

## YOUR WEEKLY SNAPSHOT



Welcome to this week's edition of "Your Weekly Snapshot".

This week in 'Your Weekly Snapshot' you will find information on NAIDOC Week which commences November 8th. To celebrate and acknowledge the Tasmanian Aboriginal people there is a link to the Little Yarns podcast: Play in palawa kani. In this snapshot we highlight John Bowlby's Attachment Theory. Have a say in Tasmania's recovery by participating in the The Tasmania Project PESRAC survey. Loose Parts with Scott Gibson is happening in Launceston and Hobart.

## THIS WEEK'S ARTICLES



# Always Was, Always Will Be.

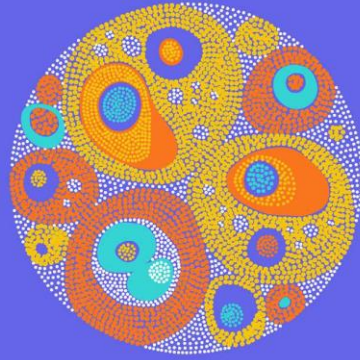
**8-15 NOV 2020**

### NAIDOC Week

Each year celebrations are held across the country to celebrate NAIDOC Week. NAIDOC week is normally celebrated in July but due to the unprecedented year we have had it is being celebrated in November. This is an opportunity for all Australians to acknowledge and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

'NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.' *NAIDOC Week, (2020)*, retrieved from: <https://www.naidoc.org.au/about/naidoc-week>

**Learn more here**



# LITTLE YARNS

## Little Yarns

Australia has many rich indigenous living languages from across the country. Each mob has its own unique culture and dialect. Little Yarns invites you to go on an adventure across the country to learn the language of each individual nation.

'Little Yarns is a co-listening podcast series for pre-schoolers. Ideal for families listening together at home or as a listening resource in early learning centres, Little Yarns explores the diverse languages, stories and countries of Indigenous Australia.' ABC Kidslisten, Little Yarns retrieved from: <https://www.abc.net.au/kidslisten/little-yarns/>

**Listen to: Play in palawa kani**



## A Spotlight on Theory

### Attachment Theory

'Attachment theory is the joint work of John Bowlby and Mary Ainsworth (Ainsworth & Bowlby, 1991). Drawing on concepts from ethology, cybernetics, information processing, developmental psychology, and psychoanalysts, John Bowlby formulated the basic tenets of the theory. He thereby revolutionized our thinking about a child's tie to the mother and its disruption through separation, deprivation, and bereavement. Mary Ainsworth's innovative methodology not only made it possible to test some of Bowlby's ideas empirically but also helped expand the theory itself and is responsible for some of the new directions it is now taking.

Ainsworth contributed the concept of the attachment figure as a secure base from which an infant can explore the world.' *The Origins of Attachment Theory: John Bowlby and Mary Ainsworth (1992)*

retrieved from: [http://www.psychology.sunysb.edu/attachment/online/inge\\_origins.pdf](http://www.psychology.sunysb.edu/attachment/online/inge_origins.pdf)

**Watch: The Attachment Theory: How Childhood Affects Life**



Institute for  
Social Change  
The Tasmania Project

## Help plan Tasmania's social and economic recovery.

Tell PESRAC what matters

### The Tasmania Project

[The Tasmania Project](#) has launched an important survey to help Tasmania recover from COVID-19.

**The Tasmania Project PESRAC survey** has been supported by the Premier's Economic and Social Advisory Council (PESRAC) to help inform its thinking about priorities for COVID-19 recovery.

The survey is your opportunity to **have a say in Tasmania's recovery** by sharing your ideas and priorities with PESRAC.

The survey is for Tasmanian residents aged 18 years and above and will take approximately 15 minutes to complete. It closes Sunday 15 November.

If you are unable to complete the survey online, please call (03) 6226 7542 and leave your name and phone number. A member of The Tasmania Project team will be in touch to help you complete the survey.

[Enter The Tasmania Project PESRAC survey here](#)



## Loose Parts

Launceston & Hobart

Studies highlight an abundance of benefits for children engaging with loose parts which include increased physical activity, improved social development through creative and imaginative play, increased levels of collaboration, enhanced cognitive development through problem-solving and experiential learning, and ultimately higher levels of engagement leading to decreased instances of challenging behaviour.

This three-hour workshop is broken down into 3 main themes and will dive head-first into loose parts incorporating group discussions/scenarios for reflection, video's for inspiration, and experiential learning in the outdoors with access to a wide range of loose parts.

**Book Launceston now**

**Book Hobart now**

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