

8 ways to participate in
ELDERBEARY DAY

MARCH 20th

Elderbeary Day honours and celebrates the contributions of our Elders, who do so much to teach and raise our little ones.



Celebrate by thanking your Elders for all that they do for you and for your community in ways that you believe best represents how much you care.

Don't underestimate the power of:

SAYING HELLO

8 ways to participate in Elderbeary Day

You can call, video chat and visit
your Elders.

Listening to Elders is so important
because everyone wants to be
heard. Because they are older than
us, they have so much knowledge
to offer. When we spend time
talking with our Elders they can feel
listened to and cared for, and we
can feel proud and smart.d smart.



First Nations Child &
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DOING YARD WORK

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Youth can help Elders with yard work like picking out weeds, cutting the grass, caring for plants, salting driveways, and shovelling snow!



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RUNNING ERRANDS AND DROPPING OFF SUPPLIES

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You can show your Elders that you care by helping out with groceries and bringing your Elders supplies for their hobbies or work.



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MAKING GIFTS

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Show your Elders you care by gifting them handmade crafts or treats like cookies - Spirit Bear's favourite!



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ASKING QUESTIONS

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Elders have special and important knowledge to share. You can honour this by asking them about something they find really important and we can feel proud of who we are!



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MAKING FOOD

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Learn how to make food with your Elders. This helps keep memories and recipes alive forever.



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SHARE ON SOCIALS

If you'd like to share your Elderbeary Day celebrations on social media, use the hashtags **#ElderbearyDay** or **#JournéeOursonAîné**.



Let others know about the ways to participate in Elderbeary Day!



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Instagram: [@spiritbearandfriends](https://www.instagram.com/spiritbearandfriends)
Twitter: [@CaringSociety](https://twitter.com/CaringSociety)
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