

Central Australian Youth Link-Up Service

CAYLUS



Tangentyere Council

Program Activities

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Check out the Blue Book Planning chapter to support the activities suggested here, as well as the associated templated to make weekly rosters, and a cultural activity tracker.

Large Activities and Events

In addition to regular activities, sports and games, there are many events you can organise in your community. Some of these take a lot of time and planning, but some are quick and easy. Here's a list to get you started:

- Bike race
- Mural
- Skateboard riding
- Battle of the bands
- Board game night
- Computing classes
- Cooking classes
- Crazy or mini Olympics
- Sports
- Multi skill sports games
- Maths games
- Shapes quiz
- Stop and freeze
- Community clean-ups
- Boys club
- Bingo night (with Jaffles for snacks – a great fundraising activity)
- Athletics
- BBQ
- Disco
- Dancing competition
- Dancing classes
- Jewellery making
- Cooking competition
- Women's health and beauty
- Hair cut /hair dyeing/ make up day
- Community projects (e.g. painting, making benches, free food day, etc)
- Best dressed pet competition
- Bowling
- Car competition
- Face painting
- Carnival/Games night (make the games in your activities and then play)
- First Aid (cleaning sores, etc)
- Reading club
- Girls club
- Photography club
- Drama club
- Youth meetings

- Limbo night
- Movie night
- Bush carnival
- Talks/displays from the health clinic (or other experts)
- Large scale painting (rocks, walls, etc - need approval from your Shire Service Office)
- Dress-ups and costume making
- Fashion parade
- Easter/Christmas/NAIDOC party (any celebration)
- Giant hangman
- Spelling Bee
- Obstacle course
- Music classes
- Hopscotch
- Fishing
- Visits to town
- Skipping competitions
- Billiard/air hockey, etc
- Parachute games
- River trips
- Hunting
- Bush trips (nutrition, bush food, medicines, painting, etc)
- Swimming
- Multimedia classes
- Picnics (can be themed, e.g. about nutrition and hand sanitation, etc)
- Musical chairs
- Copy cat (in a circle or follow the leader) - kids love this game!
- Take a walk with a video camera - get the kids to talk about their country and interview each other
- Sand animations - stories
- Treasure hunts
- Bird watching
- And many, many more.

Arts 'n' Crafts

Arts 'n' Crafts is a good way to promote creativity amongst youth. You can make many crafty things with few resources. You may already have many ideas yourself, but we have included a list of some ideas of activities you can do with photos. Some of these are described in more detail in the following section.

- Any style painting - Women's painting (can ask older artists to teach young women)
- Egg carton caterpillars
- Macaroni jewellery - painting macaroni and stringing to make a necklace
- Painting beads/seeds for jewellery making
- Making paper Frisbees (from paper plates)
- Tallest paper building competition
- Paper window panes (using cellophane)
- 'Paper people' (using pipe cleaners, cardboard and paper plates)
- Collage
- Pom poms
- Flag making
- Diorama (from shoe or cardboard boxes)
- Kite
- Posters (e.g. 'no rubbish' campaigns, NAIDOC, etc)
- Banners
- Day and night plate scenes (paper plates)
- Paddle pop stick boomerangs
- Mosaic tiles (paper)
- Balloon clowns (decorate balloons and make feet)
- Pillow making (using felt)
- Painting
- Colouring
- Puppets (felt or canvas)
- Block printing (lino)
- Ceramic vases and tiles
- Jig draws (drawing on a blank jigsaw template)
- Door hangers (e.g. with plastic bottle tops strung together and painted)
- Paper photo frames
- Pin wheels
- Toilet roll printing
- Toilet roll puppets
- Photography collages
- Charcoal texture drawings
- Pastel drawings
- Make your own puzzle (using cardboard)
- Masks (paper plates, cardboard, paper mache)
- Squiggle art (drawings develop from one squiggle)
- Card making (pop-up, birthday, thank you, mother's day, farewell, etc)

- Scrap booking
- Name collages
- Plate mates (animals from paper plates)
- 'About yourself' books (stories, picture, photos, I like..., etc)
- Activity books (make and do)
- Easter crowns
- Hats
- Bunny baskets
- Piñata (make and break)
- Pin the tail on the kangaroo (make and play)
- Dying eggs (pasta or others and make necklaces, etc)
- Making bowling pins (make and play as a maths game)
- Potato prints
- Painted CD mobiles on old bike wheels
- Mirror image cut and paste
- Photocopied drawings folded in half and photocopied to make half an image - popular for young ones!
- Google masks
- Painted plastic bottles , rice inside - make good shakers
- Mandala paintings - everyone has a section - good group activity

And many, many more.

