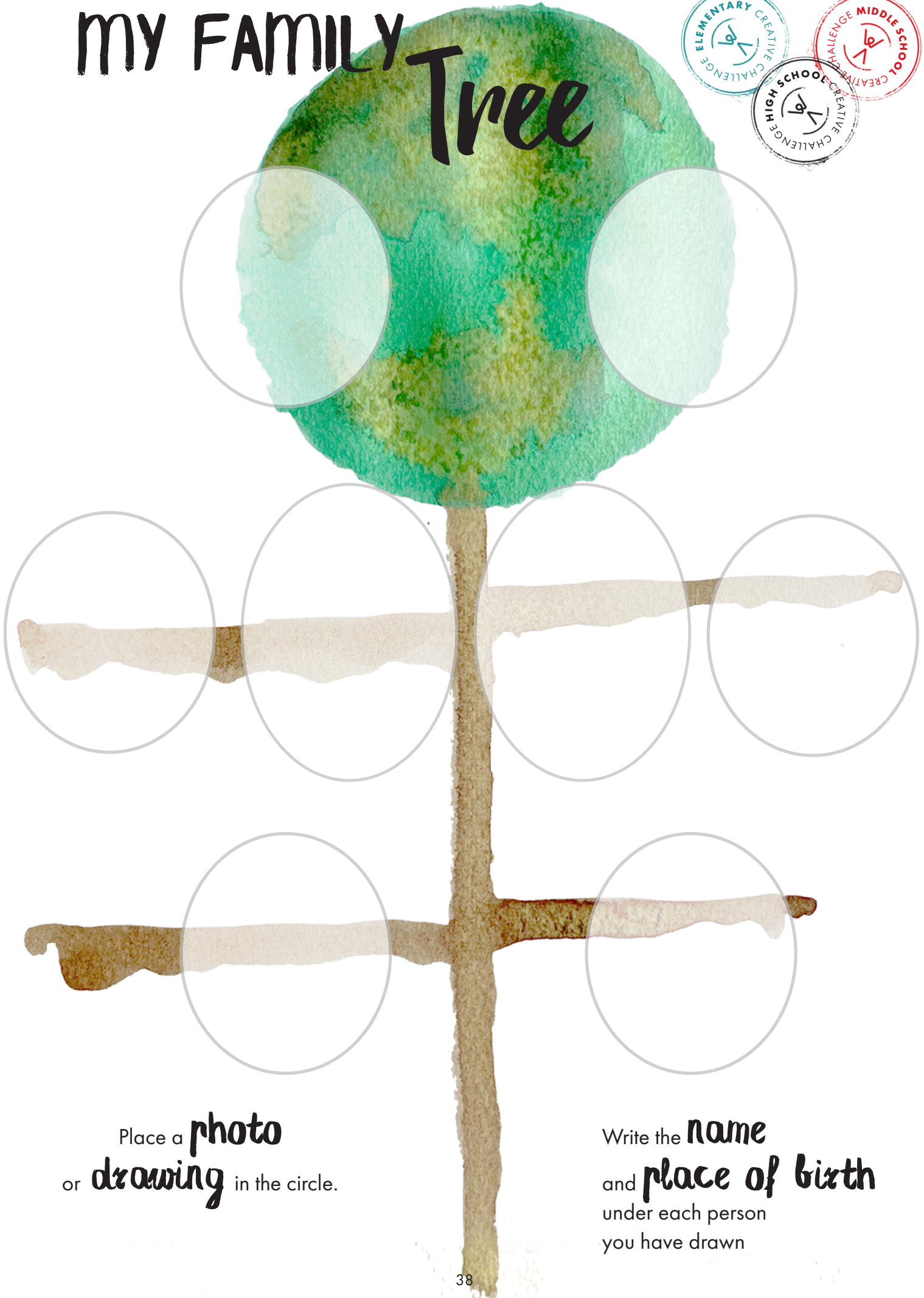
How many **GENERATIONS** do you have to go back to find the first person not born in the country you live in?

If you find someone who **IMMIGRATED** to your country, try and find out where they moved from, when and why they moved.

**NOT EVERYONE CHOSE** to immigrate to the country they live in. For example, many Africans were brought to America with the transatlantic slave trade.

Fill in your family tree on the next page...

# MY FAMILY Tree



Place a **photo**  
or **drawing** in the circle.

Write the **name**  
and **place of birth**  
under each person  
you have drawn

# ILLUSTRATE YOUR *name*



Every name has some meaning, even if it doesn't appear in a name dictionary. Sometimes people's names can tell us a bit about our ancestors' lives, what they did for work, or where they lived.

Here are the meanings of some first names that you might know:

## Amal

Little Amal's name - means **hope** in Arabic.

## Alexander

means **defender of the people** and is of Greek origin. There are many spellings depending on the country you live in, like Alejandro, Alessandro and Alexzander.

## GABRIEL

means **God is my strength or devoted to God** and is of Hebrew origin. In the Bible, Gabriel is the angel who tells Mary she will bear the son of God.

## CHANDRA

In Sanskrit, Chandra is the word for **moon**. And in India, Chandra and Chander mean "**to shine**".

## AMARA

means **Grace** in Igbo, a language spoken in Eastern Nigeria. In Hausa, another language from Northern Nigeria, the name for Grace is Alheri. And in Yoruba, another major Nigerian language the name **Oore-ọfe** (oh-ray-OH-fay) also means Grace.

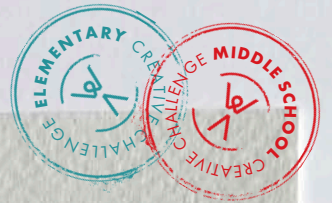
## MUHAMMED

means **Praised** or **Praiseworthy** and is of Arabic origin. Muhammed is the name of the final prophet of Islam, known to Muslims as the best example for people to follow, and one of the most popular names in the world.

## Leticia

means **happiness** or **Joy** in Spanish. The name Leticia is derived from the Roman goddess Lætitia of gaiety, symbolic of happiness, prosperity and abundance.





Consider what your name means by exploring your name online or speaking to a family member or friend, and create a piece of artwork that shows its meaning. You could also include things that express parts of your personality. Think about your hobbies and interests, your favorite things, or anything else you can think of to represent yourself.

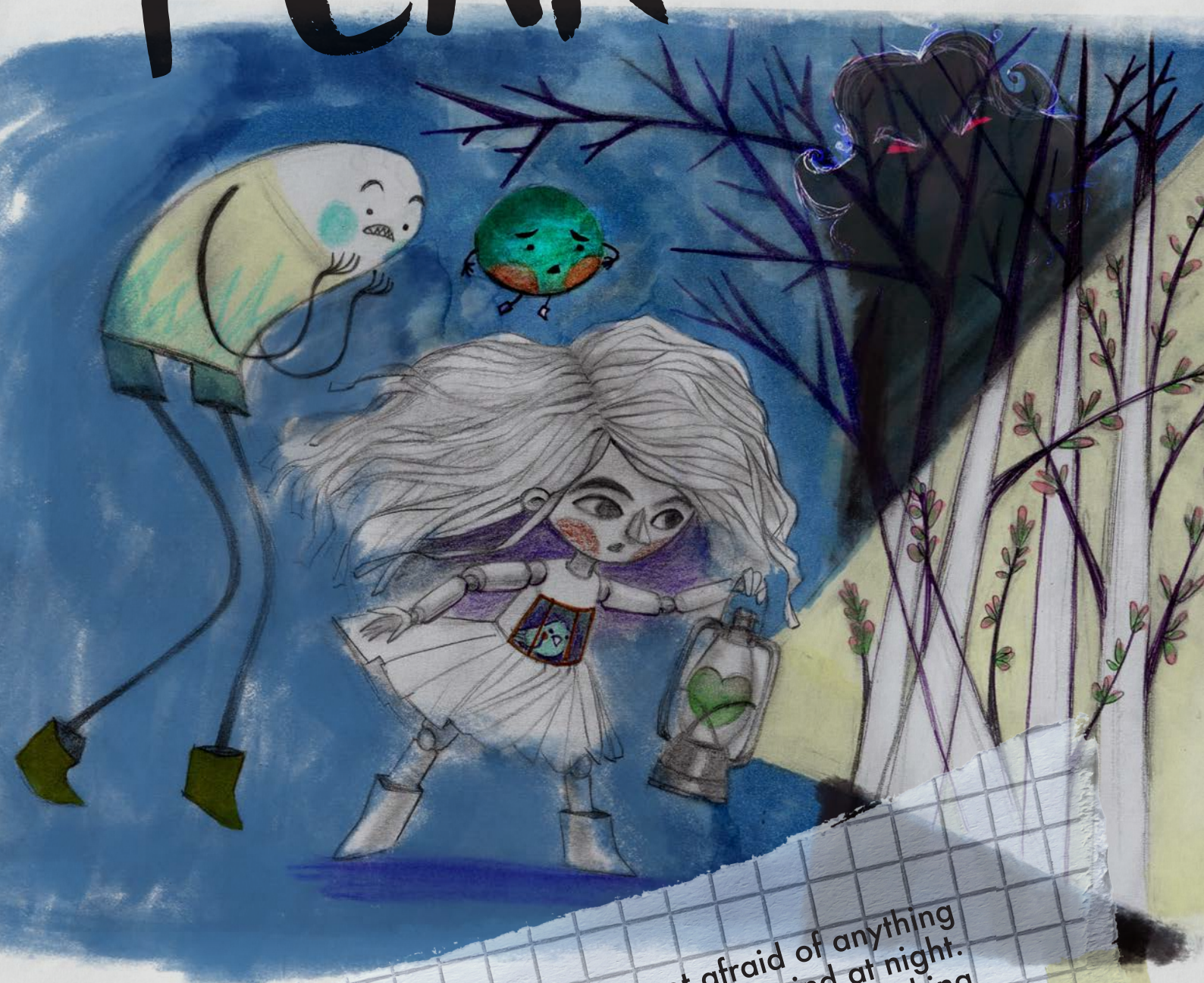
Illustrate your name here...



