

# Ways to Learn with Spirit Bear!

1<sup>ST</sup>  
WAY

## WITH MY MIND

- I think a lot and learn things so it's important for me to get long sleeps and eat healthy food like honey and berries to make me feel the best I can!
- Learning about Canada's history and why reconciliation matters *beary* much!
- When I voice my thoughts, it can help my friends think, too! I won't be afraid to share my thoughts and I will be kind and respectful when others share theirs!
- Learning about the world around me helps me become a more caring, loving, and kind person. It also keeps my mind open to learn about new things!

2<sup>ND</sup>  
WAY

## WITH MY SPIRIT

- I can help my friends, family, and community reach their goals.
- I honour my culture and I think it is important to honour the cultures of other people, too. I know we can celebrate our different cultures and traditions in ways that make us feel proud, respected, and listened to.
- I am proud to be who I am because I am strong, hardworking, and kind to everyone around me.
- I believe every person living in Canada can end discrimination against First Nations kids.

3<sup>RD</sup>  
WAY

## WITH MY HEART

- I treat everyone I know with kindness, fairness, and respect.
- My love for my family, friends, community, and the land keeps me strong.
- I usually feel happy, but sometimes I feel sad because of what I learn or because of something I have gone through. I will take care of myself and talk about how I feel with a friend, or a trusted adult. I can also call the Kids Help Phone 1-800-668-6868 or text the Kids Help Phone 686868 with the word CONNECT.
- When I learn about Jordan River Anderson and Shannen Koostachin, I want to make sure no other First Nations child is treated the way they have been because that makes me feel sad. I will share their stories with my friends, family, and community.

4<sup>TH</sup>  
WAY

## WITH MY BODY

- I will write letters and postcards to decision-makers in Canada and ask them to commit to the *Spirit Bear Plan* and the *Truth and Reconciliation Commission's Calls to Action*.
- I can create posters with my class, friends, family, and community, and stand up for First Nations kids at Have a Heart Day and Bear Witness Day.
- I love playing outside and learning from the land.
- By planting Heart Gardens, I can honour residential school survivors and the children who didn't come home.



First Nations Child &  
Family Caring Society

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