



## Resources to support connecting to family, language, community, and land

### From the Caring Society

- Honouring Memories, Planting Dreams invites folks of all ages to honour children lost to the residential school system, survivors, and their families, and renew their commitment to reconciliation. Find guidance on how to get started, resources, and extension activities on the Caring Society's [Honouring Memories, Planting Dreams](#) webpage.
  - The [Finding Our Place in Reconciliation Activity](#) guides learners of all ages to learn about residential schools, engage with the TRC's Calls to Action, and make a specific goal in support of one.
- Spirit Bear's #Hibernating4Health [Guide to First Nations Children and Families Staying Safe during COVID-19](#) offers helpful suggestions on how to take care of Elders and children, practice ceremony, language, and art, and connect to the land safely under new circumstances.
- [Shannen's Dream: Safe and Comfy Schools](#) is a child-friendly information sheet about Shannen Koostachin's fight for good schools for all First Nations kids.
- The First Peoples Child & Family Review is publishing [a special children and youth edition about Shannen's Dream](#). It's looking for submissions from kids and youth now!
- Celebrating someone special while #Hibernating4Health? Check out [Spirit Bear's greeting cards](#) including a Fathers' Day, National Indigenous People's Day, Graduation, and Sending Hugs & Love card.
- Spirit Bear's first book, [Spirit Bear and Children Make History](#) is now available for free online. It is also available in Cree and Carrier.
- Spirit Bear's 2020 [Guide to Reconciliation Activity Book](#) and [Calendar](#) support kids in engaging with reconciliation while having fun.

## Other Resources for Kids and Youth

- Pam Palmater's [Warrior Kids Podcast](#) celebrates all things Indigenous.
- [GoodMinds.com](#) has released a free Ebook to read with family and friends, [Nuttah & Kitchi: Protect Our People, Stay Healthy, Keep Safe](#).
- *Kayak* magazine's 2018 issue, ["We Are All Treaty People"](#) explores treaties, their importance, and our responsibilities as treaty partners with kids in mind.
- Isaac Murdoch's telling of the [Ojibwe Sacred Fisher Story](#) offers important lessons about taking care of the Earth.
- In this [video](#) created during Covid-19, Isaac Murdoch shares Anishnaabe prophecy, knowledge and experience with pandemics.
- Do you know your plant, tree, animal, bird, fish, and bug neighbours? [iNaturalist](#) is a website and app that can help you learn to identify plants and animals. This [video](#) by Cornell Lab of Ornithology also teaches how to start recognizing bird calls.
- [This website by Georgian College](#) compiles Anishnaabemowin/Ojibwe learning resources for kids and adults.
- CBC's ["Original Voices"](#) is packed with information, podcasts, and videos where Indigenous knowledge keepers and learners share their knowledge and explain why their languages are so important.
- N'we Jinan's [Windcarriers Challenge](#) invites Indigenous youth to make their own art, connect with other Indigenous youth, learn from professionals, and maybe even win prizes. Also check out N'we Jinan's [music videos](#) by talented First Nations, Metis, and Inuit youth.
- [Hi-Ho Mistahey](#) is a documentary by Alanis Obomsawin about Shannen Koostachin's fight for equitable education. Check it out and [other stories told by Indigenous leaders](#) on the NFB.
- The [Secret Life of Canada's](#) episode on the Indian Act explains the Indian Act's impact on First Nations people since Confederation. The episode is accompanied by [extra learning material and activities for teens](#). Also check out their [shout out to teen water warrior Autumn Peltier](#) and other stories of Indigenous movers and shakers.