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**



# FEAR



خوف

I am not afraid of anything  
Well, except wind at night.  
I am not afraid of anything  
Well, except the sea.  
I am not afraid of anything  
Well, except very high places.  
I am not afraid of anything  
Well, except the airlines in the sky.  
I am not afraid.  
That's what I tell myself when I am.

# OVERCOMING FEAR

## HAVE YOU EVER FELT REALLY *afraid*?

Maybe you've been afraid of dogs, or afraid of the dark, or you're scared of getting lost or having to leave home.

*We all experience fear sometimes. It can be different for everyone.*

Little Amal will have to face her fears and overcome frightening situations on her journey, just like everyone does as they go through life. She knows that fear is just another feeling she can overcome - like feeling tired or sad, or being too hot or cold. With the right preparation and by being brave and resilient, you can overcome your fears just like Little Amal.

There are a few activities in this section that may help you to think about how you might overcome your fears or anxieties.

When you've completed the activities, perhaps you will share some of your work with us and help Little Amal discover how other people across the world have overcome their fears. After all, the best way to stop being afraid of anything is by coming together and helping each other through it.



# AMAL'S GUIDE TO TACKLE

## F E A R

### F FACE

Face the fear head on: recognize that it is there.  
Take a moment, just stop, don't stare.

### E ENGAGE

Engage with this feeling: why has it appeared?  
What is it really that you've always feared?

### A APPROACH

Approach it with humor: a laugh and a giggle.  
That's all there is to this little riddle.

### R RESOLVE

Resolve to overcome it: every time you see this fear  
you'll dress it up in a big silly hat every time it comes near.





# FACING YOUR fears



АНННННН!

**This activity is an easy one.**

Everyone pick an animal that you aren't afraid of.  
The cuter the better!  
But don't tell the others what animal you've picked.

**So, let's say you pick a puppy.**

On a piece of paper, write a description in a way  
that would make someone afraid of it.  
You could say a puppy has sharp teeth, claws and howls at the moon.

**Once you're done,  
pass your description to the person next to you.**

**Next, draw the animal from the description  
you've been given.**

When you're done, all share your drawings and then  
tell each other what the original animal was.

**How does looking at things  
in a different way change your feelings?  
How can this make you feel less afraid of some things?**



Share your creations on social media and tag @walkwithamal  
using #AmalAdelaideFestival

# I am BRAVE

Fear of monsters  
Fear of dogs  
Fear of hurricanes or bogs  
Fear of anger  
Fear of fear  
Fear of losing someone dear  
Fear of spiders  
Fear of feet  
Fear of strangers in the street  
Fear of falling  
Fear of drowning  
Fear of wrinkles caused by frowning  
Fear of dragons  
Fear of night  
Fear of all the things that might  
Or might not pass  
Fear of being last in class

But fear's ok  
Yes, fear's alright  
For now I have it in my sight  
And when I'm overwhelmed by fright  
I recognise its painful bite  
(And that is more than half the fight)

So yes I'm fearful, yet I'm brave  
And when my fear will not behave  
I gently pat fear on the head  
And send fear off to go to bed

by **Laura Mucha**

# FINDING YOUR *Courage*



Courage is a capacity that we can all develop and strengthen in ourselves. Courage gives us the ability to face challenging and frightening situations, despite the fear or anxiety we may be feeling. Whenever we take a risk, stand up for ourselves or others, or confront a scary situation, we can build our inner courage.

Think of a time when you acted with courage. Write a letter to your younger self, reminding yourself how you overcame your fear at that moment.

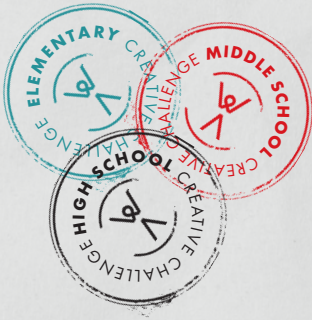
Start with **Dear** (Your Name)

- Describe a time when you felt frightened or anxious. What was happening? How did it make you feel?
- Remind yourself how you responded to this feeling. What did you do that was courageous? How did you find the courage in yourself?
- What did this situation teach you about yourself? Did it help you to find courage in other situations?
- If you could give your younger self a piece of advice, what would it be?

Dear \_\_\_\_\_



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**



imagine...

Approach Fear with

# MINDFULNESS

Some people meditate or use 'Mindfulness' to help them overcome fear. What is a Meditation?

It is also called Mindfulness. Mindfulness is also about noticing what your mind is doing. Noticing what is happening around you and focusing deeply.

**Mindfulness is pretty amazing. It can help you focus and calm down when you're sad, angry or frustrated. It helps us deal with tough emotions like fear and anxiety.**

This creative challenge is all about mindfulness, and you don't need anything apart from your mind.

# BREATHE

*sad*

ANGRY

*focus*

*mindfulness*

Happy!!!

MIND

*Can you feel it?*

*open your eyes...*

*breathe in through your nose and out through your mouth*

# RELAX

*Close your eyes!!!*

# EMOTIONS



Ask someone to guide you by reading the following:

When you're ready...  
take a deep breath, close your eyes.

Breathe in through your nose and out through your mouth.

Take a deep breath in and a deep breath out.

Focus on your fingers, then your arms, until every part of you has been thought about.

Imagine your body feels floppy and loose.

Notice how your body is feeling. Is it feeling restless, tired, or achy?

Notice how your breath is feeling. Can you feel it move in and out of your nostrils or your mouth? Notice how your mind is feeling.

Try to notice if you feel any emotions.

Take bigger deeper breaths.

Fill your chest and belly like a balloon.

Breathe out.

Feel the balloon empty.

Try to breathe out any emotions.

Imagine you are holding a balloon and you are tightly grasping the string.

Imagine every time you breathe out you let go of the balloon.

The balloon happily drifts off into the sky.

Take a bigger deep breath into your belly  
and let it go.

When you're ready open your eyes.





After you've finished you can use this space below to write down your thoughts and reflections.

Lined writing area for reflections.

مناخ

The sun and its heat on my face  
The brown soil that I like to sink my feet into  
The trees with all of their leaves  
And that crickets that won't shut up  
They are all part of me  
I feel it when I stand very still  
A thin line connecting me to them  
A thin, thin line  
It makes me happy and scared



# CLIMATE

# FLOODS OF FIRE

## Stories Through Music

Creating music is  
an impactful, exciting way  
to tell stories and connect people.

As part of her visit to Adelaide, **Amal is participating in Floods of Fire**, which is a two-day festival on **16th & 17th March**, inspired by the floods and fires of 2019 – 2022, and includes an intercultural, intergenerational citizens' orchestra – an exciting music event that welcomes everyone who enjoys singing, professional musicians, people with no musical experience and everyone in-between. The project is presented in collaboration with the Adelaide Festival and the University of Adelaide.

