

Jimblah



Jimblah uses music as a way to express himself and to bring Aboriginal issues to public attention.

1 What are some ways that people use to express themselves and their point of view?

2 What helps you to express yourself?



3 Jimblah has set himself the goal of going on a world tour to share his music.
List your goals and aspirations.

4 Here is a brief Biographical Account about Jimblah.

Jimblah is an Indigenous producer/MC/writer from Adelaide, South Australia, hailing from the Larrakia nation far north. Influenced by a wide range of different artists and genres, his main passion is hip hop. He has performed all over the country at various festivals and shows including Big Day Out, the Dreaming Festival and Good Vibes, to name a few. Winner of the Hilltop Hoods Award, Jimblah has been hiding away in his home studio creating his first debut, entitled Face the Fire.

**Think about your achievements so far (and your goals).
Write a brief Autobiographical Account to tell your story.**

- 5** Jimblah uses music to tell his story and to express his opinions. Even though he sometimes writes about problems and difficult issues, he uses music to suggest ways to stay positive and believe in yourself.

Read the list of coping strategies below.

Circle the ones that will help you to become more resilient, and help you to express yourself in an assertive way.

talk your ideas over with a friend

go for a run

get angry

smoke cigarettes

listen to music

talk to a teacher you trust

take your dog for a walk

blame someone else

eat junk food

avoid your friends

drink alcohol

eat healthy foods

stay in your room playing computer games

give up

volunteer some time to help others

do some exercise

make a list of your good points

yell at your friends

avoid going out

blame someone else

start a fight with someone

try to find solutions

write your ideas down

use positive self talk

punch someone

be respectful of others

keep it to yourself

blame yourself