

#Hibernating4Health



Spirit Bear's Guide to First Nations Children and Families Staying Safe During COVID-19

First Nations Practices



NOTE: Sometimes things change while we hibernate, so remember to always check with adults to see what is safe to do.

Show your love and take care of Elders by:

- Talking on the phone and visiting over video.
- Running errands (like getting medication and groceries) and leaving deliveries at the door. (Be sure to check with an adult!)
- Helping out with yard work.
- Trying not to give bear hugs!

Practice Ceremonies and Cultural Gatherings safely by:

- Avoiding large gatherings and groups of people, like at potlatches, sundances and powwows.
- Talking to your Elders and Knowledge Keepers (online!) to come up with safe ways to have ceremonies and gatherings.
- Using medicines and practices that make sense for you, like smudging, at home.
- Singing, drumming and dancing at home with loved ones or online.
- Remember, our ancestors always adapted our ceremonial and cultural practices to keep our communities safe and well.

Keep our children safe and supported by:

- Learning something new together at home, like sewing, beadwork, drumming and singing.
- Listening to stories.
- Helping children stay connected (online) with friends.

Our languages are so important and now is a great time to learn by:

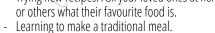
- Labeling your home with words in your language using post its!
- Learning and practicing one new word or phrase a day.
- Reaching out to Elders and Knowledge Keepers to learn more about your language.
- Finding online learning tools!

Keep safe and balanced through your connection to land by:

- Talking with your Elders about medicines and the ways that you can respectfully harvest them.
- Harvesting food with loved ones at home.
- Going for a walk with loved ones at home.
- Be sure to check with your community leadership to make sure it's safe!

Connect over good food by:

- Eating nutritious food when you can. - Eating together online with your Elders,
- friends and family.
- Trying new recipes! Ask your loved ones at home or others what their favourite food is.



Our community art practices are important for our wellbeing and you can stay connected to each other by:

- Organizing an online beading circle (or for any other art form).
- Learning a new art form, like beadwork, birchbark biting or quillwork, with loved ones at home or online.
- sharing your art on social media to cheer everyone up!

