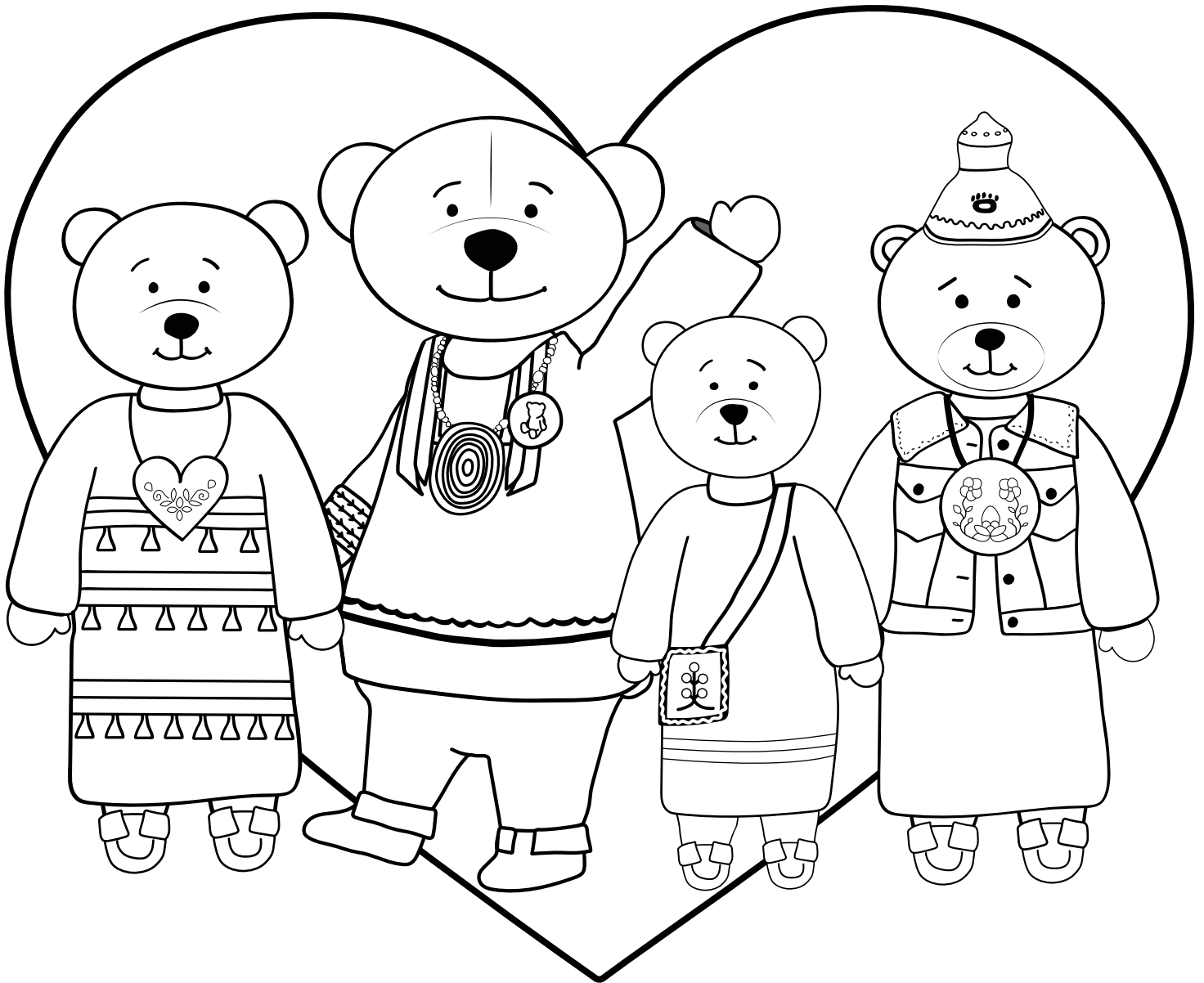


SPIRIT BEAR's

Guide to Reconciliation



ACTIVITY BOOK
2023

THIS BOOK BELONGS TO...