Sports, Games and Activities

Many sports and games are described in the following section. For games to be successful, it is important for players to warm up, and cool down before and after activities, and for them to be engaged in the game. Below is a list of ideas:

Warm Up and Cool Down

- Breathing, include big, deep breaths
- Breathing whilst focussing on a body part
- Stretching arms, legs, necks, feet, shoulders, etc
- Wiggling around
- Jogging on the spot
- Jog increasingly faster on the spot
- Walking around
- Running to the next tree/teacher/etc
- Jogging with knees forward
- Jogging with heels touching buttocks

Energisers and Class Management Strategies

- Yell 'freeze'/blow whistle/raise arms - instruct the players from the beginning that this is a signal to stop, and those who do not stop will be removed from the game for 2 minutes.
- Play the activities as competitions - with or without prizes.
- Utilise players to demonstrate how a game is played, especially those who are misbehaving.
- Show them how to do it - get involved.
- Stop a game if anyone is being hurt or players are deliberately cruel to each other.
- Use the 'out for 2' minutes rule for those who misbehave.
- Provide snacks like fresh fruit, water, cheese and crackers.

Food and Nutrition

Food and nutrition activities can be a valuable feature of your program. You should discuss options for catering and recommendations with your line manager and team members. Nutrition programs are not about you cooking and then feeding kids – it's a part of the program in every step!

Cooking and nutrition programs can also be central to bush trips and other large events. Plan the catering/food for the event with youth – ask them what they'd like to make. There are lots of great recipes online. Ask the youth to budget for the food, and do the shopping. They should also prepare and cook the food with your support, and they can serve it up themselves. Indeed, older members of the community who see youth engage in this way are often very impressed, as it challenges the notion of 'lazy kids'.

During a nutrition program, there are additional safety issues to consider:

- Fire - you might need to cook in a fire pit, BBQ, on a stove, on a gas burner, etc... but please ensure that you and other responsible persons are keeping a close eye on any open flames, especially if there's a nearby activity.
- Remember to take all the supplies you need.
- It's good to get a basic tucker box that you use frequently, and then just take the fresh food and/or meat you need for each specific meal. Ensure your tucker box seals tightly so that mice can't get in.
- Provide plenty of water, especially if on a bush trip. In summer pop a couple of 4 litre water bottles (buy them in town) in the freezer, just ½ full, then top them up with water before you head out.
- Participant numbers – too many participants can create concerns especially when using facilities such as a kitchen from another service provider, e.g. school.
- Sharp knives should only be used under supervision.
- Hygiene – ensure all youth, whether prepping, cooking, serving or eating the food use soap /hand sanitiser to wash their hands.
- Wash dishes thoroughly so that they are hygienic and clean for next time or use disposable plates and cutlery.
- Ensure all rubbish ends up in the bin!

Bush Trips

Whether you're off for bush tucker, hunting, heading out to a water hole or filming with youth bush trips are always popular with youth workers, youth and community members. The most valuable knowledge about land and culture lies with local staff and older community members, so we suggest that there are at least 2 responsible local adults on each trip. It is often safest for local staff to decide where to go, where it is safe to travel and to run the show.

It is also worth checking if any older people wish to go too, as space allows. Remember that everyone needs to be wearing a seatbelt, so the number of people you can take on a bush trip is limited. Other service providers may be interested in partnering with you and bringing community members out to join you. Alternatively, if you are not travelling too far from community, then it might make sense to make a few trips in the same day - as long as the last group is back before dark, and there are responsible adults with each group. Rotation of trip by age and gender is always popular too.