**Create your own citizens' orchestra!**

For inspiration, view this 7-minute video that documents the  
2021 creative workshops:

<https://www.youtube.com/watch?v=VoWS4XUxHx8>





## For LITTLE AMAL,

the Climate is very important. She even traveled to The UN Climate Change Conference (COP 26) in November 2021. She discovered new realities about the world by meeting changemakers from many of the countries she has visited.

## What is Climate Change and How Are We Experiencing It Now?



Climate change refers to long-term shifts in temperatures and weather patterns. These can have natural causes like the sun's activity or large volcanic eruptions. But since the 1800s, **humans have been the main driver of climate change**, primarily due to the burning of fossil fuels.

Many people think climate change mainly means warmer temperatures. **But the temperature rise is only the beginning of the story.** Changes in one area of Earth can influence changes in others.

### How Can Climate Change Affect Us?

- Health
- Ability to grow food
- Housing
- Safety
- Work
- Politics

*But some of us are already at risk from the effects of climate change. For example, communities have already had to move because droughts are causing famine due to sea-level rise and saltwater intrusion.*

### In the future, the number of "climate refugees" is expected to rise.

The consequences of climate change now include:

- Intense droughts
- Water scarcity
- Severe fires
- Rising sea levels
- Flooding
- Melting polar ice
- Catastrophic storms

Over the next few pages, we're going to learn a little more about the people who are affected the most by the climate and read about just how serious this can be.

By learning more about the climate and how it is changing people's homes across the world, you are already helping to make things better for people in the future. You are also helping by bringing Little Amal's journey to the attention of others so that they can understand how the world's climate is changing too! The more people learn and understand how the climate affects people, the better chance we have to help them in the future.

# GLOBAL WARMING: Fossil Fuels and Greenhouse Gas

## Global Warming - How did it Start?

According to the United Nations, climate scientists have shown that humans are responsible for virtually all global heating over the last 200 years.

Human activities like the ones mentioned below are producing **greenhouse gases** that are warming the world faster than at any time in at least the last **two thousand years**.

## What is Greenhouse Gas?

Burning fossil fuels generates **greenhouse gas emissions** that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.

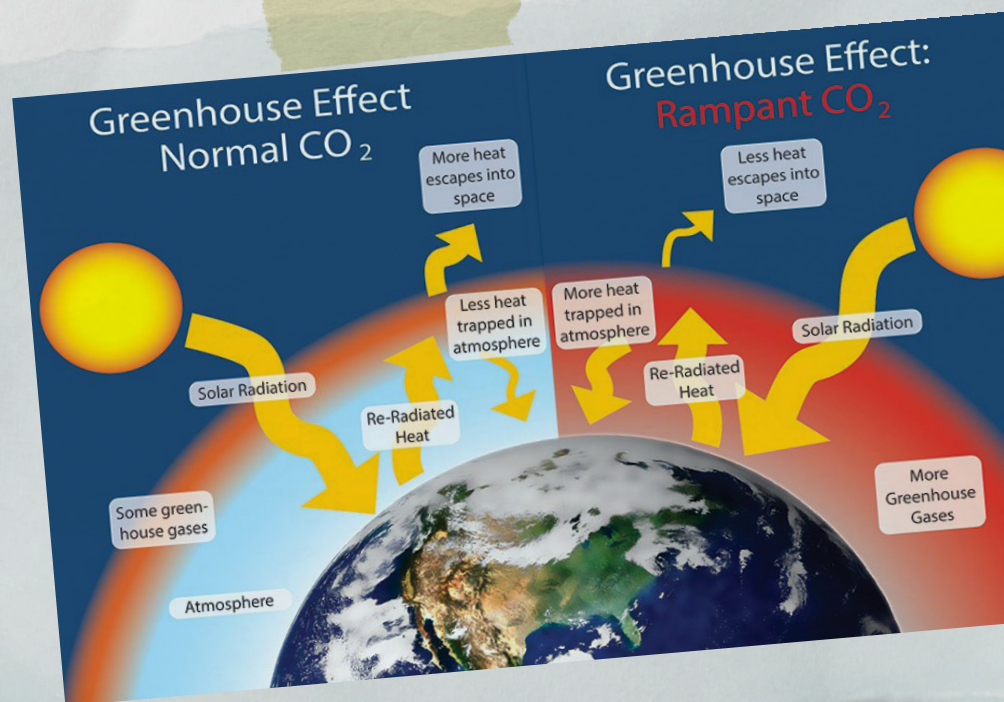
**Main greenhouse gases come from:**

- Carbon dioxide and methane
- Gas from cars
- Coal for heating a building
- Clearing land and cutting down forests
- Agriculture, oil, and gas operations from factories

*Energy, industry, transport, buildings, agriculture, and land use are among the main sectors causing greenhouse gases* (United Nations)

## What's Happening Now?

Australia is facing increasing challenges due to climate change, including hotter temperatures, extended fire seasons, drought, floods and shifting rainfall patterns. The Bureau of Meteorology reports that Australia has warmed by approximately 1.47 degrees Celsius since 1910, with the most warming occurring after 1950. Every decade since has been warmer than the previous one, with the hottest year on record in 2019. We need to take action to protect our future.

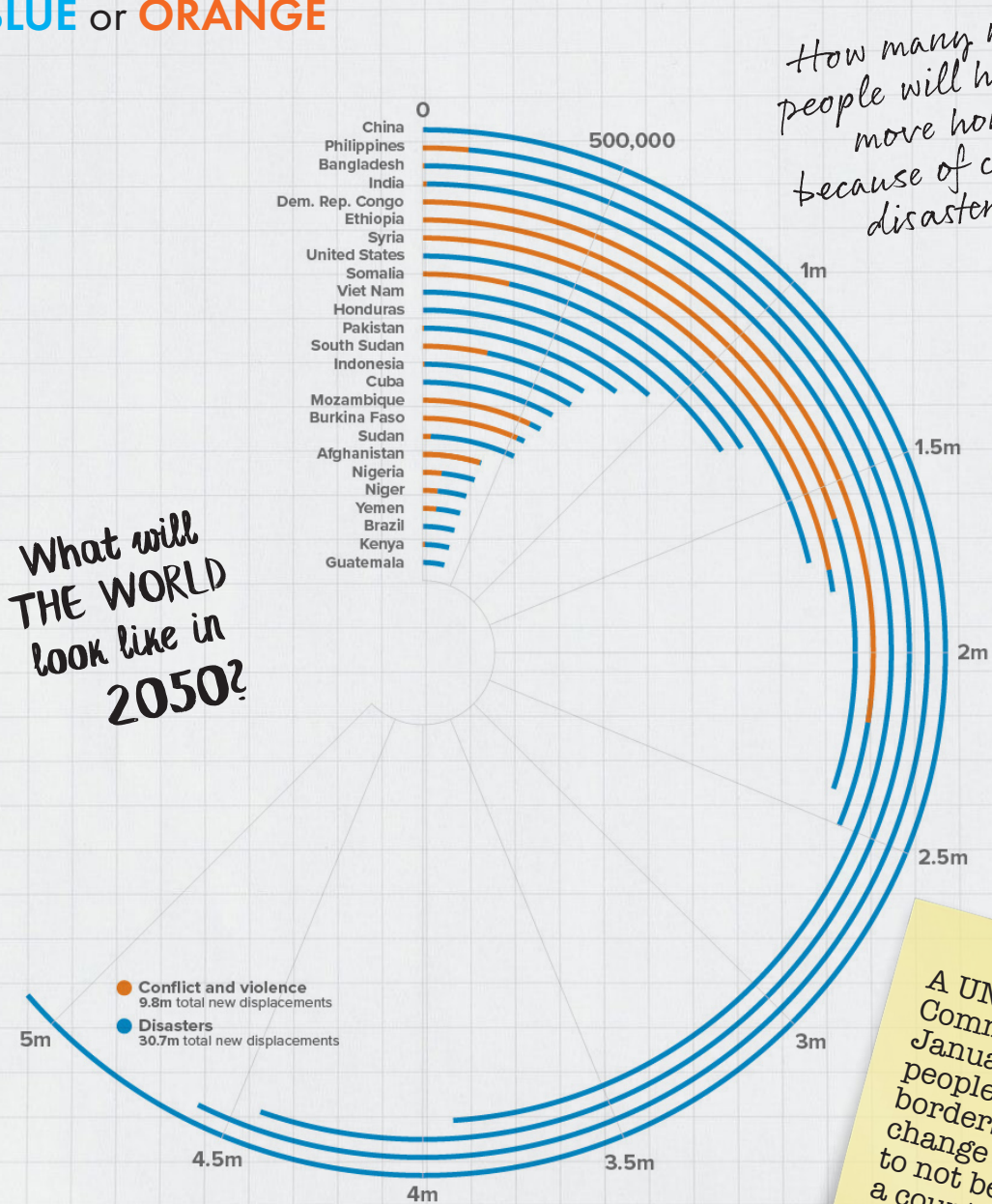


# CLIMATE CHANGE AND refugees

Look at this image.

