

8 Ways and Munch and Move

Embedding First Nations perspectives
in healthy eating and physical activity

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Welcome to Country
or
Acknowledgement of
Country

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Bronwyn Cochrane

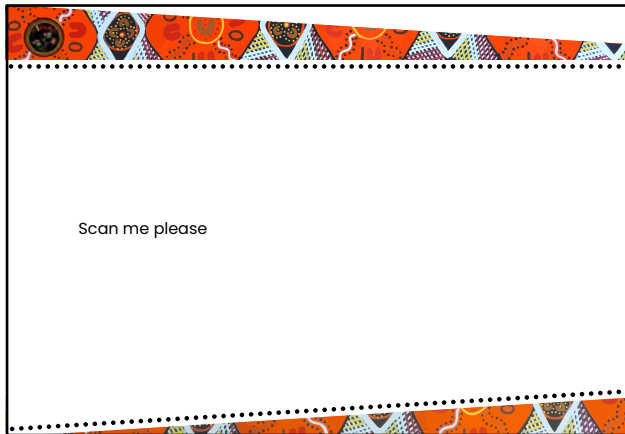
A proud Gamilaraay woman from north west NSW. Bronwyn is the founder and CEO of TIPIAC. With over 20 years teaching experience in remote, rural and urban settings. Bronwyn has worked with educators to help them create innovative ways of embedding Indigenous perspectives into their daily lessons. She mentored honour students in their 4th year of Global Challenges science degree at Monash University Melbourne and she has worked with Catholic dioceses to embed Indigenous culture and history into curriculum programs. Bronwyn is a literacy consultant who focuses on innovative ways to include Indigenous perspectives into the English curriculum. She has been to two World Indigenous People's Conference on Education (WIPCE) in New Zealand and also in Melbourne. With her background knowledge, passion for education and her love of her history and culture makes her perfect person to help you build your own cultural capabilities to include authentic Indigenous perspectives into your teaching programs. Bronwyn also works with schools at a holistic level to help embed rich authentic Indigenous culture and history into school cultures.



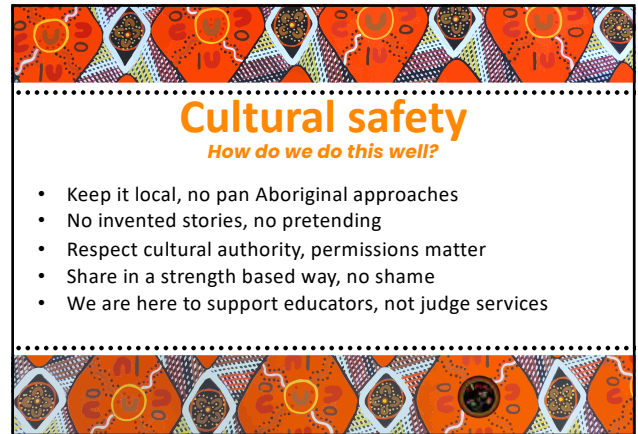
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Why are we here?

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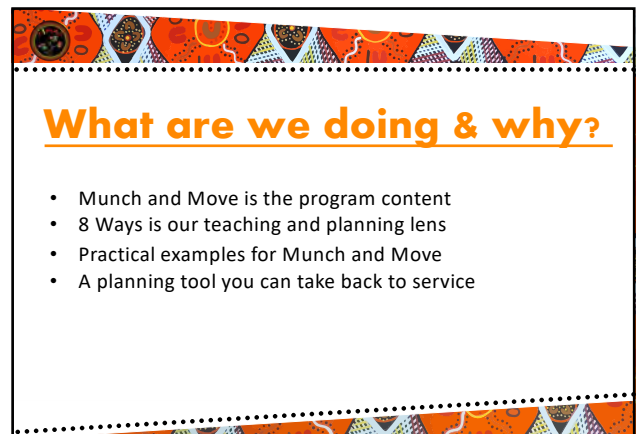
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8 Ways, our pedagogy lens

- A First Nations way of planning and teaching
- Helps avoid tokenism
- Makes learning practical, visual, and place based
- Works with what services already do

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8 WAYS Framework



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8 Ways, quick overview

- A way of teaching and planning
- Eight connected approaches
- Works naturally in early childhood
- Helps embed First Nations perspectives with integrity

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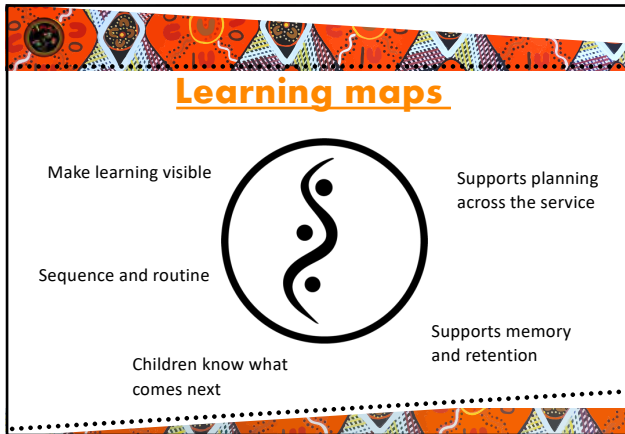
Story Sharing

Stories make learning meaningful and memorable.