Bush trips often last hours so it is essential that you take plenty of water and food. The following checklist will help you pack for your bush trip:

- Water - take enough for everyone and extra in case you need to stay out longer than you planned
- Food - snacks and lunch are ideal on a full day trip
- Enough fuel to get there and back comfortably
- Satellite phone
- Box with emergency gear and shovel
- Long shovel if cooking in a fire pit
- Matches and/or lighter to start the fire
- Knives, wooden spoon, bowls, etc for cooking
- Flour for damper, oil and foil
- A camera/phone or two
- Fishing line and gear where appropriate

It is expected that someone is always aware of your travel plans when running a bush trip - always get family permission and get Talent release forms signed before heading out for any possible media. Check and adhere to the bush trip policies of your organisation. Your worry person should be informed of when you leave, which roads you will travel on, and when you plan to return.

Little girls and little boys traditional dancing can be a really great activity. Talk with the local youth workers about how this works, who to involve, where to go and what equipment is needed.

Disco and Band Night

Discos and band nights are a great way to bring people together, have lots of fun and showcase the talents of young people. It is a good opportunity to run a nutrition program as well.

These events are often dark and well attended, so it is important to have local staff and older community members present and looking out for the safety of everyone. Inform Night Patrol and or police in your community of when you are likely to host large events, and ask them to visit the evening regularly to help ensure safety and to socialise with the community. You and other staff or volunteers should also patrol throughout the night. If you have reception be sure to have phone numbers of above mentioned services saved on your phone.

It is also essential in your program to work with youth around setting rules for the program, including at discos, movies and large events, and consequences for those who break them. In general, drinking alcohol, drunks, fighting, etc should not be tolerated as they compromise the safety of youth at the event. Anyone engaging in anti-social behaviour should be asked to leave, but be cautious and seek support from Night Patrol as needed.

Adding various visuals to Disco can be very effective in getting the dancing of the night started. Projecting visuals down into the centre of the dance floor, and setting up seating in a square around it, makes a great ambience and 'stage' for dancing. Asking various groups if they have a team for dance battle tends to get the dancing happening pretty quickly too.

Disco Visuals

If you do not have disco lights, other visuals can work just as effectively to create a similar effect. See below for some tips:

- As a computer room activity, you could either find and download, or have VJ clips already downloaded, for young people to import into iMovie and mix them up as desired, include local footage;
- Try finding darker clips, as it really does light up the room and can make it too bright for the girls to want to dance.
- Opt towards random and chopped up visuals - ie don't get visuals with a clear narrative, everyone will stop dancing and just watch;
- Download clubbing visuals from youtube using something like MacX Youtube Downloader. Some of these clips go for hours, click [here](#) for an example .
- At disco, its easiest to do this if you have access to two computers, set one up for music, and the other for visuals, turn the visuals screen brightness right down so no one mucks around with it. If you only have one computer, use an iPad for the Dj or just go with what you have.
- Remember to turn the projector image to the largest setting and angle it so it reaches across a large space, change the positioning from time to time.
- Be sure to scan through the clip before using them at disco to avoid nudity etc.

Movie Night

Similarly to Discos and Band nights, movies are a great way to bring people together, have lots of fun and showcase the talents of young people in film-making and photography. It is a good opportunity to run a nutrition program as well.

Again, these events are often dark and well attended, so it is important to have local staff and older community members present and looking out for the safety of everyone. Inform Night Patrol in your community of when you are likely to run movie nights, and ask them to visit the evening regularly to help ensure safety. You and other staff or volunteers should also patrol throughout the night. Anyone engaging in anti-social behaviour should be asked to leave, but be cautious and seek support as needed.

Running a movie night with YouTube clips can be a very effective way of engaging all ages, appealing to everyone's interests, and introducing new ideas and music. Having short clips play is also a great opportunity to show locally made films or photo slideshows accompanied by music. Remember that the images and voices of deceased peoples should not be played during a movie night without family permission and warnings.

Any clips you chose need to be attention grabbing within the first ten seconds or so, or skip to the interesting bit. One negative thing about using short clips is that the audience tends to expect to be engaged 150% of the time, and will lose interest very quickly if the given clip is not absolutely awesome. Also, the library needs continuous updating, even with 200 or so clips you will find you need to update weekly to be able to run engaging movie nights. As the clips range between 1-10 minutes, you may be showing anywhere between 25 – 60 clips or so a night.