It shows the 25 places around the world with the highest numbers of people who have been forced to move from their homes. Which color shows the people moving because of climate disasters? Which color shows the people moving because of conflict and violence?

**BLUE** or **ORANGE**



A UN Human Rights Committee decided in January 2020 that people displaced across borders due to climate change have the right to not be returned to a country where they would face harm to their lives.

# LET'S GO ON A LITTLE *journey*

to a few places and see what we are facing on Planet Earth



Philippines  
Floods and Typhoons

85 percent of the population are suffering because of flooding and violent typhoons. A tropical storm in 2011 damaged over 50,000 homes and displaced 430,900 people. In 2019 over 4 million people had to leave their homes because of tropical storms and monsoon rains.



Guatemala  
Droughts

Farmers in the highlands of Guatemala are suffering extreme drought. Deforestation rates are rising which is causing floods, landslides and erosion of farmland. Families face an impossible choice: stay and risk starvation, or gamble everything on the dangerous migration north to the United States.



Mozambique  
Cyclone

In 2019 Tropical Cyclone Idai struck the southeast coast of Mozambique. 1.85 million people needed assistance. Mozambique scrambled to house them in 155 temporary sites. The cyclone and flooding damaged 100,000 homes, destroyed 1 million acres of crops, and demolished \$1 billion worth of infrastructure.



The Pacific Islands  
Sea Level Rise

The sea level is rising at a rate of ½ inch per year in the western Pacific and has already submerged eight islands. Two more are on the brink of disappearing, prompting a wave of migration to larger countries. By 2100, it is estimated that 48 islands overall will be lost to the rising ocean.



AUSTRALIA  
Bushfires

Australia is the most fire-prone country on earth due to its hot, dry climate, and experiences between 45,000 to 60,000 bushfires every year. Catastrophic fires, such as Black Saturday in 2009, caused 173 deaths, destroyed over 2,000 homes and left 7,500 people homeless. More recently, the 2019 – 2020 bushfires ravaged up to 19 million hectares, impacting close to 3 billion animals. Bushfires highlight the link between fire, climate change and biodiversity loss.



Middle East & North Africa  
Droughts & Desertification

Experts have warned that there could be a mass exodus of migrants from the Middle East and North Africa. Large areas of the desert regions will become uninhabitable by the end of the century. These changes in climate are more likely to force people to move from the regions rather than a war or a lack of work opportunities.

# YOUR WORLD challenge



## Talk to your group

Sit in one big circle.

**Imagine you are sitting around planet earth.**

Take a moment to imagine – the sea, the trees and earth. If you can, create a big sheet of paper and place it in the middle of the circle. Take it in turns to paint, draw or write an expression of how you feel about the world that is underneath you.

## What does your world look like in the future?

Once you have finished your challenge, stand up and look from above.

What beautiful creation have you made?

Talk in your group about what you have created together.



Share your creations on social media and tag [@walkwithamal](#)  
using [#AmalAdelaideFestival](#)



the OCEANS are  
RISING and so  
are WE

# YOUNG ACTIVISTS

You may be thinking,

“WHAT CAN I DO TO HELP?” well... **Lots**

There are young activists all over the world who are already making a difference. Here are just a few and how you can follow them.



## GRETA THUNBERG

protested in front of the Swedish parliament when she was 15 years old and inspired a global climate strike movement called Fridays for Future. She also made a speech at the United Nations Climate Action Summit.

<https://www.instagram.com/gretathunberg/>

<https://www.facebook.com/gretathunbergsweden>

<https://thegretathunbergfoundation.org/>

## Kehkashan Basu

created the Green Hope Foundation when she was 12 years old. The organisation runs events to plant trees and mangroves, recycle waste and clean up beaches in her home country, the United Arab Emirates and around the world. She also wrote a children's book, Tree of Hope, to teach children about protecting the environment.

<https://www.instagram.com/kehkashan5basu/?hl=en>

<https://www.facebook.com/kehkashan.basu/>

<https://www.greenhopefoundation.com/>



## Haven Coleman

Co-founded the US Youth Climate Strike at age 12: in March 2019, thousands of US youth joined approximately 1.4 million young people from 123 countries to strike against adult inaction on climate change. In 2020, Coleman created ARID, a creative agency that accelerates climate and social justice campaigns for nonprofits and brands.

<https://www.instagram.com/climateactivist/?hl=en>

<https://www.facebook.com/climateactivist/>

<https://havencoleman.com/>

## Lesein Mutunkei

started planting a tree for every goal he scored in a football game when he was 15 years old. His initiative, Trees for Goals, has encouraged other young people to celebrate their achievements by planting trees too. Over two years Lesein and his football team planted over 1,400 trees.

<https://www.instagram.com/trees4goals/?hl=en>



# CREATE<sup>4</sup> ADELAIDE

The Adelaide Festival  
is the first major arts festival  
in Australia to be certified carbon neutral.

An initiative of the Adelaide Festival's Youth and Education Program, **Create4Adelaide** was launched in 2023. Based on Create4Glasgow (created in 2021 by Sabir), Create4Adelaide is a year-long project encouraging young people to develop their creative skills and engage with **local climate change priorities**.

*"We don't want one Greta Thunberg,  
we want 1000s of them."*

**Andrea Reid** Senior Education Officer, Glasgow City Council

The challenge of the project is for students to **create artworks** using different mediums, including **visual art, poetry, campaigns and videos**, to reflect one of the following priorities, as voted for by more than 2,000 young people across South Australia, to communicate their message about building a better future:

- Extinction of animals and plants
- Extreme weather events  
(bushfires, floods, droughts)
- Pollution of our air and waterways

In 2023 – 2024, this project engaged with 125 schools across metropolitan and regional South Australia and over 1,000 artworks were submitted for consideration. From these, the top publicly voted pieces are included in a physical and digital exhibition as part of Adelaide Festival 2024!

For more information about Create4Adelaide, please visit <https://create4adelaide.au>

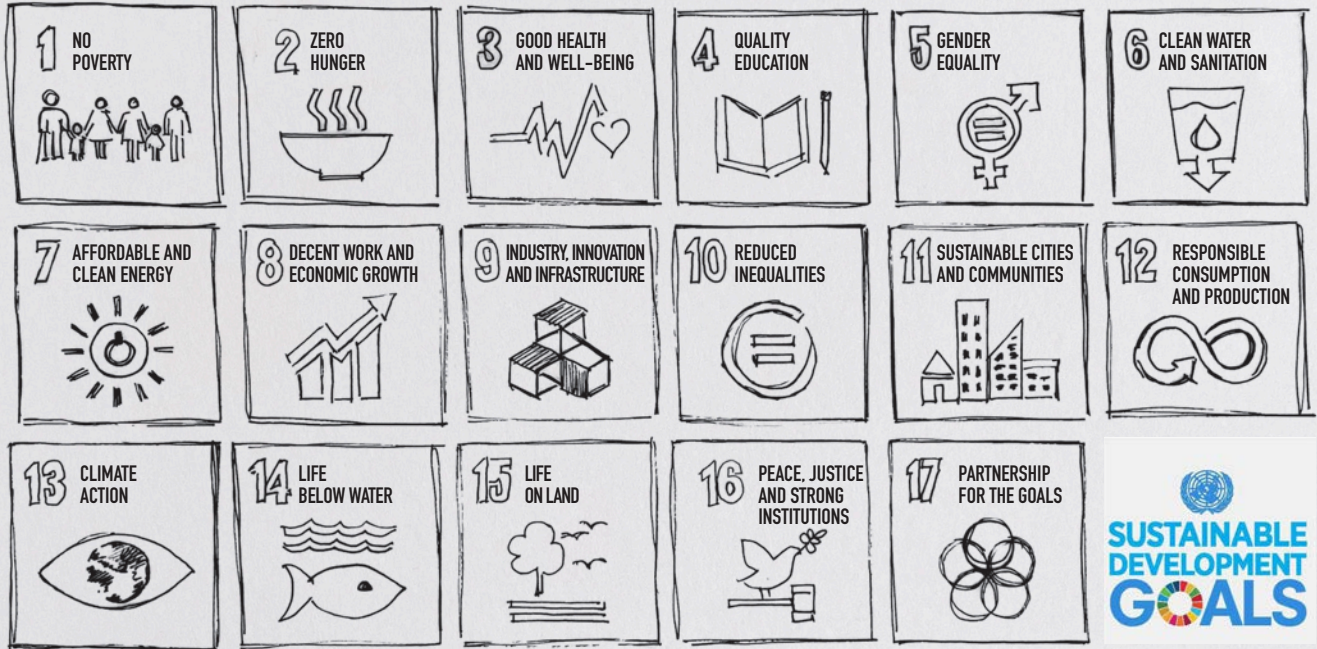


# BIG STEPS, Little Amal, BIG change.



What simple steps can we implement into our daily routine to help Little Amal and her mission? Her mission to live harmoniously with nature.

