

FEBRUARY MOON - THE BEAR MOON



Bear Moon represents the time for introspection. We look inside ourselves and we acknowledge the **vision quest** that we receive. Looking within, we reflect and envision where we have been and where we are going. Then, we go there with courage.

Have a Heart Day

Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.



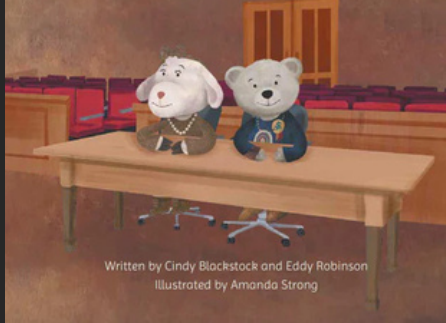


The Book Nook



Spirit Bear and Children Make History

Based on a True Story



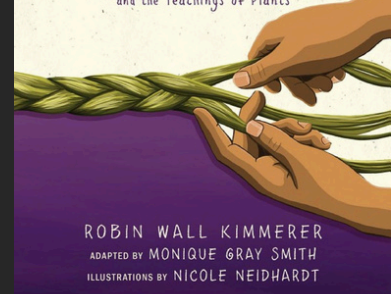
Spirit Bear and Children Make History, based on a true story, is told by Cindy Blackstock and Eddy Robinson and tells the true story of how First Nations and other children stood together for fairness.

Braiding Sweetgrass. Adapted for young adults by Monique Gray Smith, this new edition reinforces how wider ecological understanding stems from listening to the earth's oldest teachers: the plants around us

BRAIDING SWEETGRASS

FOR YOUNG ADULTS

Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants



ROBIN WALL KIMMERER
ADAPTED BY MONIQUE GRAY SMITH
ILLUSTRATIONS BY NICOLE NEIDHARDT



Winter Activity

Snowshoes were invented by Indigenous people to help with transportation throughout the winter season. Being nomadic people who are always on the move, walking in snow without them would be difficult and tiresome. Now people go snowshoeing as a way for physical activity and exercise. The pristine beauty the winter season provides to our surrounding area makes snowshoeing a great time for everyone. You can create your own scavenger hunts, look for animal tracks/prints and harvest cedar tea or birch bark while walking in the trails. Just remember to give thanks and lay down tobacco to show your respect.



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!



Name: _____ Date: _____

Seven Grandfather Teachings

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

humility bigfoot honesty bravery buffalo
respect beaver wisdom truth eagle
wolf bear love

*“Gratitude is much more than
thank you. It is a thread that
fosters relationships” - Robin Wall
Kimmerer*

Indigenous Education Team

- Ryan Plante - rplante@ncdsb.on.ca
- Rachel Batisse - rbatisse@ncdsb.on.ca