Keep in mind that females tend to be underrepresented across all themes. Make a point of finding content with females, and clips that are of particular interest to females, which will be popular at girl's night.

Create a YouTube library

Download something like the [MacX YouTube Downloader](#), the process of downloading clips is very simple, and if you have good internet connection, very fast as many files are between 25-45MB. The following list is of particularly popular content, good to start building a library with, be sure to ask young people and kids for recommendations too.

- Indigitube - This channel will provide and lead you to all manner of Indigenous content
- [IHHP](#) Well-known and high quality Indigenous Hip Hop Clips made in the NT and QLD
- InCite Youth Arts - <http://www.youtube.com/user/InCiteYA>
- Alice Springs based youth arts, various art projects from Central Australia
- AFL highlights of locally supported team/s, AFL mark of the year, Biffs and Bumps
- Classic slapstick - Charlie Chaplin, Buster Keaton etc.

- Professional street performers - puppetry, 3D street art, dancers, drummers
- Any clips with a strong rhythm content - body percussion, cup game, clapping, drumming solos, junk drums
- Dancing - hip hop, break dancing, Capoeira

Organise clips into folders/themes for easy access and prepare a playlist so they can run from one to the next. Be sure to have a couple of winners, e.g. 'AFL mark of the year' or 'big biffs bumps and brawlers' clips are excellent to show on if the attention starts to lapse and you want to refocus the group. You will find other clips will become favourites and you can use them for the same purpose, spectacular AFL highlights are especially good if young boys lose interest and get rowdy.

If you are able to continuously update your YouTube library, be sure to ask different age groups, guys and girls, what they would like.

YouTube clips are also great as tutorials and points of interest for smaller groups, or to upload to iPads and computers where internet connectivity is limited.

Some potentially popular themes are listed below:

- Catch and Cook - Indigenous hunting and cooking techniques
- Cooking clips of favourite meals
- Hair and beauty - make up tutorials, hair styling techniques, design shaving techniques for fellas
- Dance routines to popular songs
- Sport training - no equipment workouts, AFL training drills, Softfall training drills
- How to make different things - eg, junk gym, mechanics, bicycle mechanics
- Drawing tutorials - especially sketching (minimum materials required)
- Garage Band tutorials.

Always back up your library!

Books and literature production

Local books featuring the stories, artwork and faces of family members, and the local languages are invaluable. Book making is super fun, rewarding, and doesn't have to be an epic project.

[Territory Stories](#) (formerly LAAL) is a digital archive which includes books made in the region. Explore the archive by using the filters, you will discover most of the material is a few decades old, so it is super valuable to create and contribute. Please share anything the youth program create with Territory Stories. At time of writing all new publications can be submitted to Lant.deposit@nt.gov.au with the following information:

- Author/s, illustrations/s and/or editors.
- Publisher and place of publications.
- Title.
- Language.

Names of contributors are worth searching for using the filters, as you may find the individuals and/or their families are interested in checking out the books they made and being involved in new projects. Looking through the books with the youth program staff and families is likely to be pretty fun and inspiring for everyone involved.

What to make a book about? Here are a few ideas:

- Choose a book from the archive, and do a new edition by getting kids to paint, draw, stage and photograph or craft the scenes.
 - For example mixed media, plasticine, play dough, wire, woven or stick animals, people etc. all in a setting with real landscape background, or using an iPad to layer with other images.
- Take photos of plants and include the name and some information about the plant. Click [here](#) for some examples, published between 2008-2014 by Tangentyere Landcare.
- Use one of the Central Australian language picture dictionaries, select a theme and create images to pair with a selection of the words of the theme;
 - For example, [body parts](#), [landscape features](#), [family relations](#), [animals](#) (the links are to books published between 2016-2018 by the Utopia Literature Production Project).
- Take photos of kids at different youth program activities, doing sport, on a bush trip, or photos of family. Ask kids what they want written alongside the image.
 - For example:
 - Rec hall: drawing, painting, listening to music, cooking.
 - Sport: kicking the ball, catching, running, having fun, drinking water, happy.
 - Bushtrip: hunting, cooking a stew, story about a place, going together with family, a swimming place, plants and animals, bush foods – collection, processing and eating, [bush medicine](#), camping stories, kids traditional dancing, outstations, clouds, night sky.

