

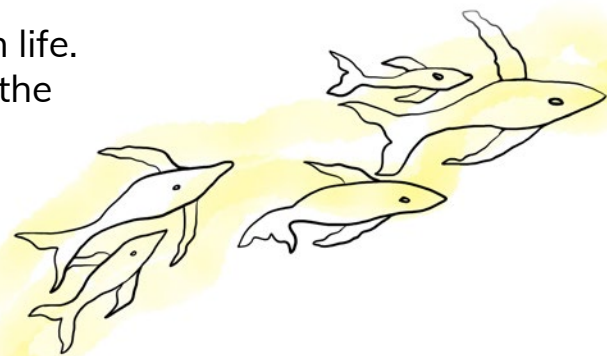
# The Story Animals

## Wonky's Yarn

### Staying on Track

"You belong on the journey you're on"

Wonky's Yarn uses whale migration as a metaphor for exploring our journey in life. Just like Wonky, everyone can get distracted at times, but the story highlights the importance of listening to the messages of our strong people to help us stay on track. We are all on a life journey and each of us has a unique path. Our journeys may have lots of distractions and things that get in the way of us staying on a strong, healthy, and future focussed path.



Use the image over the page to map out your own 'whale migration'.

This activity can be used in a lot of different ways. Before you read any further, we suggest that you turn over to the map now and have a think about what stands out for you in the image. What comes to mind when you look at the image? What are your first thoughts about what you might want to map out? This map can be whatever you need it to be, and you may look at it differently today, and then again next week for example, depending on where you are at now. Know that everyone's journey is different, and where you are headed may change along the way. Whales migrate and find home in different places along the coast depending on their needs; sometimes they need the cold waters so they can find food, but at other times of the year they swim to warmer waters to build family. Sometimes we need to be in different places so that we can be safe and healthy – you belong on the journey you're on.

Below are a few questions that may help to get you started on your 'migration':

- Which whale are you?  
Who are the other whales?  
(Take some time to decorate your own whale from the cut-out provided)
- Who are the strong ones leading you along the path?
- What voices/messages/currents are guiding you along the path?
- Do the whales with you know where they are going?  
How will you find your path?
- What dangers are there in the water?
- What's going to get you all tangled up and distracted along the way (rope from crayfish pots/starfish/rocks/land)?  
What do these metaphors represent?
- What might get you so off track that you find yourself beached on the shore?  
How close to shore are you now?  
(Take some time to make your own 'islands' using objects or a design you choose)
- How are you and the pod going to stay safe?
- How will you find krill – the things that are good for you and give you strength to keep going?

Some ideas for how you can use the map include:

- Create a map that reflects the journey you have been on to get to where you are now, and where you'd like to go;
- Create a map of a particular goal that you have, and the path that you need to take to get there;
- Use with children/young people/families/adults when they are feeling stuck, and are needing to find a new path;
- Use at a systems level to talk about teams/organisations getting off track and not listening to the voice of Elders, Community, Families and Children/Young People.



# Wonky's Yarn

Staying on Track - "You belong on the journey you're on"