In 2019 leaders from all over the world came together to create The Global Goals. Let's have a look at them here.



WE CAN ALL  
**help**  
in our own  
little way!

Consider 5 actions you are able to take in your own life that might help some these Global Goals.  
For example: Goal #13: Use only LED lightbulbs or Goal #12: Use a reusable water bottle instead of disposable plastic.

Why not challenge your classmates to become the ultimate climate champion?

- 1.
- 2.
- 3.
- 4.
- 5.

# SO, HOW CAN YOU USE YOUR INDIVIDUAL SKILLS AND TALENTS TO MAKE A CHANGE?



What message do you want to share?

Maybe you want to encourage people to walk, run or bike to school or work, or eat a more plant-based diet, or use a compost bin, or avoid single-use items and fast fashion, or share some facts about climate displacement?

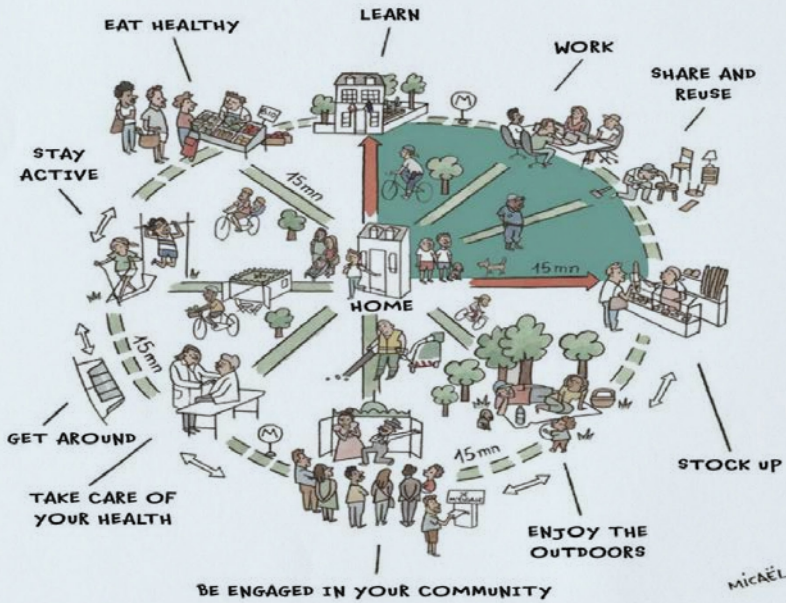
How can you share your message with the world? Or even just with your family and friends?

## You could...

- Create a **POSTER** for your school or neighborhood
- Write, perform and record a **SONG**
- Create a thought provoking piece of **ART** or **PHOTOGRAPHY**
- **WRITE** an informative post for social media
- Bring together a **CLIMATE CHANGE** group or club in your community
- Make a **VIDEO** for YouTube or social media
- Have regular **CONVERSATIONS** with your family and friends



# THE 15 MINUTE City



Now, let's think about bigger changes to adapt how we live in response to climate change.

The 15-Minute City is the idea that everyone living in a city should have access to most of the places we need to go within a 15-minute walk or bike ride. Everyone can get to work or school, go shopping, or access entertainment, parks, and doctors close to their homes.

## DRAW WITH YOUR GROUP:



Let's think of all of the **places** in your city that you need to live and enjoy yourself. Write them down.

Once you have your list, now **let's** create a map for our city.

Things to think about: **Where** should each place go? **What** would the streets look like? **Is** there anything missing?

Once you have finished your challenge, **stand up** and look from above.

Talk in your group about what you have created together.

Is there anything you want to add? How would it be to live in this 15-minute city?

How could living this way have an impact on climate change?



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**

# مغامرة

When I was three, I hid under my mother's bed  
and heard everyone shout my name  
When I was five, I climbed a tree  
and couldn't come down  
When I was seven, I told Omar that  
when we grow, I'll marry him  
Now I am nine and walking  
Now nothing can stop me



# ADVENTURE

Before we begin our adventure activities, let's meet some people who were adventurers despite the odds.

They made the most of every opportunity and didn't let obstacles get in their way.

## Jeanne Baret

In 1766, naval ships didn't allow women on board, so Jeanne disguised herself as a man to join the voyage of a famous explorer. She was a plant expert and collected specimens in many parts of the world. She was the first woman to sail around the world.



## SUPERMAN

is a fictional superhero who first appeared in DC comics. The superman stories are ones of adventure and discovery and are known by many young people all over the world.

Superman is not only a superhero but also a refugee. Sent to Earth as a baby by his parents just before his home planet Krypton was destroyed, he was raised by a kind couple in America who named him Clark Kent and the rest is comic-book history. Superman has reached iconic status among superheroes, embodying 'truth, justice and the new way.' He has a unique view of the forces of good and evil and though he is not from this world, he doesn't let these obstacles get in his way.



## Jessica Nabongo

In October 2019, travel entrepreneur, Jessica Nabongo became the first documented Black woman to visit all 195 UN member states, travelling to 89 countries solo. Curiosity is what inspires her.



## Dylan Alcott

A versatile Australian athlete who has achieved success in wheelchair tennis and basketball, including an historic Gold Slam in 2021, gold and silver Paralympic medals, and the prestigious Newcombe Medal, highlighting his dominance in wheelchair tennis. He continues to be an influential disability rights advocate and motivational speaker, showing first-hand how, despite the odds, dreams can be realised. In 2022, he was recognised as Australian of the Year and awarded the Order of Australia Medal (OAM).



Every culture has their own unique adventure tales told through literature and storytelling.

What adventure and discovery stories can you think of?  
How do you know these stories?  
Did you read them in a book?  
Did someone tell them to you?





# Let's create our own adventure story.



In this activity, all you will need is a group of friends.

## Sit in a circle.

Choose someone to go first. This person can begin the story in any way they like. If you're stuck for ideas on where to start, you can just say:

It was a dark and stormy night...

Then the next person in the circle can continue the story. It's that simple!

## The only rules are:

1. You can only say one short sentence each.
2. You have to respect the decisions other storytellers make.
3. The story finishes when it feels right, not just when everyone has spoken.

Once you've finished your story, you can write it down and share it with us!



Share your creations on social media and tag @walkwithamal using #AmalAdelaideFestival

# CREATE YOUR Adventure Comic



Create your very own comic strip using the boxes on the next page.

For this activity all you will need is something to write and draw with and your imagination.

You can write a short story, a poem, or use whatever form you like to help tell your story. You may even choose to use only pictures to tell your story! Use the steps below as a starting point.

**A story is something that happens to someone. So, start creating your character.**

**What is your character's name?**

Write the details of the character.

**How old are they?**

What are their favorite hobbies?

**Think of 2 places...**

These could be two different countries or cities or could even be another planet.