- Family: relationships, pets, dancing, going to see family in other places, making things, fire, playing with little ones, songs and games.
- Make books without any text, just rich local/culturally relevant images people can talk about.
- Ask the kids about art and craft they are doing at school, it may be worth heading to the school to take photos and make a book of their work, [Ayekay!](#) Is an example of this, using the easter crafts at Utopia Homelands School.
- Making a new story and working together with an interpreter to get the text in the local language (see in advance if it is possible to pay interpreters for their valuable work).
- Document a process
 - For example, painting a mural, making a film, doing a fashion shoot, cooking a meal, going on a camping trip.

Books don't have to be printed, they can be slideshows, or digital books on devices, put onto USB's for families to look at, at home on T.Vs, laptops and other devices. There will be an interest in these books if they are locally made.

These digital books/slideshows can include moving images with text, local music, narration in a local language.

Some useful book making tools

- Procreate
- Comic Life
 - Comic life is endlessly customisable, the dimensions are also okay for sending to Asprint in Alice Springs to get printed.

If the youth program makes books, please consider doing the following

Firstly, any public sharing or selling of materials in anyway needs to be discussed with your employer. You must get a Talent Release form signed by everyone involved in the project.

- Check in advance if any adults working on the book, particularly interpreters and artists, can be paid somehow.
- Submit the book to Territory Stories, it is a very simple process and will mean the book will be accessible forever.
- Offer the book in whatever format to the school, talk to the teachers about the process, if we're lucky, it will inspire them to make local books too! Email interested teachers this document as a guide. The school may even have some money to print them
- Make the book widely available share via a popular format, get permission to upload it to YouTube (with family and employer permission), share via bluetooth, airdrop, USB, CD, have them on youth program devices, launch the book by showing it at the start of a

movie night or disco. If the book is printed give them out to as many families as possible, give a bunch to the school, childcare, art centre, learning centre etc.

- Sell printed books to tourists at the shop or art centre so the funds can go towards future printing costs or other youth program needs.
- Share the books with the [Alice Springs Library](#) even if they are just digital books.
- Show the books to other youth programs/youth workers from other communities to get them excited about making local books.

Previously, all the books were archived by Living Archive of Aboriginal Languages (LAAL), they had a reader app which allowed mass download of books, to be accessed offline in remote locations in an easy interface. This app is no longer available and is a great loss, if you have any correspondence with Territory Stories please mention how the youth program may benefit from such an App. N.B Books may still be downloaded from the Territory Stories website.

Checklist for Book Making		Checked
Pictures	Local photos	
	Local drawings	
	Clear, high rez photos	
	Colourful and fun	
	Big picture on each page, prioritise visuals	
	Check with families before printing for photo permissions	
Story	Reflect values of families	
	Reflect values of young readers	
	Share the book with readers and families to check the story with them	
Writing	Big bold writing for grandparents who may have eyesight issues	
	Appropriate number of words on page for reading ability	
	Use uniform, easy to read, clear font	
	Check writing with families and linguist if needed before printing and giving away	
Pages	Appropriate number of pages for reading and focus level	
	If printing pages must be in multiples of 4 - ie, 4/8/12/16/20	
Extras - by using the book make...?	Posters	
	Games	
	Digital multimedia version	
	Worksheets	
	ABC poster	

Film or Movie Making/Photography

Most agencies are very supportive of multimedia development within a program, however, bear in mind that these can be quite time consuming. The process of teaching and getting experience in multimedia is far more important than the final outcome itself! You should have all the basic equipment you need, and Mac programs like iMovie, Garage Band, Photoshop and Photo Booth are notoriously popular for easy learning and easy teaching. Enjoy!

Photo Booth

Photo Booth is a program on Macs that takes photos of you sitting in front of the computer. It can make the photos look very funny by stretching your face, making you look like you are underwater, or lots of other crazy effects.

Film-making Plots and Roles

Making a movie is a great way to tell a story – about your community, staying healthy, or something funny and silly. Once you've decided what your film will be about, it is worth doing a storyboard and getting different youth to draw or write their ideas and plans on paper. Please be sure to get everyone interested involved. Remember that there are many roles here that young people can get involved in, including: writer, creative director, director, crew, costume design and making, production, etc. Ask the youth which role they are keen on, and allocate positions thoughtfully.

