



**ON  
AIR**  
**PlayUP**

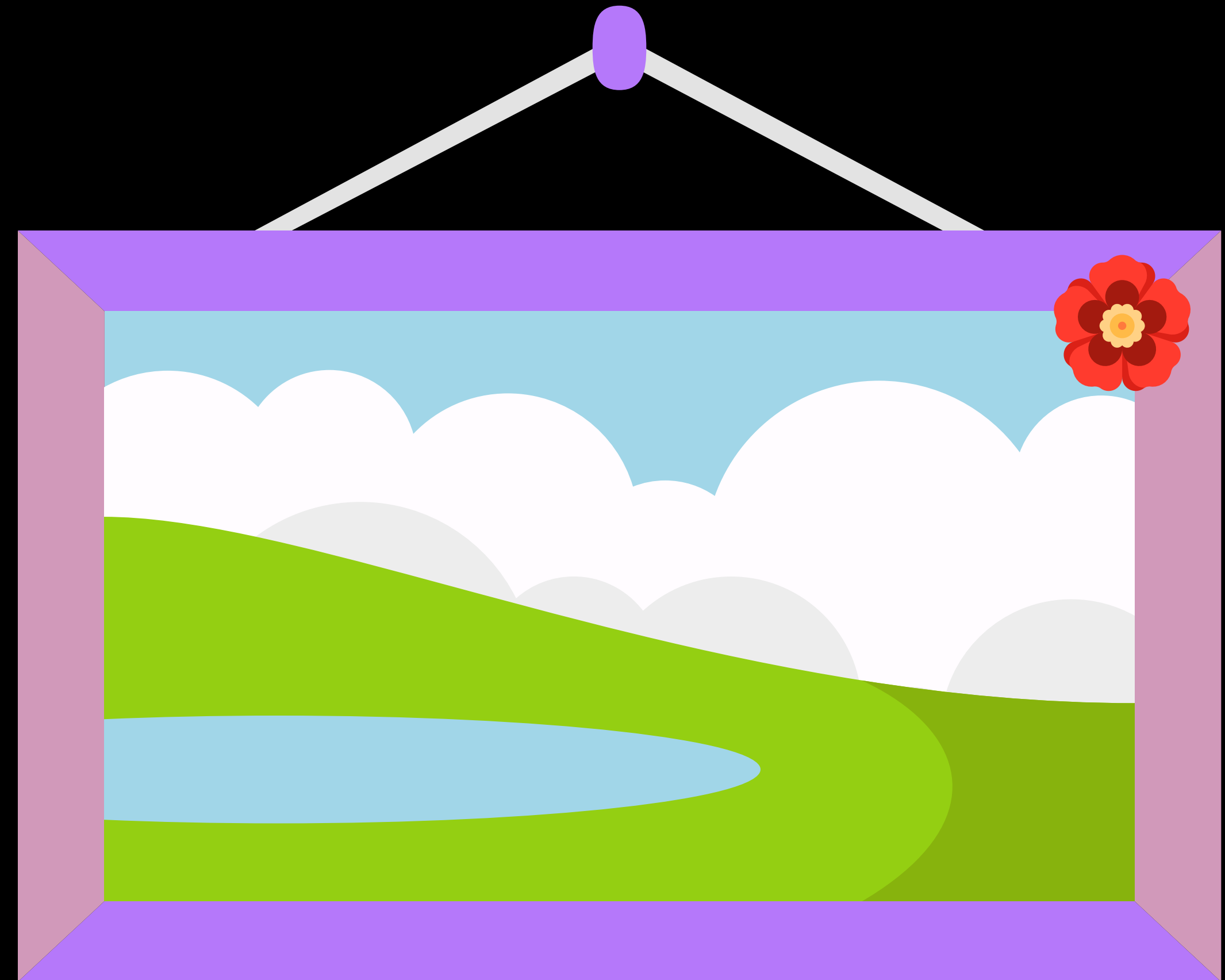


Join the PlayUP team  
as they make

# PHOTO FRAMES

to celebrate

# WORLD REFUGEE WEEK!



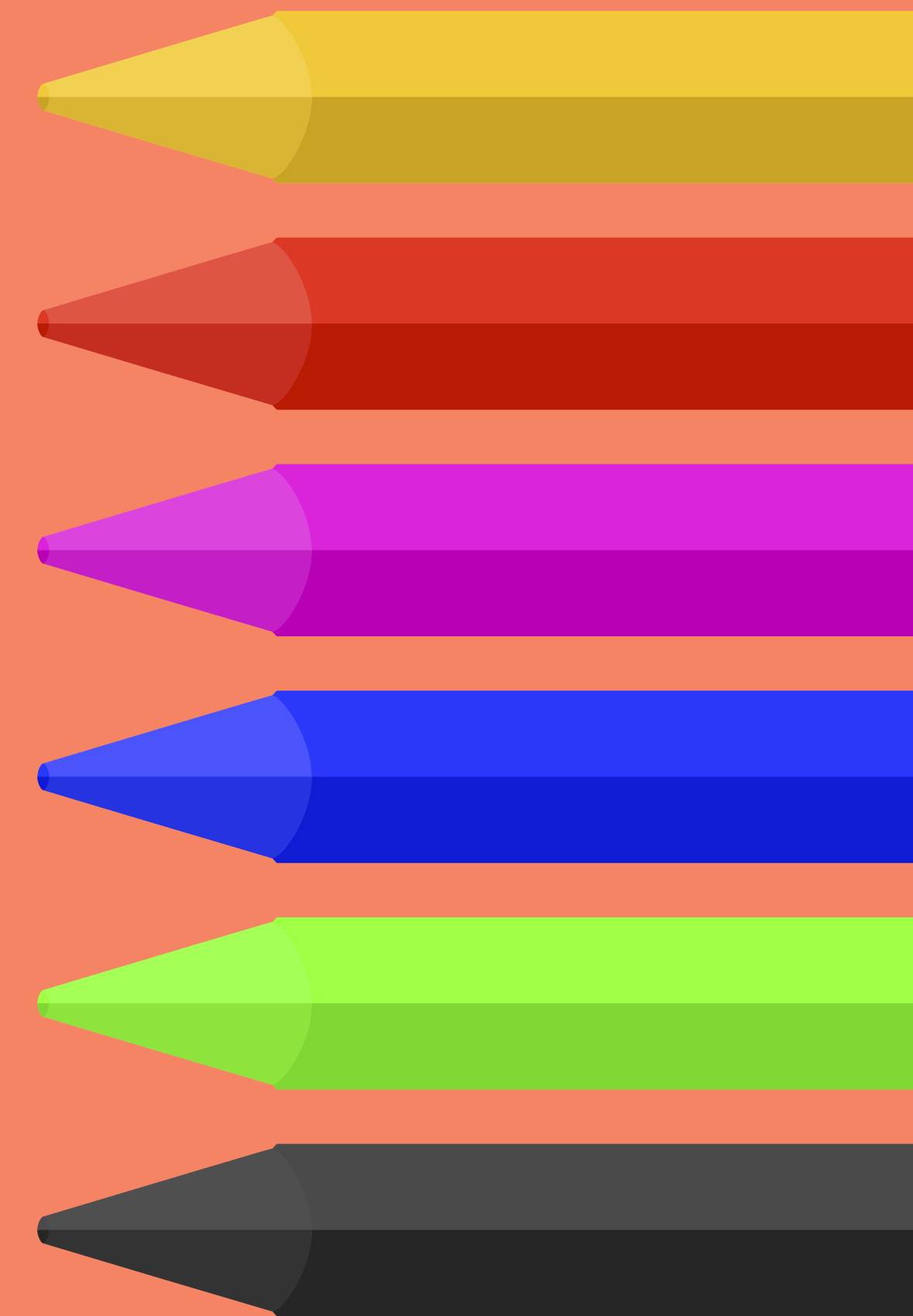
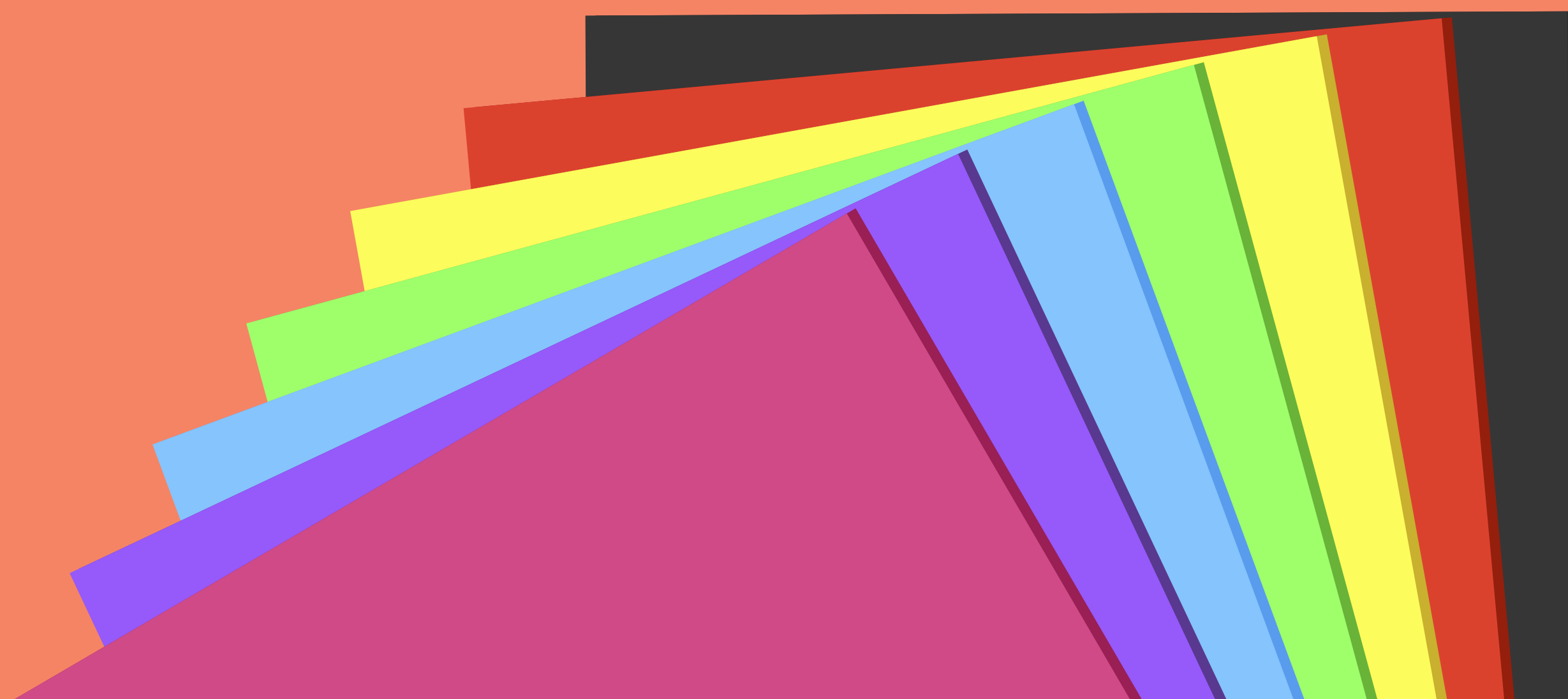
**Refugees are people, young and old, who have to leave their home because it's not safe to stay there. This means they have to leave their school, their friends, sometimes their belongings and family. Often refugees don't know where their new home will be or when they'll arrive.**