**Think of a reason...**

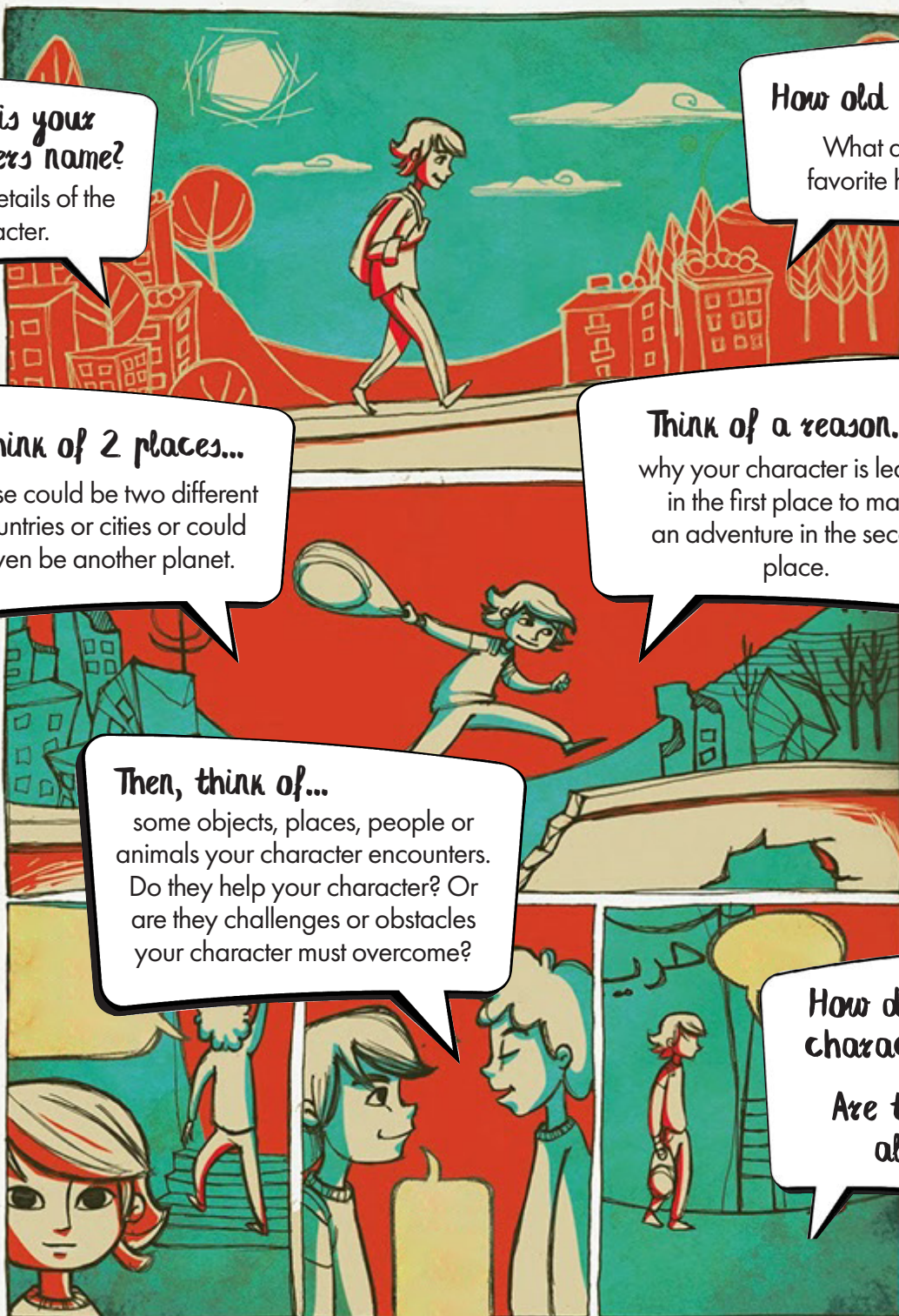
why your character is leaving in the first place to make an adventure in the second place.

**Then, think of...**

some objects, places, people or animals your character encounters. Do they help your character? Or are they challenges or obstacles your character must overcome?

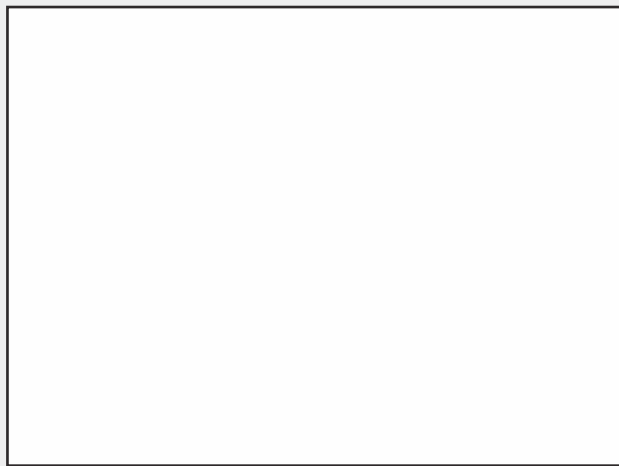
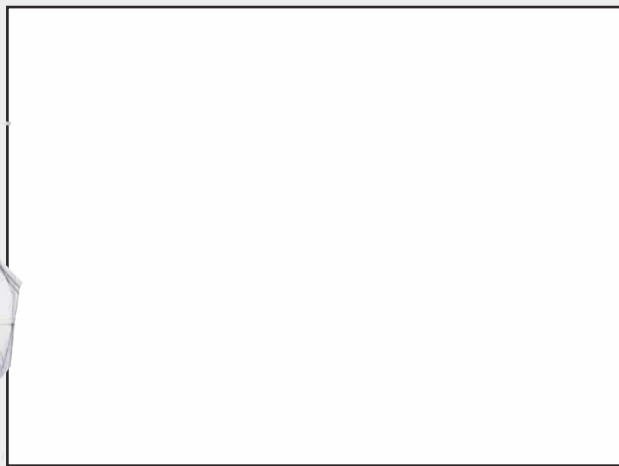
**How does your character feel?**

Are they all alone?



Your story will happen in the six boxes below. In each one of the boxes a new thing happens.  
Feel free to draw more boxes if you want to extend the adventure!

Fill in the boxes one by one and when you have one final box to go,  
decide how your story will end.



Amazing! You have completed your comic adventure challenge.



# MAKE YOUR OWN Adventurer Telescope



## 1 What you will need...

Scissors



Tape

any sticky tape will do



Clear plastic

you could use the side of an old bottle or some recycled cellophane

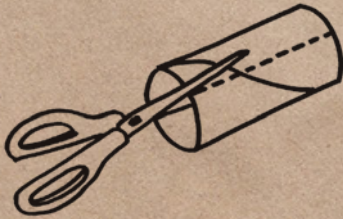
2 cardboard tubes

they could be toilet rolls or ones from a roll of baking paper

2

## Choose one of your tubes

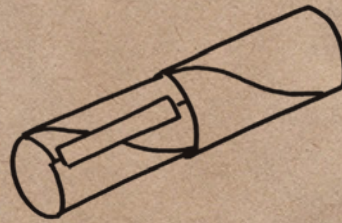
to be the inner tube. Cut that tube lengthwise (all the way up the side). Wrap one edge of the cut side slightly over the other edge to make it narrower and hold it in place with one hand.



3

## Insert the cut tube into the other

paper tube. Let go of the inner tube so that it can expand inside the outer tube. If the inner tube is not sliding smoothly, remove it and wrap the edge slightly tighter. Then reinsert the inner tube into the other paper tube until it is just right. Then, carefully remove the inner tube and tape along the cut edges, so it keeps its shape.

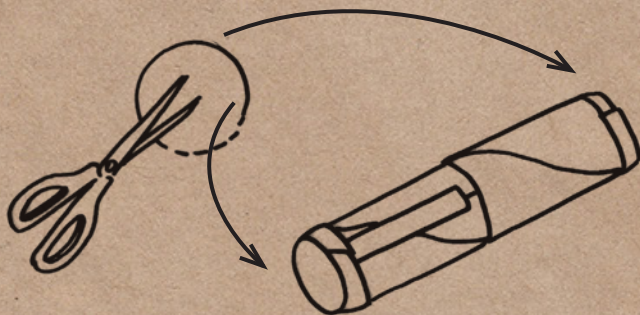


4

## Now to make the lenses

Carefully cut two circles, just a bit bigger than your tubes, from your clear plastic. Use some tape to secure one of the lenses to the outer edge of the inner tube. The curve of the lens should be facing the inside of the tube.

