

# Reconciliation is all of us

No matter who you are or where you're from, you can take respectful actions to help make a better Canada for First Nations children and their families. Here are a few ways you can participate. You can also visit [fncaringsociety.com/events](https://fncaringsociety.com/events).

## Have a Heart Day

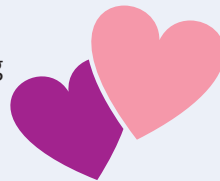
Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.

### Ways to Take Respectful Action

- Send a Valentine's card or letter supporting Have a Heart Day to the Prime Minister and/or your Member of Parliament.
- Host your own Have a Heart Day event in your school or community – gather to share songs, recite poems, or read your letter to an elected official.

FEBRUARY

14



MARCH

20

## Elderbeary Day

Elderbeary Day honours and celebrates the contributions of our Elders, who do so much to teach and raise our little ones.

### Ways to Express Your Gratitude

- Offer to help complete yard work, household tasks or run errands.
- Making heartfelt gifts or cards.
- Organize an activity to do together.



## School is a Time for Dreams

School is a Time for Dreams invites people from all over the country to support equitable education for First Nations children and all young people in Canada and honour Shannen Koostachin's dream for safe and comfy schools.

### Ways to Celebrate

- Host a Shannen's Dream gathering to learn about Shannen Koostachin and her campaign for safe and comfy schools for all kids.
- Send a letter to the Prime Minister and/or your Member of Parliament supporting Shannen's Dream. You can read the [letter](#)<sup>1</sup> Shannen wrote to the Government of Canada too!



MARCH

APRIL

MAY

10

## Bear Witness Day

Celebrated annually, Bear Witness Day honours Jordan River Anderson and invites people of all ages to "Bear Witness" to ensure Jordan's Principle is fully implemented.

### Ways to Bear Witness

- Host a Teddy Bear Tea Party and learn about Jordan River Anderson and the importance of Jordan's Principle. Don't forget to bring your teddy bears to daycare or school!
- Write a letter to the Prime Minister and/or your Member of Parliament to implement the [Spirit Bear Plan](#)<sup>2</sup> to end inequalities in public services for First Nations children and families.

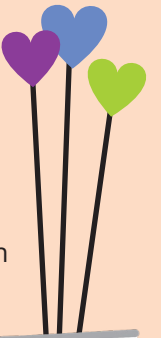


## Honouring Memories, Planting Dreams

Honouring Memories, Planting Dreams invites people of all ages to plant heart gardens in memory of children lost to the residential school system, to honour residential school survivors and their families, and to support the legacy of the Truth and Reconciliation Commission.

### Ways to Honour

- Plant a heart garden to show your commitment to reconciliation! Similar to a garden, reconciliation requires ongoing care, attention and commitment in order to prosper.
- Read Spirit Bear's book *Spirit Bear: Honouring Memories, Planting Dreams* and watch his films on Spirit Bear TV.
- Read *Spirit Bear's Guide to the Truth and Reconciliation Commission of Canada's Calls to Action*<sup>3</sup> and create a plan for how you will take action and respond to the Calls to Action.



MAY

JUNE

- 1 [fncaringsociety.com/publications/shannens-letter](https://fncaringsociety.com/publications/shannens-letter)
- 2 [fncaringsociety.com/spirit-bear-plan](https://fncaringsociety.com/spirit-bear-plan)
- 3 [fncaringsociety.com/publications/spirit-bears-guide-truth-and-reconciliation-commission-canada-calls-action](https://fncaringsociety.com/publications/spirit-bears-guide-truth-and-reconciliation-commission-canada-calls-action)



First Nations Child &  
Family Caring Society

[fncaringsociety.com](https://fncaringsociety.com)