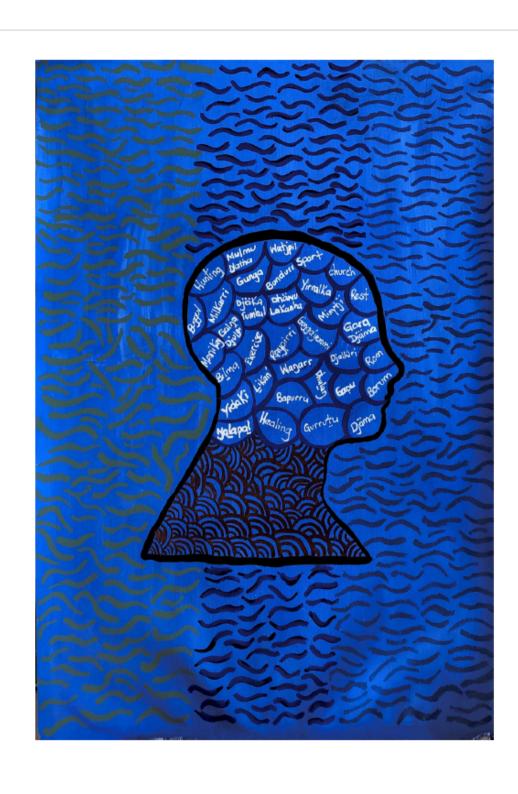
## Yolnu Wisdom and Design

Artwork made by Vanessa Marika



## Painting-ku Dhäwu

Dhuwaya dhäwu Social Emotional Wellbeing-puy, dhäwu'ya ŋayi dhuwa <u>l</u>akama yukurra ŋaliŋgalaŋuwuy nhaltjan ŋali yurru djäka ŋaliŋgu rumbal'wu ga mu<u>l</u>kurr'wu.

Dhuwa wunili gapu wapurarr ga mayali'ya nayi lakama yukurra nhaltjan nali yurru nhina ga malthun nhannu dhiyaku gapu'wu, ga nhina latju'yu wurrkurrum'thu ga mulka'yu nayanuyu, bitjan bili nhaltjan nayi gapu nuli norra.

Ga nunhi nayi nuli wanupini'miyi wana nayi gapu'ya nuli norra wapurarr, wo wiripu'ya nayi gapu ηuli ganga'thi. Ga nunhi nayi nuli gapu ganga'thi nalingu nayanuya nuli yatj'dhi ga nunhi nayi nuli gapu wapurarr norra nalingu nayanu nuli latju'yi wurrkurrum'thi.

Ga bitjan'thi bili nali yurru nhina wurrkurrum ga djäka nalingu rom'ku, gakal'wu, gurrutu'wu, djälkiri'wu, Yirralka'wu, bundurr'wu, bäpurru'wu, dhulan'gu, bilma ga manikay'wu.

Wiripuya ŋalina yurru guŋga'yun ŋayaŋu ga ŋänarr lay'mama balanya yolŋu waya ŋatha'yu bitjan, borum'thu, wayin'thu ga birrka'mi merrpal'yu.

Nunhi ŋali yurru dal malŋ'mama balanyaŋu mala bitjan mari'ŋu wo ŋayaŋu wutthun'mi, ŋali yurru marrtji ga buna nalingalanuwu nalapal'miwu wo gurrutu'miwu märr nali yurru märrama gungayuna'mi rom ga manymak dhäruk raypirri wayangunu.

Dhiyanu wapurarr gapu'yu yurru gungayun nalingu rumbal ga guyaninyami nunha djinawa. Märr nurini'yu mulka'yu nayanu nali yurru gatipu'ya dhanuyun.



English translation on the next page



## Yolnu Wisdom and Design

## Story Behind the Panting - Gapu and Calmness

The story behind this painting is about Social Emotional Wellbeing, and how Yolnu 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 yolnu 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.