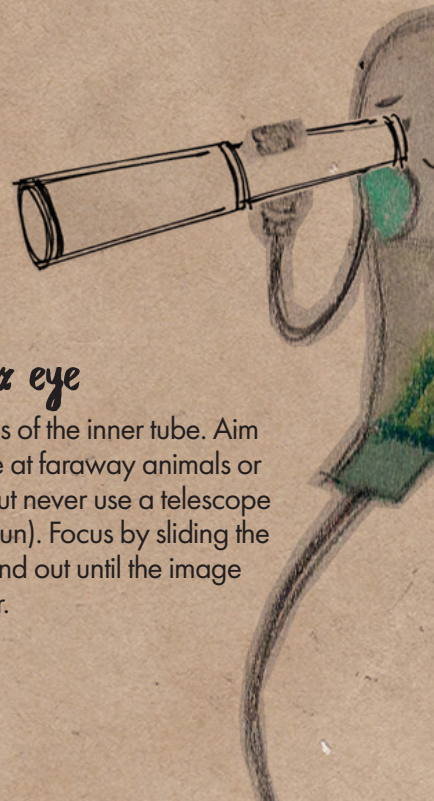
Then secure the second lens to the outer edge of the second tube, with the curve of the lens pointing outside of the tube. It's OK if your lenses are bigger than the tube. Try to only tape around the rim of the lenses so you don't cover too much.



5

## Place your eye

against the lens of the inner tube. Aim your telescope at faraway animals or tall treetops (but never use a telescope to look at the sun). Focus by sliding the inner tube in and out until the image becomes clear.





Using the Adventure Telescope that you have made,  
now think about Little Amal's view and perspective of the world she is discovering.

*Imagine she is looking through your telescope,  
what will she be seeing and learning?*

How will her *view of the world change* when she sees what you see?

Using your own Adventure Telescope, try to imagine Amal's adventure or go on your own journey.  
Draw or write your expression of this.  
It could be what you see, feel, hear, smell or encounter.

# PAINT a STONE



We're going to create a beautiful painted stone, taking inspiration from one of the countries Amal has visited.

## Make your own STONE design

1.

Start by finding a stone, Look around outside for a stone. Search for something about the size of a potato, but you can work with whatever you find. Don't forget to wash and dry it before you get started.

2.

Now research the patterns and designs you would like to add to your stone. Use books or the internet to investigate the culture of one of the countries on Amal's journey.

### Did you know...

the average stone is 1.3 billion years old!



3.

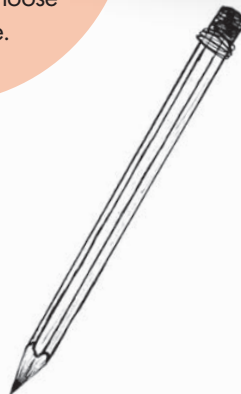
Test out some designs by drawing around your stone a few times on a piece of paper. Then try your ideas in the outline shape. Add colour and choose your favourite.

### Tip

You can test out your ideas by sketching out your design in pencil before adding colour.

### Tip

It may be easier to paint larger areas of colour (for instance, a background) and then add detail in pen.



4.

Finally, transfer your chosen design to the stone. You can use paint or permanent felt pens.

This page was created by our friends



[www.atthebus.org.uk](http://www.atthebus.org.uk)



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**

# Make your own STONE design

We're going to create a beautiful painted stone, taking inspiration from one of the countries Amal has visited. Or you could paint a stone inspired by a country in another part of the world where Amal might visit.

Research the patterns and designs you would like to add to your stone, use books or the internet to investigate the culture of one of the countries Amal has visited.



**SYRIA**



**TURKEY**



**GREECE**



**AUSTRALIA**



**FRANCE**



**UNITED STATES**



**GERMANY**



**CANADA**

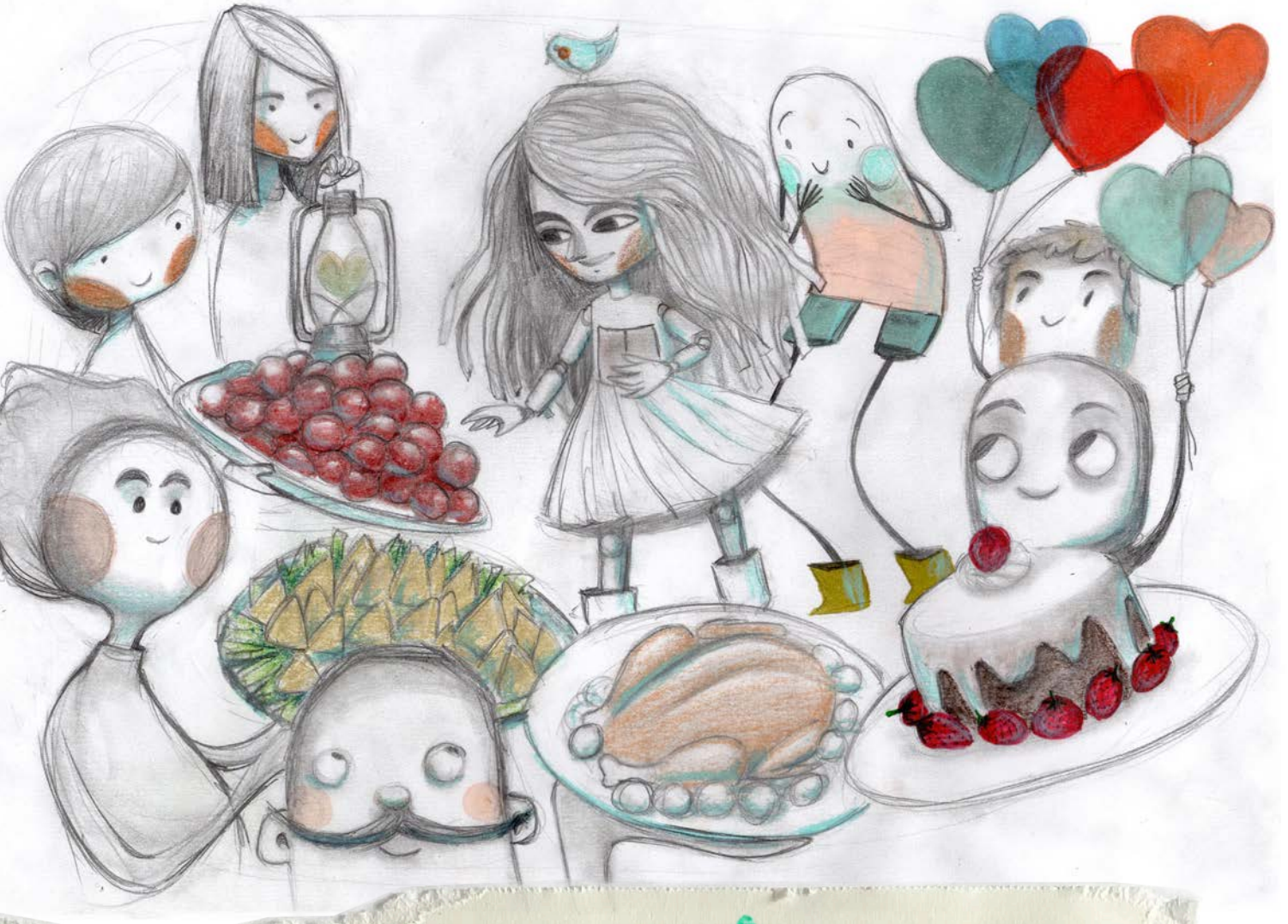


**UK**

This page was created by our friends



# WELCOME



## أهلاً وسهلاً

I remember grandfather sitting on his doorway  
with his coffee pot telling everyone that passed, "Tfadalo"

مرحبا

"Welcome"

I remember my grandmother cooking more food than we can eat

"If a guest comes, we can welcome him"

she would say

I remember when this word would bounce  
off the walls of our neighbourhood all day

It's a word that makes me feel warm



# WELCOME GREETINGS

## from around the World

Amal has met many different communities, each with their own way of greeting her.

**How many greetings in different languages  
can you write in the space below?**



A large, blank white rectangular area intended for writing greetings in different languages.



Here are some greetings she encountered along her route, and more from elsewhere around the world.



## Kiss on the cheek

An air kiss on the cheek is a normal greeting in many countries. But the number of kisses you give is different in different countries.

**One kiss:** South America and Mexico.

**Two kisses:** Spain, Portugal, Italy, Greece, Germany, Croatia, Bosnia, Hungary, Romania and in some Middle Eastern countries.

**Three kisses:** Russia, Ukraine, Belgium, Slovenia, North Macedonia, Montenegro, Serbia, the Netherlands, Switzerland, Egypt.

In France, it is different in different regions!

## STICKING OUT YOUR TONGUE

In Tibet, people greet each other by sticking out their tongues.