HELLO
my name is

I am...

years old

I live...

Fill out this activity book by following along with my adventures in my 2023 Guide for Reconciliation Calendar! colour and decorate the pages, follow the instructions, and don't forget to be creative!

JANUARY

CALLS TO ACTION

Here are two calls to Action I chose to work
on this year and how I will work on them:

1

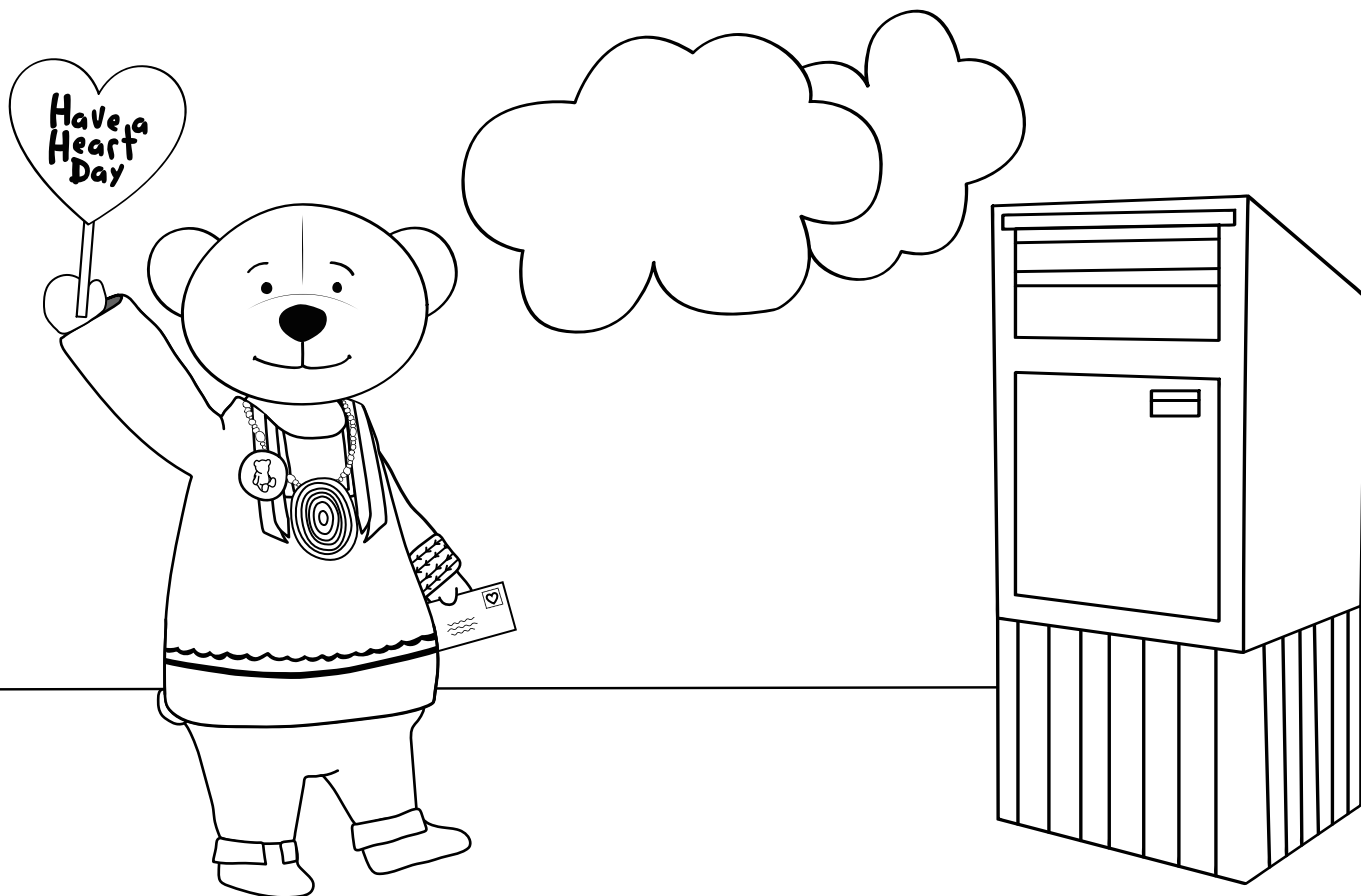
Call #

2

Call #

FEBRUARY

Send to:
Prime Minister of Canada
House of Commons
Ottawa, ON
K1A 0A6



Name: _____

Date: _____

School: _____

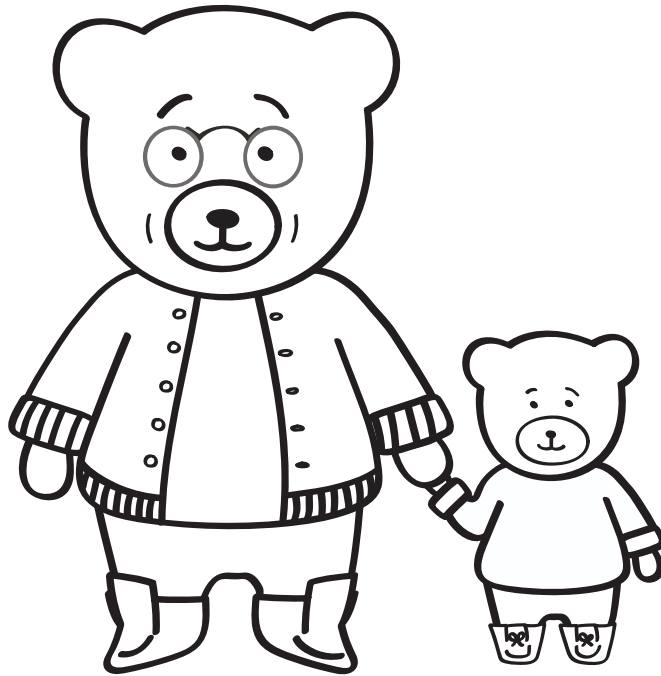
HAVE A HEART!

First Nations children deserve a fair chance to
grow up with their families, get a good education,
be healthy and proud of who they are!

MARCH

colour in this image and send it to an Elder you appreciate in your life, below it write some kind words to explain to them why you love them!

