

June - Courage

The focus for June is Courage/Bravery.

Courage/Bravery - Aakwa'ode'ewin:

Commonly referred to as "Bravery" or "Courage."

Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.

To face life with courage is to know bravery.

Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

To do what is right even when the consequences are unpleasant.

<https://www.truecanadianart.com/single-post/2018/03/14/what-are-the-seven-grandfather-teachings>

Our goal is that teachers will learn together with their students about these teachings and bring them into their regular classroom activities. With a focus of respect, students could:

- Write, draw, talk about courage for others and for yourself – what do people in your life show courage? Brainstorm “What qualities make someone courageous or brave?” and discuss why having courage is important.
- Have students decorate a Bear and write above or below the Bear what represents Courage for them. On the next page, see the Bear art by [Michelle Stoney](#), a Gitksan artist who has graciously given permission for anyone to print off and colour this design - she just asks that it not be used for sale or profit.
- Share some picture books about [respect](#) or books from [this list](#).
- Engage in self-reflection and self-assessment techniques, being honest and kind with where they are in their learning journeys. Have students reflect on their ability to show courage to others and to themselves.
- Explore the 13 Moons of the [WSANEC](#)
- June is CENTEKI (Chen-Thucky) the Sockeye Moon. Refer to the following slideshow for information about [CENTEKI](#):
- Celebrated in May and June, [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 support the legacy of the Truth and Reconciliation Commission (TRC). You may also want to use this Honouring Memories, Planting Dreams [Colouring Sheet](#).
- June 21 is National Indigenous Peoples Day. Take this opportunity to engage with Indigenous Elders or Role Models. Invite an Elder or Role Model into your classroom to teach about local Indigenous culture. School funds will need to be used for this since the district Role Model funds need to be used by the end of May. Please check with the Indigenous Education Teacher(s) or Indigenous Classroom Assistant(s) at your school if you would like some support or advice with making these [bookings](#).
- More National Indigenous Peoples Day Activities:
<https://engage.sd62.bc.ca/system/files/uploads/documents/National%20Indigenous%20Day%20-%20Land%2C%20Sea%2C%20Sky%2C%20Spirit.pdf>

COURAGE



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