

National Day for Truth and Reconciliation

**September 30 annually*

Activity Suggestions surrounding Truth and Reconciliation Day



- Children and educators are encouraged to wear orange shirts on this day in the spirit of healing and reconciliation. Explain that we wear orange shirts on this day to honour and remember the heritage, customs, and traditions of Indigenous children and their families, past, present and in the future. We want to showcase that “every child matters”.
- Create a paper chain with words that show each other that we matter (Kindness, Respect, Honesty, Caring, Loving, Understanding, Acceptance, Friendship). Hang the paper chain in the program and review the words regularly.
- Incorporate daily promises into your circle time where children pledge to try to be kind, respectful, caring, and safe to all children every day.
- Children can colour or paint an orange shirt template and create a display in the centre to connect their shirts together. Children or educators can print their names and add the word “matters” following them.
- Using a T-shirt template, educators can help children print their names on each shirt, followed by the word “matters”. Ask the children what they love about themselves and what their favourite attribute is and add them onto the template.
- Engage families in the days leading up to September 30, asking them to share how their child matters in their families, and details that make them special. Specifically, invite families to document these special attributes and values that describe their child onto the T-shirt templates as well.
- Create one large poster size T-shirt template, and print all of the children’s names on it. In the middle, print the words “We all matter!”. Invite children in one-on-one discussions about attributes of their peers that they admire. Guide children in conversations such as “Tell me something that is special



about Susie?" or "What do you love about Kathy?". Print their answers on the template under the name of the child in question.

- Invite children to paint rocks showcasing a connection to the land and environment around us, an important Indigenous world view. Place in an area outside to offer a calm gathering place while providing an opportunity to talk more about the beauty of our environment. Please note the following photos provided by Ana Timofte of our BrightPath Hermitage location which showcases paintings on rocks relevant to the Metis People.

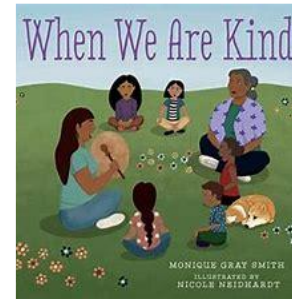


- Research culturally specific language from an Indigenous culture near you to add in your program as print context. These new words can act as conversation starters with children and offer a rich opportunity for further exploration of that culture. Please note the following photos which showcase the Metis language of 'Michif', shared by Ana Timofte from our BrightPath Hermitage centre, providing insight on how you can incorporate into your learning environments.



Read Alouds

- **The Sharing Circle** by Teresa Larsen-Jonasson
- **When We Are Kind** by Monique Gray-Smith
 - Engage in conversation following the story:
 - How can we be kind to one another?
 - What should we do when someone else is upset?
 - How can we be good listeners?



Family Engagement

- Post a question for the centre's Instagram followers in the story: What are your most important family values? Share the answers in a follow up Instagram story.

Music

- Play The Sounds of First Nations in Canada:

<https://youtu.be/IYHCiTJ2sQY>

- How does the music make you feel?
- How are the people making the sounds?

- Incorporate Indigenous music at sleep time, mealtimes and/or yoga:

<https://www.youtube.com/watch?v=h34MSoNUXSM>

wə ʔi? tə ste?əxwət tə
məkʷ wet

“all children are
important”

Musqueam First Nations

Food

- Food Tasting and baking

<https://www.steampoweredfamily.com/bannock-bread-recipe-science-history/>

Resources for Educators: Ongoing, Personalized Learning

Truth and Reconciliation in Canadian Schools by Pamela Rose Toulouse
Speaking Our Truth: A Journey of Reconciliation by Monique Gray Smith
They Came for the Children by The Truth and Reconciliation Commission of Canada
Behind Closed Doors: Stories from the Kamloops Indian Residential School by Jack Agnes
Residential Schools, With the Words and Images of Survivors: A National History by Larry Loyie, Wayne K. Spear, and Constance Brissenden
Calling Down the Sky by Rosanna Deerchild
Northern Wildflower by Catherine Lafferty
Mamaskatch by Darrel McLeod
They Called Me Number One by Bev Sellars
Beyond the Orange Shirt Story by Phyllis Webstad
Indigenous Peoples Atlas of Canada by the Royal Canadian Geographic Society
Broken Circle by Theodore Fontaine

Websites for Educators: Ongoing Personalized Learning

- [Truth and Reconciliation Commission of Canada](https://www.trc.gc.ca/)
- [First Nations Child & Family Caring Society](https://www.fncc.ca/)
- Association of Friendship Centres: <https://nafc.ca/?lang=en>
- <https://pltcanada.org/en/truth-and-reconciliation-resources/#kid>
- <https://nctr.ca/>