Tip: Get the film making off to a strong start by offering an idea for a plot, this can simply be 'Good Vs Bad'! Start by dividing the general group by asking who wants to be a good guy and who wants to be a bad guy.

Location and Logistics

If you film in community all the kids who want to be involved can be, but if you drive somewhere, numbers are obviously limited.

Kids as Actors

Kids tend to act by implementing simple role play, and this makes them very good at improvising. Please don't intervene too much with young people's direction as this may compromise their confidence and conviction in the role. The balancing act is between encouraging all involved to improvise and contribute their ideas, while staying within the framework of the original idea.

Character Building and Plot Feeders

Work with the interests, humour and strengths of the actors, this approach allows classic slapstick to flourish!

Easy and funny characters include:

Police
Robbers
Dancers
Ninjas

Kinki/Mamu (monsters)
Ulkaman (old ladies)
Super hero flip master
Ngangkari (traditional healer)
Hunter

Props

There are a number of props lying around which kids will find a million uses for. This is part of the beauty of improvisation. For example:

Stick - walking stick/gun/wand
Sun glasses - good for shy kids
Broken down cars are great, check for broken glass,
Bushes/plants - for good camouflage
Footballs, basketballs, shoes - good slapstick to throw at the 'enemy'
Bush tucker

Costumes and Make up

Can be a free for all, but if you are trying a more complex story idea, prepare costumes in plastic bags, each character in a single bag, divide the big group into their character groups and hand out relevant costume box. Where possible, youth should be involved in making their own costumes and putting on their make-up themselves!

Filming

You may well be using a phone to do this, but phone or camera the following points may be helpful. Ensure you are familiar with the cameras first! Have a play and get familiar with your equipment. Then you can give simple 'crash courses' to assigned film crew/person. Encourage

and emphasise that this is a really important and difficult job, and that if you choose to be film crew it is a special job that requires commitment.

Five major points of the crash course - always demonstrate each point:

- Film and follow everything slowly, so slowly it seems really boring,
- Try not to use the zoom, if you do, do it slowly,
- Always use the camera as your eyes, if you want whole body, film whole body, if you want close up, film close up,
- Use tripod when you can, and
- Try many different angles.
- Simple shot ideas that work very well:
 - Close up of various facial expressions.
 - Actor running with the camera pointed back at self.
 - Lay on the ground filming upwards.
 - Over the shoulder.

Film Editing

Choosing the footage that makes it into the film can be a crucial part of the film-making process - remember that kids love seeing themselves on a big screen, and that the process is much more important than the outcome! Where possible, teach older youth how to use iMovie to edit, add music, slow motion, text, etc. to create the film.

General Points and Ideas

- Allow youth to use the camera when you are not around, but supervise young kids closely
- Try not to include shots of individuals where they are turning away or covering their face.
- Always try to include footage of everyone looking their best.
- Throw in a logo at the end.
- Make simple photo movies by importing selection of photos into iMovie and adding a theme and song. This is a great activity for youth to make independently, and is very popular.
 - However, be sure to check the selection, or even better have an adult community member check, as there can be image choices and pairing of individuals which may be unkind or provocative;
- Make a 'behind the scenes' film which includes fun footage which may not have made it into a film;
- Always get Talent Release forms signed if you think it is something that would be good to share with the wider community/region/internet.

It's Just For Fun!

Possible problems to pre-plan for include:

- Kids may choose to change characters half way through;
- Costumes may be worn on heads instead of feet, may end up strewn half way across the country side;
- You may get home and upload the day's footage to the computer and have no idea if any of it is usable or makes any sense, let the whole thing be process driven, that's where the fun is.

Hair And Beauty

Hair and beauty programs are great for improving hygiene and making people feel good. Please consider the age group that you are working with and the fragility of hair and scalp conditions. Younger kids should seek parental permission before having hair cut or coloured or using make-up, and everyone's head should be checked for lice/nits (discreetly!!). Please note that gloves are a good way to keep yourself and staff clean.