The greeting started over one thousand years ago when Tibet was ruled by an unpopular king who was known for his black tongue. The people of Tibet believed the evil king had been reborn, so to prove that they weren't the king, people would stick out their tongues. The greeting is now a form of respect.

## Handshake

The handshake is the most common physical greeting in the world. It began in Greece over 2,500 years ago as a symbol of peace and trust. People used to shake hands to show that they were not carrying a weapon. During the Roman era people would grab each other's forearms to make sure the other person didn't have a knife hidden up their sleeve.

## BOW

In some countries like Cambodia, India, Nepal, Laos, Thailand and Japan it is traditional to bow.

In most countries, the bow is done by pressing your hands together with your fingers pointing upwards. Your hands sit near your heart and you tip your head slightly forwards to bow.

In Thailand, the bow is called the "wai"

and the higher your hands sit, the more respect you are showing.

In Nepal and India, people will sometimes say "namaste" as they bow, this means "bend or bow before you" and it is a sign of respect.

In Japan, people bow with their hands at their sides or on their thighs and the lower the bow the more respect you are showing.

## Hand on your chest

In some countries, people greet each other by putting a hand on their chest. In Malaysia people take the opposite persons hand and then release and bring their own hands to their chest and nod to symbolize goodwill and an open heart. In Syria some people greet by placing a hand on their chest and saying hello.

## Touching Noses

The people of Hawaii have a tradition of touching noses called the honi ihu. This is a traditional method of greeting one another regardless of gender. It allows both people to share breath, which is the important life force in Hawaiian culture. This greeting also shares scents and shows how close you are to someone.

# Welcoming RITUALS & Ceremonies

**A Ceremony** is a formal act or event that is a part of a social or religious occasion.

**A Ritual** is a formal ceremony or series of acts that is always performed in the same way.

**A Tradition** is a way of thinking, behaving, or doing something that has been done by a particular group of people for a long time.

What are some welcoming rituals practiced in your home or culture?

Here are some rituals and ceremonies from around the world that local people use to welcome visitors:



## Adumu Dance Kenya

The Maasai people of Kenya and Tanzania perform this dance during gatherings such as initiations, weddings, and rites of passage.

To do the adumu (the jumping dance), the young men form a circle, and one or two stands in the center. They begin jumping up and down, maintaining a narrow posture. Their heels never touch the ground. When they are tired, other young men take their place. This competition proves the strength, agility, and stamina of the warriors.



## Coffee Drinking Oman

People from Oman are very welcoming. When someone visits a home in Oman they will be offered kahwa or Omani coffee.

In most homes, women will always have freshly brewed coffee ready for guests.

The kahwa is served with nuts, dates and baked goods.

The drinking of kahwa is a tradition that is taught to younger people by fathers and other older people of the tribe.



## Welcoming Ritual India

In India, there is a saying "atithi devo bhava" which means "the guest is equal to god".

Guests and visitors in India are often welcomed with a garland of fresh flowers around their neck and a welcoming drink.

Then a Tilak or Tika (a ritual mark) will be painted onto the visitor's forehead.



## Traditional Welcomes Indigenous Australia

Australia's First Nations communities have long extended hospitality through traditional rituals, including the formal Welcome to Country and Acknowledgement of Country ceremonies, first conducted in Perth, Western Australia, in 1976. Alongside these, culturally significant smoking and water ceremonies have been performed for thousands of years. These ancient traditions honour the land's custodians and emphasise the community's deep respect for, and connection to, both land and water, while purifying and protecting visitors.

# How will you welcome AMAL?

Everywhere Little Amal goes, she will be welcomed by communities in their own unique way.

Some communities might greet her with local greetings, and some may greet her with a traditional ceremony.

If Little Amal was coming to your town, city or school, how would you welcome her?

- What would you want to teach her about your community?
- What would you like to show her about your life?
- What are you proud of that you'd like her to know about?

Here are some ideas of ways you could welcome Amal through creative writing, art and music:

- Write a poem for Amal about your hometown
- Describe your favourite place in your town or home
- Draw a picture of Amal
- Choreograph a dance with a group of friends
- Paint a picture of a place or thing that you think represents your local area
- Video yourself giving a guided tour around your city or community

Once you've made your **Act of Welcome**

we would love you to share it with Little Amal and her friends around the world!



Share your creations on social media and tag **@walkwithamal** using **#AmalAdelaideFestival**

To get you inspired, here is a poem by the brilliant writer Michael Morpurgo, who wrote *War Horse* and *The Butterfly Lion*. Michael wrote this poem especially for Amal and her journey.



# Every Step of The Way

by Michael Morpurgo

We'll all be with you, Little Amal.  
Every step of the way.  
Five thousand miles, we'll walk beside you,  
Every step of the way.

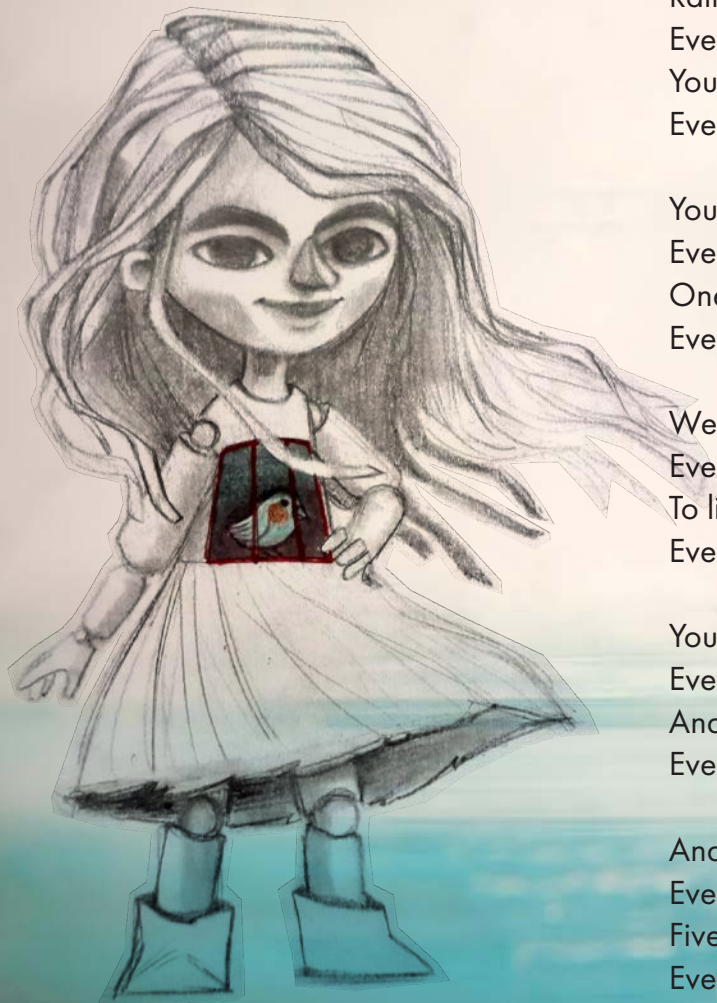
Rain or shine, uphill or down,  
Every step of the way,  
You can lean on us, Little Amal,  
Every step of the way.

You're coming home, Little Amal,  
Every step of the way,  
One foot after the other will do,  
Every step of the way.

We want you to come, Little Amal,  
Every step of the way,  
To live with us and be with us,  
Every step of the way.

You'll have friends to play with, Little Amal,  
Every step of the way,  
And family to love and protect you,  
Every step of the way.

And as you walk, dear Little Amal,  
Every step of the way,  
Five thousand miles, we'll walk beside you.  
Every step of the way.





# Congratulations

ON REACHING THE END OF THE EDUCATION AND ACTIVITY PACK!



HOME



MIGRATION



FEAR



CLIMATE



ADVENTURE



WELCOME

Name \_\_\_\_\_

Date \_\_\_\_\_

If you've enjoyed exploring this journey with us, please share with friends.

# Thank you!



# THANK YOU!



– If you've enjoyed exploring these materials please share with friends and colleagues.  
 We would be delighted to hear your feedback via email here: [alice@littleamal.org](mailto:alice@littleamal.org)  
 And of course, follow Little Amal's journey and share all of your creations with us [#AmalAdelaideFestival](https://twitter.com/AmalAdelaideFestival)

**Little Amal's EDUCATION AND ACTIVITY PACK was created by The Walk Productions with:**

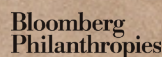
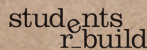
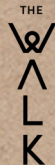
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