



Moving Forward:

Have courageous conversations: [with children](#) and [with adults](#).
Be an Ally: [Indigenous Ally Toolkit](#)
Donate time/money to an Indigenous group (survivors & families).
Set ongoing learning goals.
Create [change](#).

What Can I Do?
(In Response to the Recoveries at Residential Schools)

Making Connections:

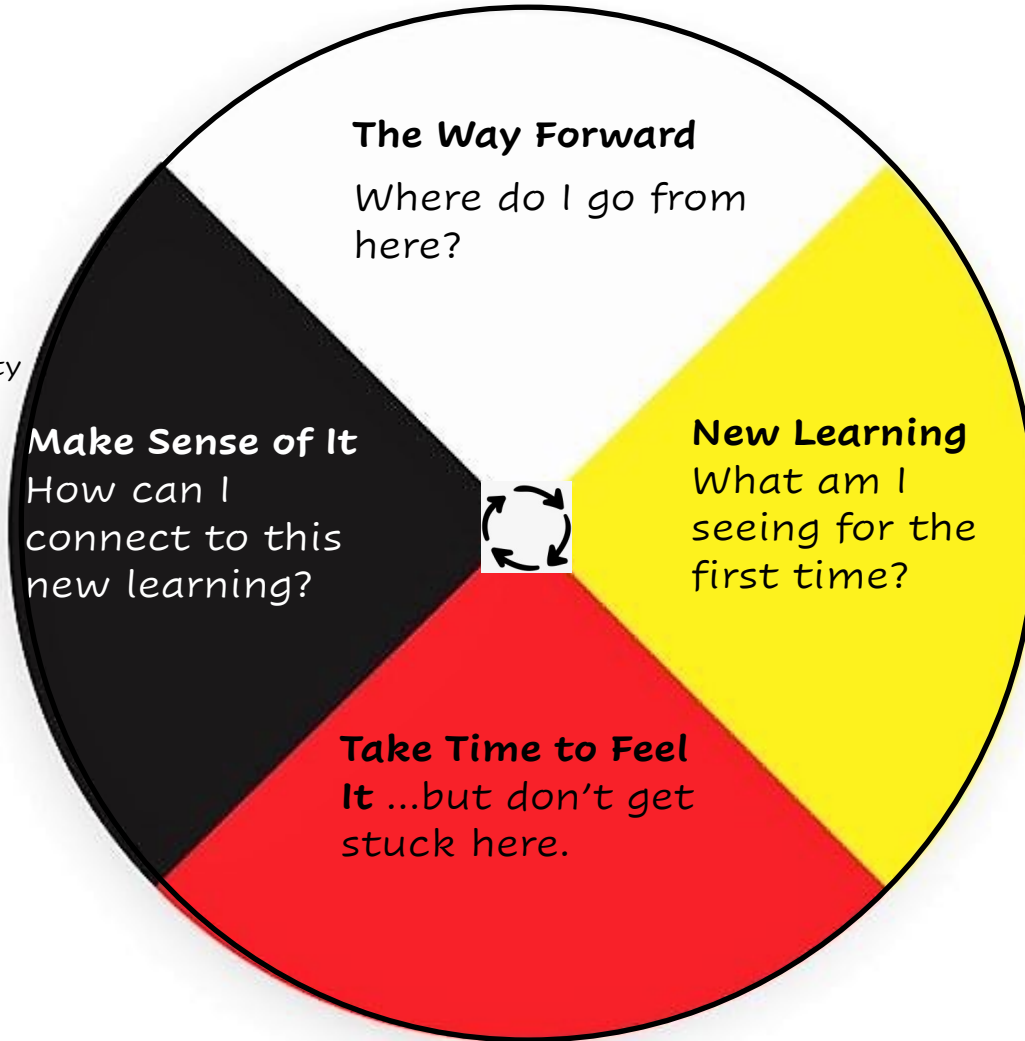
[Anti-Racist Educator Reads](#)
Voice-Ed Radio Podcasts

[Indigenous Canada](#) University of Alberta

Follow Indigenous people and organizations on social media.

How can you connect this new learning to your life?

Engage in [sharing circles](#).



Make a Commitment to Learning More:

From [APTN](#), [CBC Indigenous](#)

[94 Calls to Action](#) Truth and Reconciliation Commission of Canada ([Child-friendly version](#))

[NCTR](#) National Centre for Truth and Reconciliation

Residential School [Reading List](#)

[Survivor Stories](#)

Listen to poems such as Dennis Saddleman's [Monster](#) or Rita Joe's [I Lost My Talk](#).

Explore Kent Monkman's [art about Residential Schools](#).



Relating and Reflecting:

Make space for emotional connections.
In response, create your own art, music, or writing.
Connect with the land.
Practice self-care (spiritual, emotional, physical, intellectual)

