

#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.
- Learning to make a traditional meal.

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!