ELDERBEARY DAY

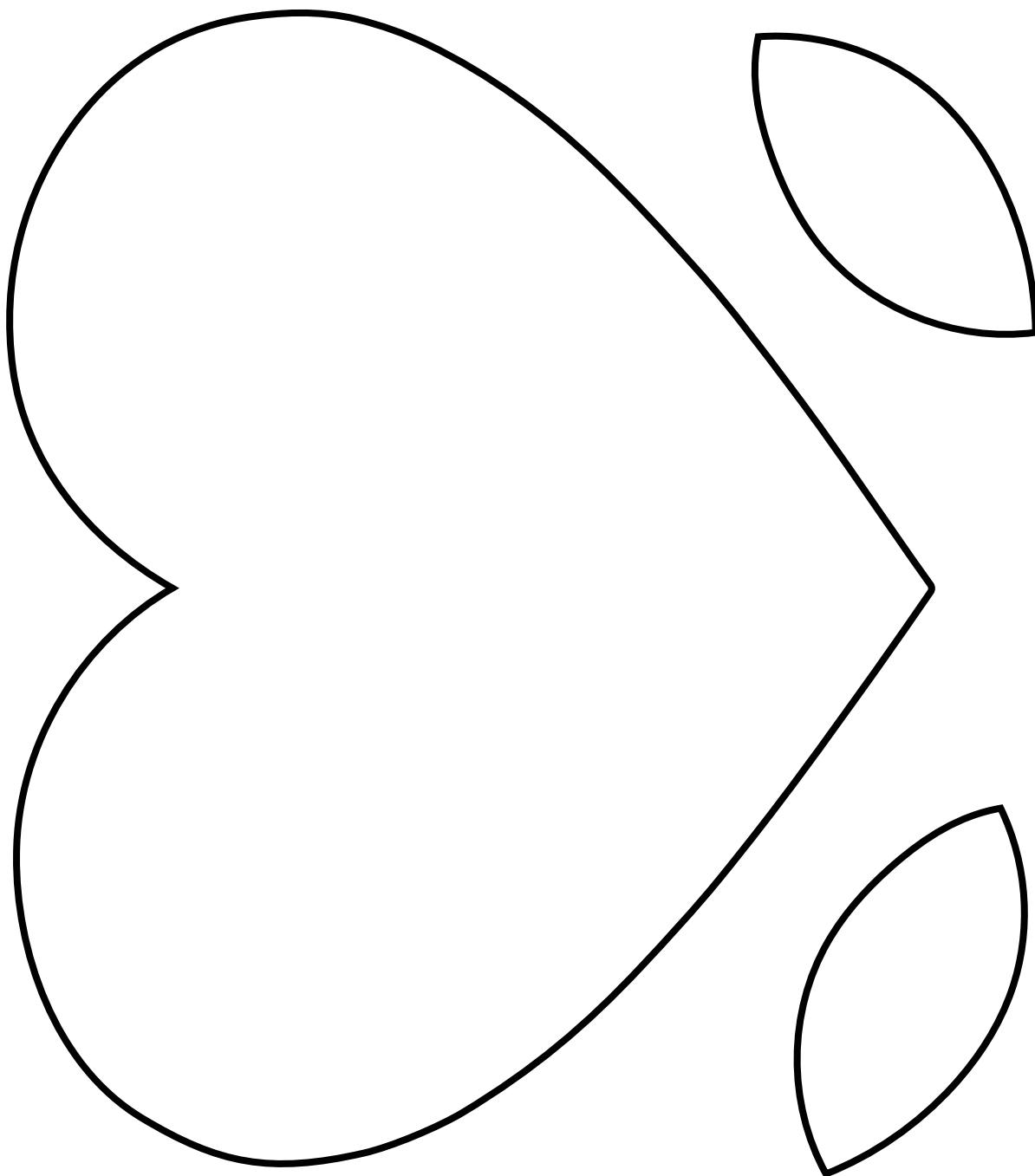


A large dashed rectangular box for writing a message.

