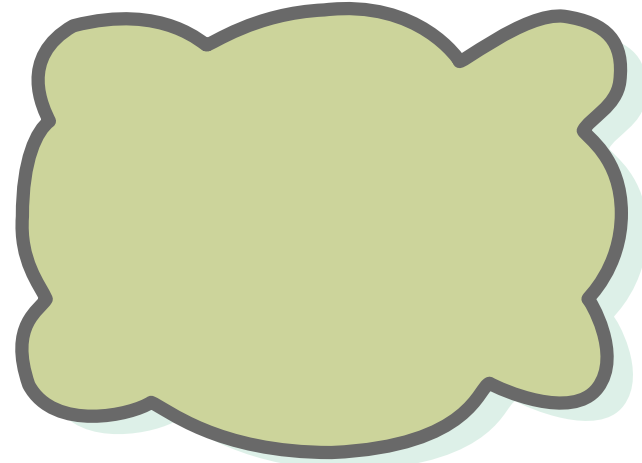


This book is about learning who we are and where we are from. It is about returning to ourselves. One way we can do this is to strengthen our cultural identity. Be proud to be Indigenous! We are a beautiful people.

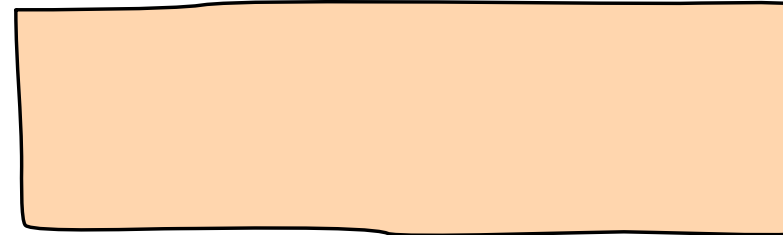
This is about loving you and embracing your unique lineage and identity.



*It's a good day to be
Indigenous*



Name



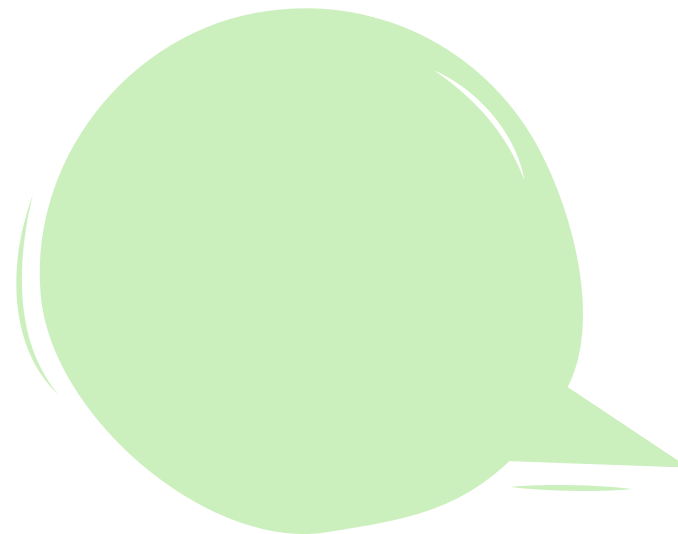
Family Last Name



Grandparents name are:



Clan



Name of Nation



My favourite part of being Indigenous is:



My spirit name



NONDAWISIN COUNSELLING
& CONSULTING

It's a good day to be Indigenous



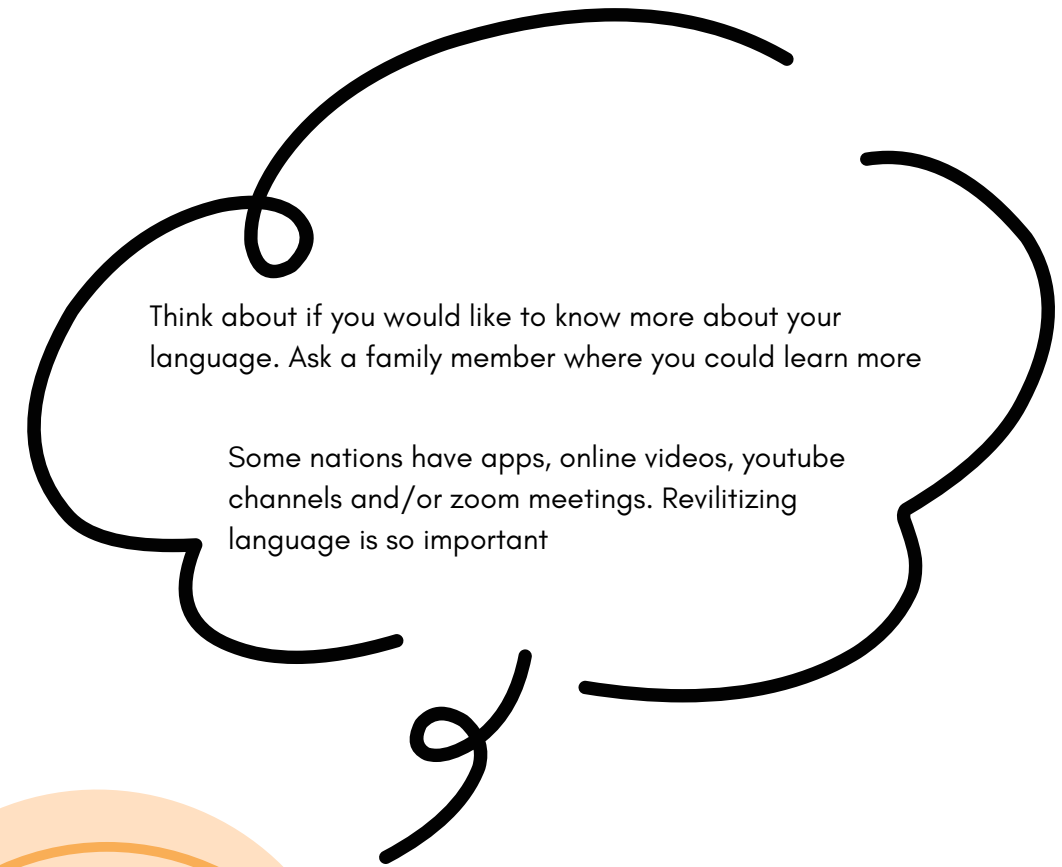
Language we speak



Some words I want to know:

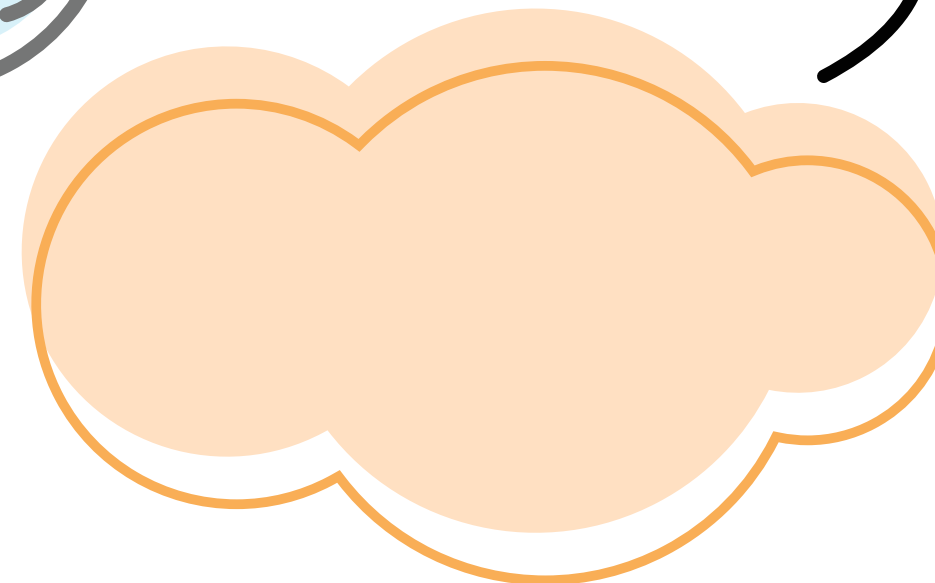


Some words I know:



Think about if you would like to know more about your language. Ask a family member where you could learn more

Some nations have apps, online videos, youtube channels and/or zoom meetings. Revitalizing language is so important



Ask a family member for a phrase they know of

It's a good day to be
Indigenous



Look on a map and see
where your nation is

cultural activity you want to learn

Write down a traditional family recipe

Memory of a family tradition/teaching