World Refugee Day is a time to share the experiences of refugees, learn about the challenges they face, why they are forced to leave their homes, and how they contribute to their new communities.

This year in Australia, we celebrate with the 'Year of Welcome' because it's hard to move to a new place. We can welcome people by sharing a smile, our favourite foods, a helping hand and being a good listener. Another way to welcome refugees is to celebrate the ways they contribute to our lives in Australia. Refugees are friends, teachers, doctors, nurses, comedians, scientists, artists, and more!

# Materials

- Cardboard
- Photo or drawing
- **Scissors** (please be careful with these)
- **Crayons/textas/pencils**
- **Glue stick or sticky tape**





# Instructions

1. Find a photo or draw a picture of a memory on a piece of paper.
2. Select a piece of cardboard to be the front of your photo frame, it needs to be big enough for a wide border to decorate.
3. Use your photo to measure the size of your frame. Place your photo in the middle of your cardboard and leave plenty of space for the wide border. Trace around the edges of your photo.
4. To cut along the lines you just drew, cut a small slit into the centre of your cardboard. Feed your scissors between the slit and cut from the centre to the drawn line. Keep cutting along the lines, remember to ask a grown up for help if needed.
5. Decorate the front of your frame. Think about your favourite things –you could draw your favourite toy or sports activity. Or your favourite places or people in your life. You could stick on some paper cut outs or fallen leaves.
6. Cut another piece of cardboard, slightly bigger than your photo.
7. Sticky tape the smaller piece of cardboard to the back of your decorated frame, only along three sides (the two sides and bottom are best).
8. Slip your photo into the frame through the side with no sticky tape.

## **Keep crafting!**

You can stick your photo frame on your fridge with a magnet or make a stand by sticky taping a paper tube to the back.



Malala continued to speak up about girls' right to learn.