APRIL

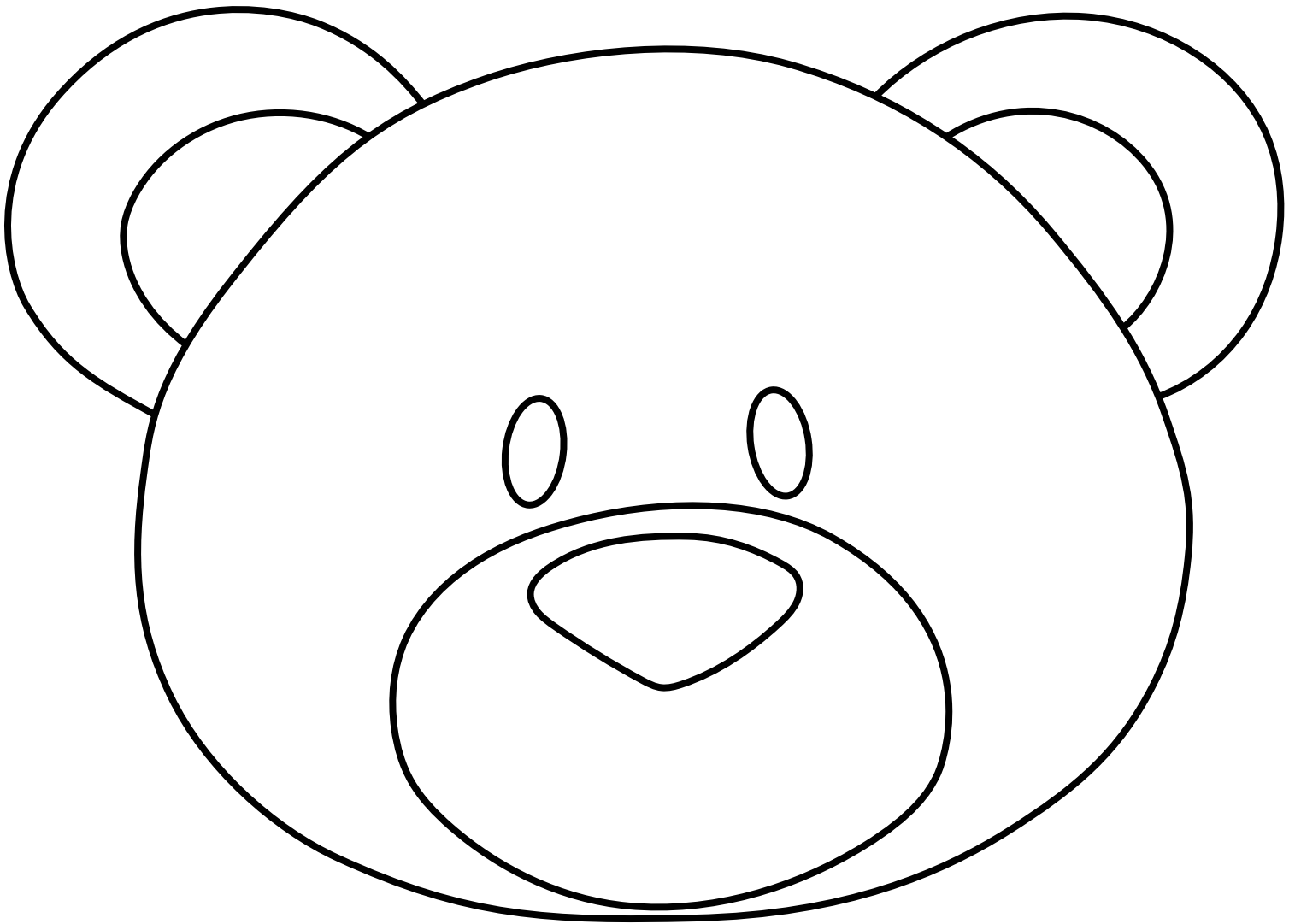
CREATE YOUR OWN HEART GARDEN

create your indoor heart garden by decorating these cutouts with special words to honour the children lost and the survivors of Residential Schools. Learn more at honouringmemoriesplantingdreams.ca



MAY

Decorate this bear cutout to place in your window on May 10th in honour of Bear Witness Day! Feel free to decorate your window with other paper cutouts in honour of Jordan River Anderson, Jordan's Principle and Bear Witness Day! You can also ask your parents or teachers to share on social media with the hashtags below!
#BearWitnessDay #JordansPrinciple!



BEAR WITNESS DAY

JUNE

**complete the word search below to find interesting
words relating to the Canadian Human
Rights Tribunal!**

C	Y	H	T	R	I	B	U	N	A	L	C	J	I	C	L	W
W	I	L	A	V	P	B	I	G	D	I	L	E	N	O	I	F
O	P	C	K	O	G	T	P	O	W	O	G	A	F	H	R	A
R	V	Q	R	E	S	P	E	C	T	Z	U	Y	W	E	N	I
D	A	K	F	L	A	N	R	X	J	E	A	B	L	Y	U	R
E	U	D	Y	U	M	I	P	K	M	C	H	P	S	F	E	L
R	M	A	P	S	G	Y	E	I	B	V	A	T	J	I	M	R
K	B	E	A	M	S	N	T	D	G	A	O	N	Z	T	I	Q
X	S	U	N	T	A	L	I	S	U	S	W	Y	A	N	O	D
B	O	Q	H	X	P	F	A	D	R	N	K	Y	U	D	X	I
A	T	G	U	P	S	C	B	Z	D	E	A	L	B	E	A	R
F	I	D	I	R	B	E	C	A	S	E	E	H	K	M	J	H
R	G	I	Q	O	A	Y	N	O	K	P	V	O	W	N	S	B