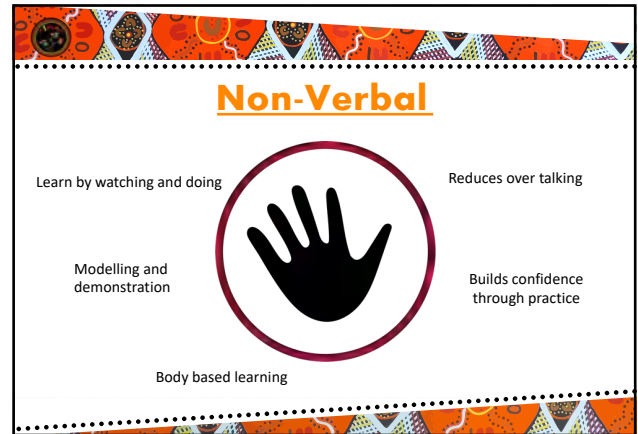
- Learn through story and yarn
- Meaning before the activity
- Builds identity and connection



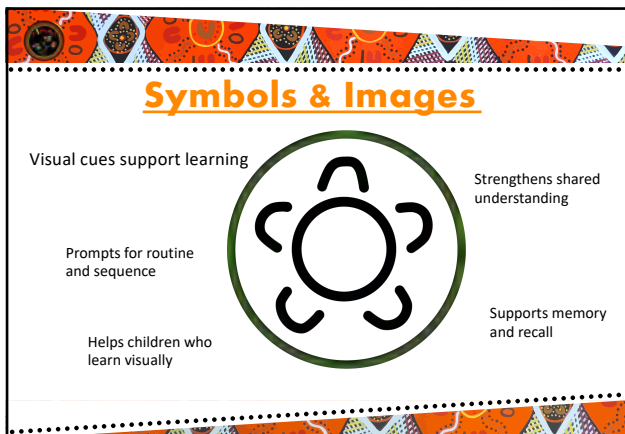
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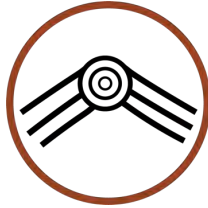
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Non-Linear

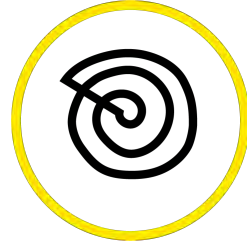
Learning happens in moments
Follow children's interests
Embed across the whole day
Repeat and revisit learning
Supports different entry points



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Community Links

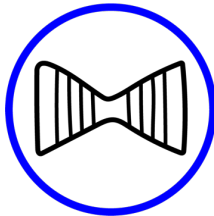
Learning is relational
Connect with families and community
Build belonging and trust
Share knowledge in respectful ways
Strengthens identity and wellbeing



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Deconstruct/Reconstruct

Break it down
Rebuild it in a doable way
Turn expectations into practice
Small steps, consistent routines
Supports staff confidence



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Bringing it back to Munch and Move

- Choose a Munch and Move focus area
- Use 2 to 3 Ways to lead the learning
- Embed it into routines and play
- Keep it practical, local, and consistent

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Move and fundamental movement skills

- Choose one skill for the week
- Teach it in short, daily moments
- Use 8 Ways to shape the experience
- Keep it playful and consistent



Jumping

Count jump arms back arms forward jump landing

Bend knees to jump

Land softly

Repeat and celebrate effort

Encouraging & Motivating Skills in Action

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Teaching cues for jumping

Bend

Swing

Jump

Land

Repeat and celebrate effort



Jumping

Count jump arms back arms forward jump landing

Bend knees to jump

Land softly

Repeat and celebrate effort

Encouraging & Motivating Skills in Action

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Children create the learning map

Cut out the pictures

Put them in order

Say the cues together

Act it out

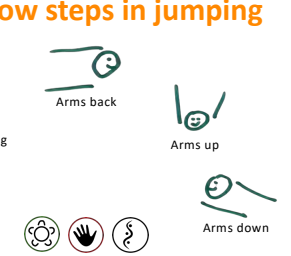
Repeat and swap roles



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Create your own learning map using symbols to show steps in jumping

