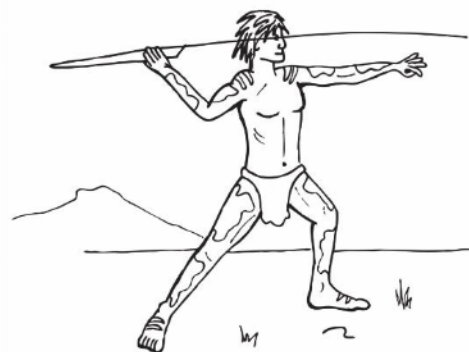


Traditional Aboriginal Lifestyle

Australia's Indigenous people generally lived a stable lifestyle, guided by elders who knew the local Dreaming stories and customs. The people worked together, sharing their food and knowledge, and living in harmony with their environment. They made tools to help them hunt and generally lived a nomadic life according to their Indigenous seasons.



Indigenous people took only the resources they needed to live. When a particular area within a group's territory became too pressured by over-use, the people moved camp, allowing landscapes and resource stocks to be restored.

The Aboriginal people did not hunt or kill any animal for sport. They killed only those animals they needed for food and only when it was necessary. They had a deep respect for each living creature and the land.

After reading the text and watching the video, compare Aboriginal life before and after colonisation:

Before Colonisation	After Colonisation