

Healing Through Yarn Time

Krystal Randall



Knowledge Books and Software

PO Box 50, Sandgate, Queensland 4017 Australia

p. +61 7-5568 0288 f. +61 7-5568 0277 email: sales@kbs.com.au

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Illustrations and prepress: Dean Maynard

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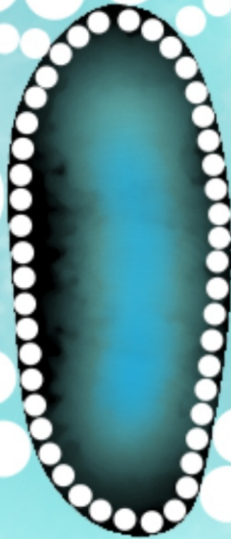
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SAMPLE

Hi, my name is Krystal Randall. My Mum is a Yaegl woman and my Dad is a Bundjalung man. I grew up with my family in a small Aboriginal community about an hour from Grafton. It's located in the BEAUTIFUL Northern Rivers area of New South Wales.

SAMPLE



beautiful

I had a very happy childhood with my FAMILY and friends. One of my fondest memories is when we would spend time with our Pop on the weekends in nature. He would teach us many things about the bush. He knew so much about flora and fauna. We loved and cherished the time we spent with him.

SAMPLE

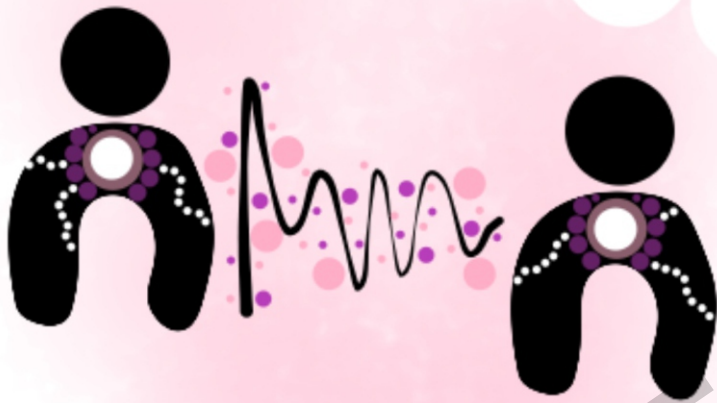


family

I learned so much from the time I spent with my family. One of the most important things I learned is how to talk about and SHARE my feelings with others.

Communicating with others is not always easy but it's really important. This is why I came up with the idea of my Yarn Circles Wellbeing Cards.

SAMPLE



sharing

Word bank

Yaegl	difficult
Bundjalung	unfortunately
Aboriginal	events
community	dwell
Grafton	negative
beautiful	positive
Northern	grateful
fondest	gratitude
flora	journal
fauna	noticed
cherished	figure
important	achieve
communicating	remember
wellbeing	resentful
traditional	emotions
describes	career
ancestors	wonderful
experienced	

Reading Recovery Level: 26

Word count: 607

Content: Personal Recount/Reflection/Explanation

ACARA F-10 references:

Learning Areas: English; Science; Humanities and Social Sciences; The Arts; Languages.

General Capabilities: Literacy; Critical and Creative Thinking; Personal and Social Capability; Intercultural Understanding.

Cross Curriculum Priorities: Aboriginal and Torres Strait Islander Histories and Cultures; Sustainability.

Teacher Notes:

Healing Through Yarn Time is a personal recount/reflection and explanation which provides advice to students on the importance of staying positive and letting go of old hurts in order to move on emotionally. Krystal, a proud Yaegl and Bundjalung woman, builds the important skills of communication and resilience through the use of her *Yarn Circles Wellbeing Cards*, which she utilises as excellent tools for helping young students navigate the world as it is today.

Discussion points for consideration:

1. Why is it important to let go and forgive events from the past?
2. Think of others around you that have managed to let go of a past hurt and move on to become a positive and valued member of your community.
3. How do you think Krystal's Yarn Cards could help you?

Difficult words to be introduced and practised before reading this book:

Yaegl Bundjalung, Aboriginal, community, Grafton, beautiful, Northern, fondest, flora, fauna, cherished, important, communicating, wellbeing, traditional, describes, ancestors, experienced, difficult, unfortunately, events, dwell, negative, positive, grateful, gratitude, journal, noticed, figure, achieve, remember, resentful, emotions, career, wonderful.

Acknowledgement of the First Nations' People: We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

Sensitivity Notice: Aboriginal and Torres Strait Islander readers are **warned** that the following series may contain images - photographs and illustrations and text about deceased persons.

Healing Through Yarn Time

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Author's Bio:

Krystal Randall is a proud Yaegl and Bundjalung woman. Krystal's father is a Bundjalung man and her mother is a Yaegl woman. Krystal's passion is culture and art. She teaches traditional dance, art and music. Krystal has shown a love of passing on knowledge to the younger generations through her many activities. The development of her *Yarn Circles Wellbeing Cards* is part of her continuing contribution.



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