

HEART GARDEN INSTRUCTIONS

TO HONOUR CHILDREN LOST TO THE INDIAN RESIDENTIAL SCHOOL SYSTEM

As a legacy to the work of the Truth and Reconciliation Commission (TRC) of Canada, former students of Indian Residential Schools and their families, the TRC, the First Nations Child and Family Caring Society, KAIROS and Project of Heart invite children and youth across the country to create a *Heart Garden*.

The Inspiration for the Heart Gardens:

On June 3, 2015 children from the Ottawa-Gatineau area will gather at Rideau Hall to greet the Commissioners of the TRC, survivors and all those with the responsibility of continuing the important work of reconciliation started by the TRC. Each child will carry two hearts mounted on gardening stakes: They will plant one heart in the Heart Garden at Rideau Hall and they will share the other with an adult attending the formal closing of the Truth and Reconciliation Commission. Following a brief ceremony, a rendition of “Sing”, and the planting of the hearts, the children will lead a procession away from Rideau Hall to symbolize that children will lead us to a future of reconciliation.

This is an invitation only event but the hearts will be on public display on the grounds of Rideau Hall from June 4-7, 2015.

Join the Reconciliation Movement by Planting a Heart Garden in your Community:

On this same day, we are asking people across Canada to plant Heart Gardens in their communities to recognize our shared commitment to reconciliation.

It is our goal to inspire child care centres, schools, child/youth focused groups, faith communities and families to create Heart Gardens to honor children lost to the Indian Residential School system. We hope that you will honour this important event by inviting your students and children to create their own hearts. Below you will find Heart Garden instructions, lyrics for ‘Sing,’ and the heart pattern.

In addition to planting hearts in a garden, you may want to consult with a local Elder if you would like to plant sacred medicines in the garden to create a more permanent recognition of

residential school students and the shared commitment to reconciliation. Examples of sacred medicines are: tobacco, sage, cedar, and sweetgrass. If you decide to plant sacred medicines, be sure to ask the Elder(s) how to care for the plants so that they can grow up to be healthy and proud over the years.

Heart Garden Instructions:

It is recommended that the hearts be between 12 to 18 inches. A pattern is attached as separate file for your convenience. The pattern should be printed on legal size paper (8.5"x14") to make sure that the hearts are large enough to fold over to glue on planting sticks after being decorated by children from across the country.

1. Teachers and others working with children are asked to produce one blank heart for each child.

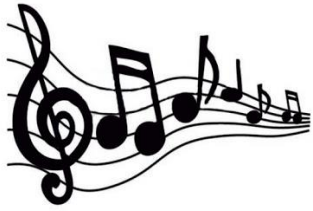
Consider what type of materials you wish to use depending on the plan for your garden. Will you use biodegradable materials and let the heart decompose into the garden; will you laminate and take the hearts out of the ground once the plants start to grow; will you use something that will be permanent?

2. After learning about the history and legacy of Indian Residential Schools, ask each child to decorate a heart to honor the life of a child who attended or was lost to residential schools. The children can decorate with any combination of images, colors, words, etc. that they feel would be appropriate to honour a child who attended the IRS system.

Remind the children that each heart will be unique just as each child who attended IRS was unique and precious.

3. Cut out the heart and carefully leave it joined at the top so that it can be folded along the line.
4. Fold the heart at the top so that it will become two-sided, with decorations on both sides.
5. The stick should be able to be inserted in to the ground deep enough that it will hold up the heart in the Heart Garden and not be easily knocked over. Glue the stick in to one side of the heart, and fold the other over to seal both sides together and secure the heart to the stick (this will vary depending on the materials that you choose).

6. If you are planting a permanent Heart Garden, put seeds at the bottom of each stick and create a plan to make sure the plants are cared for as they grow.
7. Set a date on during the week of May 31- June 5 (the week of the closing ceremonies of the TRC) to hold your procession to honor former students of Indian Residential Schools and to plant your Heart Garden to honor children lost to the IRS system. You will have to determine the location and program for your own ceremony).
8. If you would like to sing it at your event, the song chosen for the ceremony at Rideau Hall entitled “Sing” is included below. Here is the link to the YouTube video:
<https://youtu.be/e7R9hv4NUf4>
9. Please register your walks at www.honouringdreamsplantingmemories.ca so that we can acknowledge your school or group.



Sing

By Gary Barlow

Some words they can't be spoken only sung
So hear a thousand voices shouting love

There's a place, there's a time
In this life when you sing what you are feeling
Find your feet, stand your ground
Don't you see?
Right now the world is listening to what we say

Sing it louder, sing it clearer
Knowing everyone will hear you
Make some noise, find your voice tonight
Sing it stronger, sing together
Make this moment last forever
Old and young
Shouting love tonight

To sing we've had a lifetime to wait
And see a thousand faces celebrate

You brought hope, you brought light
Conquered fear, it wasn't always easy
Stood your ground, kept your faith
Don't you see?
Right now the world is listening to what we say

Sing it louder, sing it clearer
Knowing everyone will hear you

Make some noise, find your voice tonight
Sing it stronger, sing together
Make this moment last forever
Old and young
Shouting love tonight

Some words they can't be spoken only sung
To hear a thousand voices shouting love
And light and hope

Just sing

Just sing

Just sing

Just sing

Come all and sing

Sing it louder, sing it clearer
Knowing everyone will hear you
Make some noise, find your voice tonight
Sing it stronger, sing together
Make this moment last forever
Old and young
Shouting love tonight

Hear a thousand voices shouting love!