

National Reconciliation Week 2025 Colouring Sheet Learning Guide

The [National Reconciliation Week \(NRW\) 2025](#) colouring resource can be used in schools, early learning services, disability services, at work, home or at your NRW event.

There are many ways to engage with the colouring sheet through solo, mindful colouring-in or as a prompt for reflective conversations. Below are some ideas for different age groups to enjoy the activity while considering the #NRW2025 theme [Bridging Now to Next](#).

Ages 0-5

Use as a mindful colouring experience to creatively engage children while unpacking the NRW theme *Bridging Now to Next* and what it means to the children.

Reflective questions to consider:

- How does it feel to spend time with your friends on a project?
- What would you do to get your friends to join in?

Ages 5-18

Consider using the mindful colouring activity individually or print a large A3 sheet for a small group to colour in together and use the reflective questions below to prompt discussions about the NRW theme *Bridging Now to Next*.

Reflective questions to consider:

- How can you be inspired by past and current reconciliation initiatives to support the reconciliation movement into the future?
- What action can you take to support reconciliation?

Adults

Think about the NRW theme *Bridging Now to Next* and reflect on the questions below while mindfully engaging in the colouring sheet.

Reflective questions to consider:

- What past reconciliation events are you aware of, or participated in?
 - What are the next steps you can take to progress reconciliation in Australia in your sphere of influence?
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