TRIBUNAL

CASE

KIDS

CANADA

ORDER

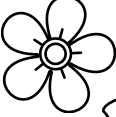
LAWYER

FAIR

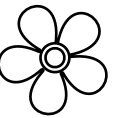
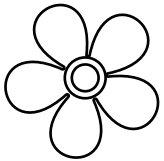
RIGHTS

RESPECT

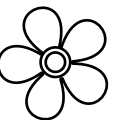
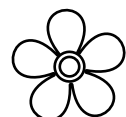
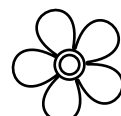
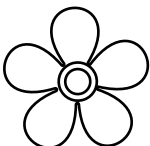
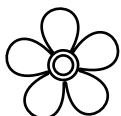
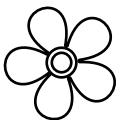
JULY

SCHOOL * L'ÉCOLE
is a time for  c'est fait pour
DREAMS * RÊVER

When I grow up, I want to be:



School is a time for dreams, draw what you dream of doing when you're older!



AUGUST

Land Acknowledgement Exercise

Acknowledging the territory on which you go to school, play and live on is very important in the beginning steps of building respectful relationships with Indigenous communities. For far too long, these communities haven't been properly recognized as the First Peoples living on the land. The land is now known as Canada.

1

reflect on your intentions

Think about what your intentions are in saying these words of acknowledgement. Acknowledgements aren't just empty words. They're actions that we take towards reconciliation following the words.

2

find out on whose land you live

It could be multiple different nations of communities, and it's important to acknowledge them all! If they are part of a Treaty, you should include that too. If they weren't part of a Treaty, you can say it's the unceded or unsurrendered territory (this means no agreement was reached about the land).

3

Get help pronouncing words

It's always important to learn how to pronounce the names of people and communities when talking about them or to them, even though it might not be familiar to you.

Example of an Acknowledgement

I would like to acknowledge that we are gathering on the traditional, ancestral territory of the [nation(s) or community(ies)] on which we are learning, working and organizing today. We strive for respectful relations with everyone on this land as we work towards and commit ourselves to the process of reconciliation.