- Practise the movement together first
- Children draw a symbol for each step, bend, swing, jump, land
- Place the symbols in order to make a learning map
- Use the map as prompts, point, say the cue, then do it
- Display it and revisit through the week



Arms back

Arms up

Arms down

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Teaching cues for Throwing

Choose one skill for the week

Teach one simple cue, point, step, throw
(Learning Maps, sequence the steps, Symbols and Images, simple cue cards)

Practise with soft equipment
(Non-verbal, model and copy)

Turn it into a game
(Community Links, take turns and encourage)

Use 8 Ways to strengthen delivery
(Story Sharing, meaning before activity)



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Add an 8 Ways lens to Balance

Use your existing balance activities

Add a simple learning map, start, middle, finish *(That is Learning Maps.)*

Use visual cues, feet, arms, eyes" → "Use visual cues, feet, arms, eyes up
(That is Symbols and Images (visual prompts), and it also supports memory.)

Model first, then children lead *That is Non verbal (learn by watching and doing). It can also touch Community Links when children lead and others follow and encourage.*

Connect to place, surfaces, and space *(That is Land Links, because children are learning through place, noticing surfaces, space, and environment, not just practising a skill in isolation.)*

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8 Ways in Munch and Move

Story Sharing, yarn to frame Munch and Move

Symbols and Images, visual cues that stick

Learning Maps, show the routine and sequence

Non-verbal, model, then children mirror

Land Links, take it outside and learn through place

Non-linear, embed it across the whole day

Deconstruct Reconstruct, small steps that are doable

Community Links, family yarns and connection

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Munch, healthy eating through an 8 Ways lens

- Start with story, meaning before food
- Use visuals, sorting, tasting, noticing
- Connect to place, seasons, where food comes from
- Build routines that feel positive, not policing
- Invite family voice with respect

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Cultural themes that fit Munch and Move



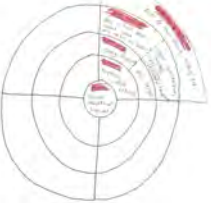
Cultural themes that fit Munch and Move

- Choose one program outcome
- Select one cultural theme card as your lens
- Choose 2 to 3 Ways to lead the learning
- Keep it local and respectful
- Turn it into one practical experience

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8

Break out groups discussions ideas



Three breakout themes

1. Healthy eating environment
2. Fundamental movement skills
3. Sip: water routines and body cues

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Choose one focus for your wheel

- Choosing healthier snacks
- Water routines
- Active play across the day
- One movement skill for the week
- Reducing sitting and screen time
- Family yarns about healthy habits
- Whole of service consistency and routines

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Embedding First Nations perspectives Focus Wheel



Embedding First Nations perspectives Focus Wheel

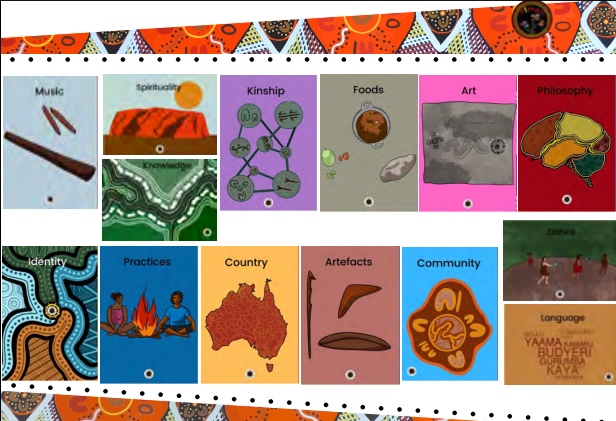
Central point: Munch & Move focus

Outer ring: Cultural link (link and connection to Country, community, ancestral (ancestral) values)

Inner ring: (i) Munch (gawakapay) (link)

Activity

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Music, Spirituality, Kinship, Foods, Art, Philosophy, Identity, Practices, Country, Artefacts, Community, Language

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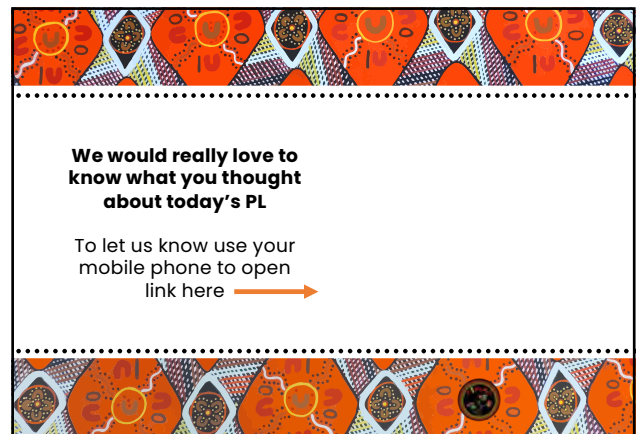
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