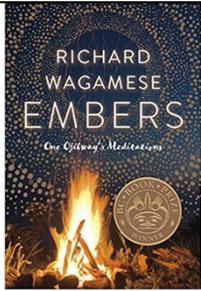


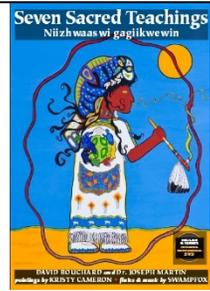


<https://mindfulnesseveryday.org/resourcesforindigenous.html>

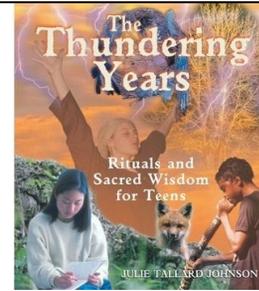
1. Indigenous Education (a work in process)



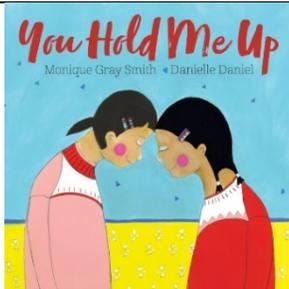
[Embers: One Ojibway's Meditations](#)  
Paperback by Richard Wagamese



[Seven Sacred Teachings](#) by David  
Bouchard (Author), Joseph Martin  
(Author), Kristy Cameron (Illustrator)

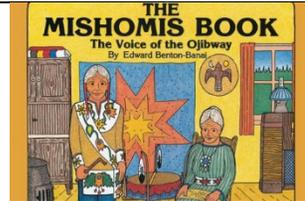


[The Thundering Years: Rituals and Sacred](#)  
[Wisdom for Teens](#) by Julie Tallard  
Johnson



[You Hold Me Up](#) by Monique Gray Smith  
- Illustrated by Danielle Daniel

This vibrant picture book, beautifully illustrated by celebrated artist Danielle Daniel, encourages children to show love and support for each other and to consider each other's well-being in their everyday actions.



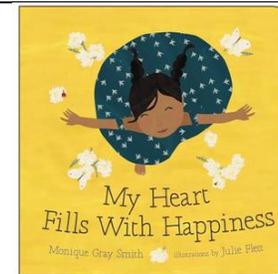
[The Mishomis Book](#) by Edward Benton-  
Banai

Recommended for all ages  
Created for people of all cultures, but especially for Ojibway and Native youth, The Mishomis Book is detailed introduction to Ojibway culture and the sacred Midewiwin teachings. Parents will appreciate the message that life should be centered on respect for all living



[Sometimes I Feel Like A Fox](#) by Danielle  
Daniel

In this introduction to the Anishinaabe tradition of totem animals, young children explain why they identify with different creatures such as a deer, beaver or moose. Delightful illustrations show the children wearing masks representing their chosen animal, while the few lines of text on each page work as a series of simple poems throughout the book.



[My Heart Fills With Happiness](#) by  
Monique Gray Smith (Author),  
Julie Flett (illustrator)

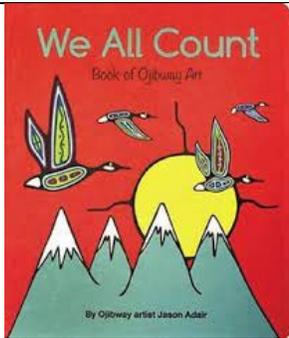
A board book that celebrates happiness and invites children to reflect on the little things in life that bring them joy. The joy of singing, drumming, and dancing, the feeling of sunshine on your face or grass under your feet, the smell of bannock baking or stories told, are related in spare prose and art in this elegant board book which ends with the



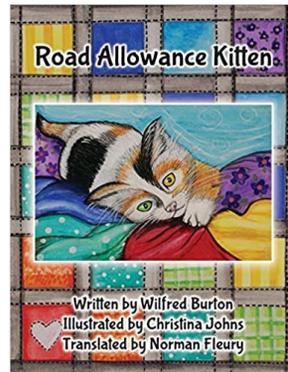
<https://mindfulnesseveryday.org/resourcesforindigenous.html>

things, vibrant community and a respectful relationship with nature.

question, “What fills your heart with happiness?”

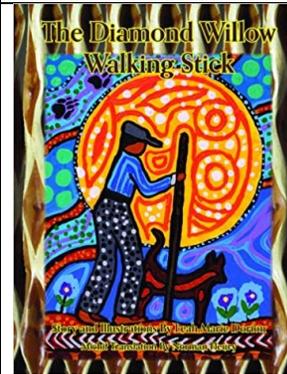


Adair, Jason [Ojibway].  
We All Count: Book of Ojibway Art.  
Native Northwest, 2014.  
<https://www.nativenorthwestselect.ca/Board-Book-We-All-Count-Ojibway>  
Adair’s Woodland style of painting is the highlight in this counting board book written in Ojibway and English. Beautifully designed birds and other wildlife sit against flat planes of colour in tones and shades ranging from bright reds to vibrant purples to pale blues. This is a gorgeous book for the very young that opens their eyes to art and their ears to language. An excellent introduction to Ojibway numbers, highlighting the culture’s deep relationship with animals. First in a series, this book showcases Ojibway art and culture and teaches children to count in English and Ojibway.



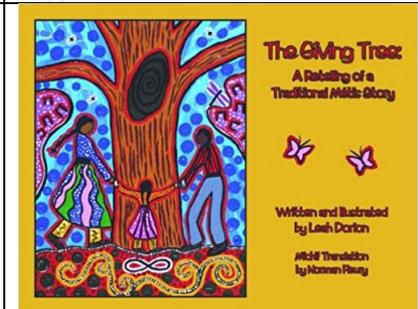
[Burton, Wilfred \[Métis\]. Road Allowance Kitten.](#)  
[Illustrated by Christina Johns \[Métis\].](#)  
Gabriel Dumont Institute, 2015.

