

Artwork made by Vanessa Marika



Dhuwaya dhäwu Social Emotional Wellbeing-puy, dhäwu'ya näyi dhuwa lakama yukurra nalingalanuwuy nhaltjan näli yurru djäka nälingu rumbal'wu ga mulkurr'wu.

Dhuwa wunili gapu wapurarr ga mayali'ya näyi lakama yukurra nhaltjan näli yurru nhina ga malthun nhanu dhiyaku gapu'wu, ga nhina latju'yu wurrkurru'm'thu ga mulka'yu näyanuyu, bitjan bili nhaltjan näyi gapu nuli norra.

Ga nunhi näyi nuli wanupini'miyi wäna näyi gapu'ya nuli norra wapurarr, wo wiripu'ya näyi gapu nuli ganga'thi. Ga nunhi näyi nuli gapu ganga'thi nälingu näyanuya nuli yatj'dhi ga nunhi näyi nuli gapu wapurarr norra nälingu näyanu nuli latju'yi wurrkurru'm'thi.

Ga bitjan'thi bili näli yurru nhina wurrkurru ga djäka nälingu rom'ku, gaka'wu, gurru'u'wu, djälkiri'wu, Yirralka'wu, bundurr'wu, bäpurru'wu, dhulan'gu, bilma ga manikay'wu.

Wiripuya nälina yurru gunga'yun näyanu ga nänar lay'mama balanya yolu waya nätha'yu bitjan, boru'm'thu, wayin'thu ga birrka'mi merrpal'yu.

Nunhi näli yurru dal mal'n'mama balanya mala bitjan mari'nu wo näyanu wutthun'mi, näli yurru marrtji ga buna nalingalanuwu nalapa'l'miwu wo gurru'u'miwu marr näli yurru marrama gungayuna'mi rom ga manymak dhäruk raypirri wayangu.

Dhiyanu wapurarr gapu'yu yurru gungayun nälingu rumbal ga gyaninyami nunha djinawa. Marr nurini'yu mulka'yu näyanu näli yurru gatpu'ya dhanuyun.

# Yolŋu Wisdom and Design

## Story Behind the Panting - Gapu and Calmness

The story behind this painting is about Social Emotional Wellbeing, and how Yolŋu need to look after ourselves for our mind and body our whole person. The painting reflects calm water (Gapu) around the head. This is so we can follow the calm water to stay calm by finding ourselves and be like the Gapu. When the cloud comes over the water it can sometimes be calm and sometimes be rough. This rough water means we are going through a difficult time, and we feel stress and anger and this may make us do bad things or feel down.

The pattern on the neck area on the picture represents the clouds. When they build up getting ready to rain this is like bad feelings building and changing your mood. The build up of clouds make the water become rough just like feelings making your mood bad. When water (Gapu) is calm we feel good about ourselves and we think more positive and participate in cultural activities like hunting and bungul and spend time with family and able to go to school and work like normal. When we are calm we still need to look after ourselves and we need to take care of our cultural activities and keep kinship, songlines and clan strong in our hearts to make sure we carry our cultural identity. This makes us richer and more proud and resilient. This cultural package gives us guidance and support to be better.

The bubbles (words) in the head represent all the many positive things that make us feel happy, loved and lucky to have the richness of our cultural with all the different yolŋu bush tucker food that we collect and eat when we go hunting. When you feel angry or you feel hurt, your family or elders can help you, by encouraging you with positive talking about discipline (Raypirri Dhäruk) but different to Balanda discipline – Raypirri is more like how to behave appropriately and learn better behaviour, so you can grow strong by doing the right thing and following Raypirri. With this Gapu concept it helps our mind and body inside and helps us deal with the feelings inside, so we can start to see what we can do to make things better and move towards our vision and what we want to become and follow our dreams.