Nits/Head Lice

- Nits are endemic in Central Australia the reality is that many of the youth you work with will have nits, if possible, make treatments a regular and community-wide event, open to everyone.
- Ask the clinic or your employer for nit treatment shampoo and the nit comb to brush out the eggs. In the absence of nit shampoo, big mobs of conditioner and a nit comb can be very effective!
- To maximise the effect, ensure to leave nit shampoo in hair for the recommended time, use clean buckets of water or running water and clean towels for each young person and repeat the treatment 3-4 days later again.
- Encourage shaving the back of the head and around the ears if person has nits as this is where nits love to live, quietly refer to the clinic for any scalp conditions.
- Check with family that it's ok for you to do this - perhaps they would prefer to take the treatment home.
- To minimise contaminating others, soak and wash all brushes and combs in boiling water.

Hair and Beauty Kit

Good things to have in a hair and beauty kit (prioritise depending on budget) are listed below. For easy pack up, it is a good idea to take a photograph of a checklist of item with your phone/camera, especially with small make-up items, make it everyone's responsibility to go through the checklist, alternatively gaffa tape a laminated checklist on the inside of the lid.

This kit can be brought out for a specific hair and beauty session, or at a pre disco cooking session and the group can style hair etc. before heading over to disco.

- Hair straighteners (use only on dry hair)
- Hair dryer
- Combs
- Hairbrush
- Hair clippers (when using check head health first and nits)
- Hair cutting scissors
- Hair clips (big plastic ones for hairdressing)
- Hand held mirrors
- Cotton ear buds
- Plastic bags for rubbish or for hair if girls want to dispose of it safely (culture way)
- Broom and dustpan and broom
- Facial moisturiser (can also be used as a make up remover)
- Facial cleanser
- Body lotion
- Tissues
- Shampoo and Conditioner
- Gel
- Hand towels Laundry powder
- Make -up kit
- Eyeshadow pallet
- Mascara
- Glitter liquid eyeliner
- Lip gloss
- Lipstick
- Application brushes
- Mud masks
- Hair ties for helper give aways
- Nail clippers
- Nail file
- Nail buffer

Simple trim for long hair

- Straighten the hair
- get the person to stand very straight with feet parallel and shoulder width apart,
- Turn the cape button section so it sits on the shoulder, making the cape nice and flat across the back,
- Use the comb to make a horizontal line across the hair, and follow it with the
- scissors
- Snip snip snip with scissors facing upwards

- Encourage tiny trims for healthier hair!

Hair Colouring

Bleach! Problem - bleach and black hair dye are two extremes in the colouring world. If you go black, you can't effectively lighten your hair without bleaching it. If you bleach, then go black, then bleach again, your hair breaks off. Bleach over bleach anytime, not a good idea. You can do a test when the bleach is active to see if it is doing damage.

Literally stretch the bundle of strands between two hands and if it stretches like hair shouldn't stretch, wash it out!

If hair dye is in hair, don't stand in the sun, it dries it out and reduces its effectiveness, in summer cling wrap is a good way to keep moisture locked in - but keep an eye on it, as heat speeds up the colouring process.

A little tip: use 5 cent piece drop conditioner as a leave in conditioner especially on ends of hair, also smells nice - for girls and guys.

Hairstyles

Look up YouTube tutorials for shaving designs in hair, mohawks, beard grooming, make up application etc. Take screenshots of google image search ideas with your phone to share ideas if there is no internet/reception.

Service Projects

Ongoing projects that give back to the community are a useful way to engage other community members, support community needs and wants, and impact on the often negative image of youth. There are lots of different service projects that can be run as part of your program, from film-making to hosting a public health event, an arts competition, or even developing a book, etc...

Talk to the community and determine their needs. What sort of project are they interested in? Ideas include:

- Hosting a large event
- Day trip or longer
- Resource development
- Construction (e.g. a movie screen or mural)
- Public performance
- etc.

Establish a realistic timeframe and budget and determine if the project is do-able. Please don't set people's expectations too high!

Identify the roles for young people, mentors, elders, etc. The more people you involve, the greater the impact is likely to be.

Talk to your team, your line manager and other service providers - establish your support and ask for help if needed!

Monitor and evaluate as you go. Start off small, and build onto an idea if time allows. During a school holiday program (4-6 weeks) it is anticipated that you can run at least one service project.

Good luck and have fun!