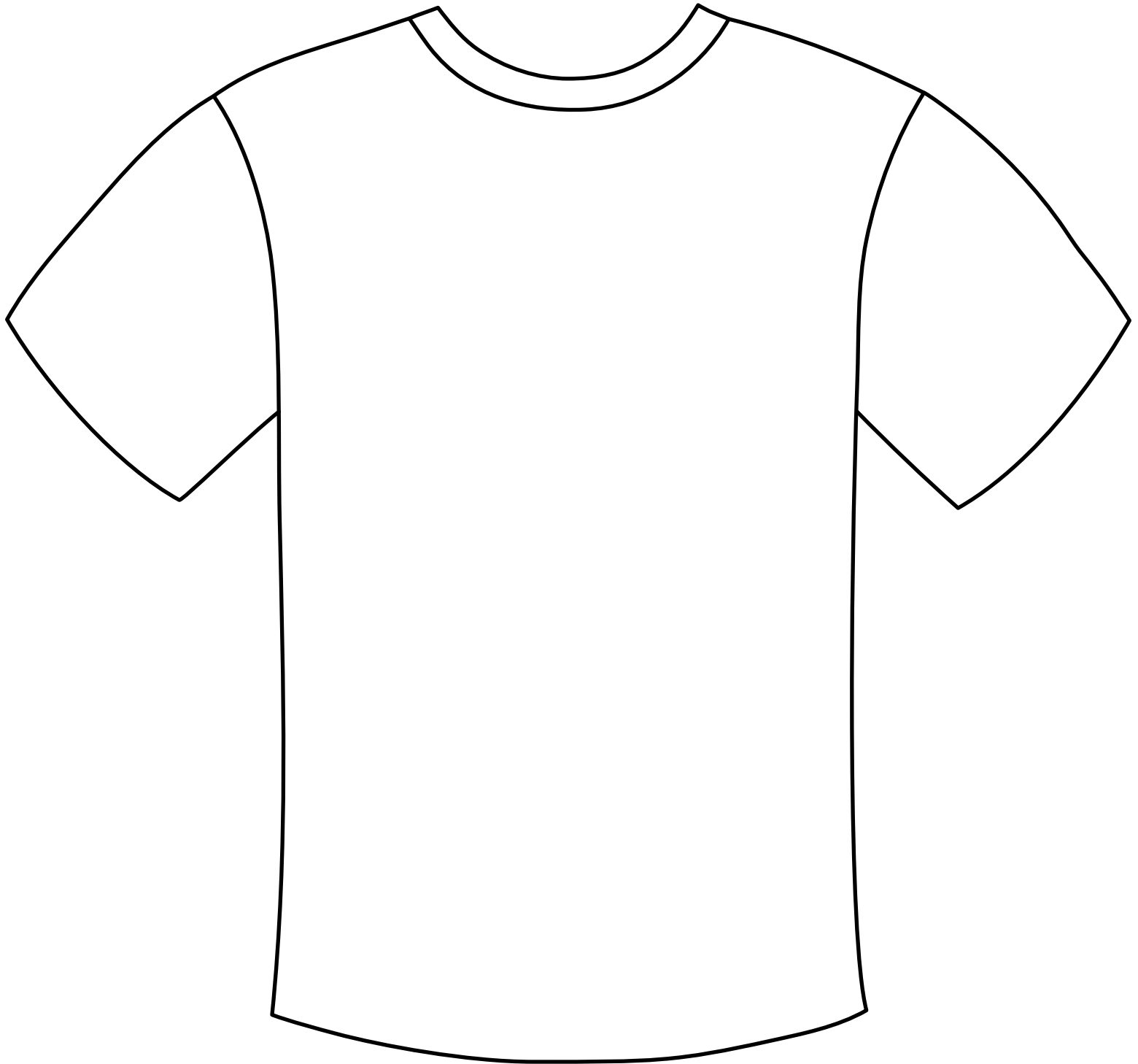
An acknowledgement is not always the same. It can be anything as long as you are doing good work to learn from the past and have respectful relationships with First Peoples as a way to move forward together.

SEPTEMBER

It's Orange Shirt Day!

Decorate your shirt cutout to place in your window or share on social media with bright orange colours and messages of love.

You can even write, "Every Child Matters"!



OCTOBER

JORDAN'S PRINCIPLE

Jordan's principle is about making sure that all First Nation-youth in Canada can have access to the services (help) they need, when they need them. Illustrate below some services you are grateful for that you think all kids should have!

ex: extra help at school or trips to the dentist.

A large rectangular box with a dotted border, intended for drawing or writing.A large rectangular box with a dotted border, intended for drawing or writing.A large rectangular box with a dotted border, intended for drawing or writing.A large rectangular box with a dotted border, intended for drawing or writing.

NOVEMBER

KIDS RIGHTS!

Read Spirit Bear's youth-friendly guide to the Convention of the Rights of the Child. Pick two that are most meaningful to you and draw them below!

ex. A right that means the most to me is having all my rights protected by the government.

1

2

DECEMBER

CALLS TO ACTION

Here is my progress on my 2 calls to Action. My progress can be written as sentences and/or drawn as pictures!

1



2