Malala was born in Pakistan.

When she was a girl, she loved pizza, cupcakes and playing hide and seek.

Today, Malala continues to speak up about girls' right to education.

# Malala's story

**Malala Yousafzai loved school and believes every girl has a right to learn and go to school.**

Her dad was a teacher and ran a girls' school.

Malala received the Nobel Peace Prize when she was only 17 - the youngest winner ever.

She has written lots of books.

When she was 15, Malala and her family found a safe home in England.

Some people didn't like that Malala went to school, this made her and her family unsafe.

# Malala's magic pencil

When Malala was a child, she wished for a magic pencil – a pencil that would turn anything she drew into the real thing!

- She wanted to draw a beautiful dress to give to her mother.
- A lock on her bedroom door so she could enjoy time away from her little brothers.
- And buildings for her father to turn into schools in which all children can learn.



Malala wanted a magic pencil to draw a better world for everyone.

**What would you draw if you had a magic pencil?** Perhaps you could draw something to help make the world better for everyone?

Please share your drawings with the On Air PlayUP Team through our PlayUP Community Facebook group!



**Find out more** in "Malala's Magic Pencil" by Malala Yousafzai and illustrated by Kerascoët

# Muzafar's journey

Muzafar Ali is a Hazara man from Afghanistan, who moved to Australia with his family to be safe.

Find out more about Muzafar's journey on this interactive website:

[windmill.org.au/acrosslandandsea/](http://windmill.org.au/acrosslandandsea/)

Muzafar and his friends started a school in Indonesia for refugee children, while waiting to come to Australia.

He grew up in Pakistan where it gets very, very cold!

When he was a boy, Muzafar loved playing soccer and riding his bike to school.

Muzafar and his family now call Australia home and love the beaches.

He learnt English by reading stories of famous soccer players.

As an adult, he worked with the United Nations (UN) in Afghanistan to help keep people safe.

Muzafar is a keen photographer.



Muzafar's Mum's recipe for

# Qalibi pialo

Sharing food is a way to make people feel welcome! Muzafar and his family made this recipe to welcome Australian visitors to their school in Indonesia. It's a favourite dish in his home country, Afghanistan.

**And now he is sharing it with us!**

## Ingredients:

- ½ cup vegetable oil
- 1 medium onion, diced
- 1 1/2 lb. lamb, beef or chicken cut into small cubes
- 2 cups long grain rice (sella or basmati)
- 3 large carrots, cut into matchsticks
- 1 cup seedless raisins or dried cranberries
- 1-1 ½ tsp. each of cinnamon, cumin & cardamom
- ¼ tsp. saffron (optional)
- 1 tsp. sugar
- Salt and pepper, to taste





## Method:

1. Brown the onion in half of the oil, until it is fairly dark.
2. Add the meat and brown off lightly.
3. Add 2 cups of water, 1 tsp. salt, cinnamon, cumin and ground cardamom (increase quantities to your taste if preferred at the end).
4. Cover and simmer for about an hour, until the meat is tender.
5. Remove the meat from its juice and set it aside. Preheat the oven to 150°C.
6. Bring the juice to the boil and add the rice, 1.5 tsp of salt and enough boiling water to cover the rice by 5cm. Cook until the rice is tender but not mushy.

7. While the rice is cooking, sauté the carrots and sugar in the remaining oil, until they are lightly browned. Remove from the oil and set aside.
8. Add 1 cup of raisins or cranberries and cook until they swell up.
9. Mix the meat, carrots, raisins and rice together in a large ovenproof casserole dish and cook for half an hour.
10. Serve on a platter and share with old and new friends!

**Do you have a special meal you like to share with family and friends?** Can you share a recipe with us in the PlayUP Community Facebook group? How else can we make people feel welcome?



His earliest memory is eating an egg. At the Bonegilla Migrant Camp, his family were rationed just one egg a week. His parents gave him all the eggs so he would grow up healthy and strong.

# Dr Karl

Dr Karl is famous for talking about science but did you know that he was once a refugee?

Dr Karl's full name is Karl Sven Woytek Sas Konkovitch Matthew Kruszelnicki.

'...intolerance has affected me all my life. And that's something I want to sort of try and get out to people - that you don't have to be intolerant.'

He lived at Bonegilla Migrant Camp until he was four or five, then the family moved to Sydney.

In 2003, Dr Karl was named 'Australian Father of the Year'.

He is the child of Holocaust survivors.

Dr Karl has an asteroid named after him: '18412 Kruszelnicki'



# More fun at home

## Cooperation Game

**For this game you will need an object to pass from person to person, like a ball, balloon or teddy bear. How fast you can pass your object from person to person without dropping?**

- Round one** use only your finger tips.
- Round two** pass behind your back.
- Round three** use only your elbows!
- Round four** while sitting, use only your feet.
- Round five** pass with your eyes closed!

**How fast can you pass your object from person to person without dropping it?**

## Dr Karl Chalk Dressups

1. Imagine you are Dr Karl. He wears snazzy shirts and cool glasses. With the help of a friend or family member, draw around the outside of your body with chalk on the pavement or driveway.
2. Now your Dr Karl chalk person needs dressing up! What will your chalk person need for a long journey?
3. You could draw a hat for sun protection, shoes for walking, a warm coat for cold nights. Maybe a bag with food and a drink bottle. What else would be good to pack?



# Books

Title	Authors/Illustrator
<i>Free as a Bird: the story of Malala</i>	by Lina Maslo
<i>The Little Refugee</i>	by Anh Do and Suzanne Do
<i>Everybody's welcome</i>	by Patricia Hegarty
<i>What is a Refugee</i>	by Elise Gravel
<i>Room on Our Rock: There are Two Sides to Every Story</i>	by Jol Temple and Kate Temple illustrated Terri Rose Baynton

You can see and hear *The Journey* by Francesca Sanna here:  
[www.youtube.com/watch?v=N4WyzqLXtqc](http://www.youtube.com/watch?v=N4WyzqLXtqc)

And *My Name is not Refugee* by Kate Milner here:  
[www.youtube.com/watch?v=q9n1plse2K4](http://www.youtube.com/watch?v=q9n1plse2K4)

Watch *Ali and the Long Journey*, a claymation video written by 13 children who came to Australia [www.sbs.com.au/news/refugee-children-living-in-australia-inspire-heartwarming-collaboration](http://www.sbs.com.au/news/refugee-children-living-in-australia-inspire-heartwarming-collaboration)

# Spotify Playlist

**Music is a great way to share stories about people's lives.**

Check out our playlist of songs by people who have experienced being a refugee.

Listen closely to some of the lyrics about what it means to be forced to leave your home and start afresh in a new place.

# Learn More

[www.unhcr.org/refugeeday/](http://www.unhcr.org/refugeeday/)

[www.unrefugees.org.au/get-involved/world-refugee-day/](http://www.unrefugees.org.au/get-involved/world-refugee-day/)

[www.refugeeweek.org.au/](http://www.refugeeweek.org.au/)

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The On Air PlayUP team thanks Muzafar Ali for sharing his story, photos and recipes

Learn more about Muzafar and other Ambassador's stories here:

[www.refugeeweek.org.au/refugee-week-ambassador-stories/](http://www.refugeeweek.org.au/refugee-week-ambassador-stories/)

You can see more of Muzafar's photos here:  
[www.muzafar.net/](http://www.muzafar.net/)

Links to the Early Learning Framework  
- Belonging, Being and Becoming

**Outcome 1: Children have a strong sense of identity:**

- Children learn to interact in relation to others with care, empathy and respect.

**Outcome 2: Children are connected with and contribute to their world:**

- Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation.
- Children respond to diversity with respect.
- Children become aware of fairness.

**Outcome 4: Children are confident and involved learners:**

- Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.

# Learn More

[Links to the Australian Curriculum](#)

## **Critical and Creative Thinking Levels 1-3**

- Generating ideas, possibilities and actions  
– imagine possibilities and connect ideas

## **Intercultural Understanding Levels 1-3**

- Recognising culture and developing respect – investigate culture and cultural identity; develop respect for cultural diversity
- Interacting and empathising with others – consider and develop multiple perspectives; empathise with others
- Reflecting on intercultural experiences and taking responsibility – reflect on intercultural experiences; challenge stereotypes and prejudices

## **Ethical Understanding Levels 1-3**

- Exploring values, rights and responsibilities – explore rights and responsibilities; consider points of view



### **Aligns with the United Nations Sustainable Development Goal 4**

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.



### **Aligns with the United Nations Sustainable Development Goal 10.2**

By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status



### **Aligns with the United Nations Sustainable Development Goal 16.1**

Significantly reduce all forms of violence and related death rates everywhere

**SUSTAINABLE DEVELOPMENT GOALS**

# ON AIR PlayUP

**Don't forget to tune  
into On Air PlayUP next  
Wednesday for more fun.**



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Parliament  
House

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