Two Métis girls and one little kitten are at the centre of this story about the Road Allowance Métis and their forced 1949 relocation by the Saskatchewan government from their homes on the road allowance. As the girls face the upheaval and displacement of their community, they are determined their pet kitten will not be left behind. The folk art illustration style is vivid and colourful, bringing immediacy to the drama of the story.



[Dorion, Leah Marie \[Métis\]. The Diamond Willow Walking Stick: A Traditional Métis Story about Generosity.](#)  
Gabriel Dumont Institute, 2012.

Traditional teachings of kindness and generosity and walking the “good road” are reinforced by Dorion’s brilliant full-page paintings. The “circle of generosity” and the sharing of Métis culture, stories, language, and practices are exemplified in the giving away of your most treasured item, in this case a diamond willow walking stick which had been lovingly carved and painted.

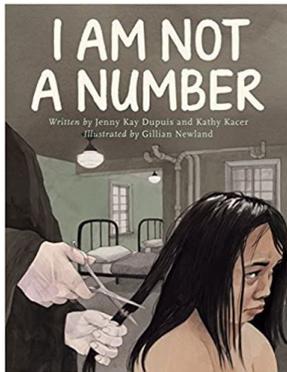


[Dorion, Leah Marie \[Métis\]. The Giving Tree: A Retelling of a Traditional Métis Story.](#)  
Gabriel Dumont Institute, 2009.

This beautiful Michif and English book features a Grandpa telling his grandchild about the “giving tree” where his family stopped when he was a boy travelling between two Métis communities. The giving tree had a hollow that Métis travellers used to store emergency supplies. If one took anything from the tree, they had to add something to the hollow.

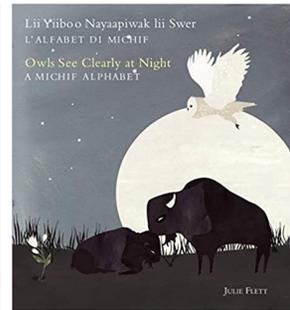


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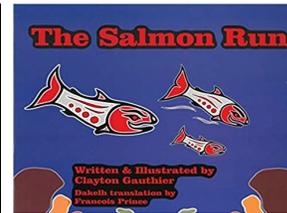
[Dupuis, Dr. Jenny Kay \[Nipissing First Nation\] and Kathy Kacer. \*I Am Not a Number.\* Illustrated by Gillian Newland. Second Story Press, 2016.](#)

This harrowing story of the residential school experience is based on the personal account of Irene Couchie Dupuis, the author's Anishinaabe Granny. Irene is eight when she is removed from her family and sent to residential school, where she must draw on her resilience to remember who she is and where she comes from. The realistic illustrations focus on faces and moments that speak to the characters' heartbreak. This difficult story contributes to the painstaking and necessary process of reconciliation. In the afterword, Dupuis elaborates on her Granny's personal story and the history of residential school system, opening up a space for remembering and conversation.



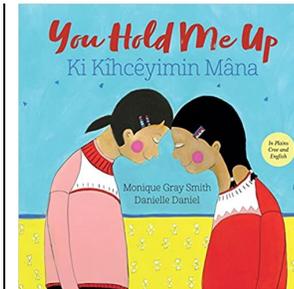
[Flett, Julie \[Cree/Métis\]. \*Lii Yiiboo Nayaapiwak lii Swer: l'Alfabet di Michif / Owls See Clearly at Night: A Michif Alphabet.\* Simply Read Books, 2010](#)

Julie Flett's introduction to the Michif language imparts essential vocabulary relating to the land, weather, animals, and plants. From Li Bafloo to La Galet to Lii Zyeu, Flett illustrates elements of Métis culture and country. The grey-scale palette is augmented by bursts of red and subtle shades of yellow and blue.



[Gauthier, Clayton \[Cree/Dakelh\]. \*The Salmon Run.\* T heytus Books, 2016.](#)

Through poetic language and bold illustrations, Gauthier's bilingual text follows the salmon upstream in the path of their ancestors. Bold blue, grey, and red images impart respect and knowledge as the salmon spawn and finally rest. Dakelh translation by Francois Prince.

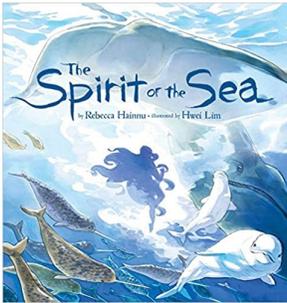


[Gray Smith, Monique \[Cree/Lakota\]. \*You Hold Me Up.\* Illustrated by Danielle Daniel \[Métis\]. Orca Book Publishers, 2017.](#)

Gray Smith provides a positive message of love, support, and respect for children and adults. "You hold me up" refers to the support and love the children receive through moments of comfort, laughing and learning together, and being listened to. The book ends by showing that "we hold each other up." This book is perfect not only for storytime but also for bedtime as it has a beautiful calming pace.



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[Hainnu, Rebecca \[Inuit\].](#)  
[The Spirit of the Sea.](#)  
[Illustrated by Hwei Lim.](#)  
[Inhabit Media, 2014.](#)

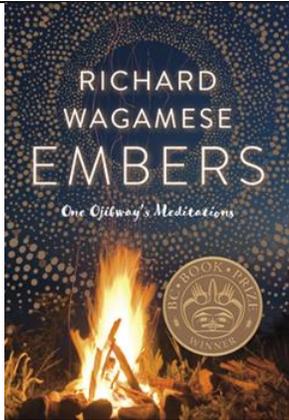
The tragic story of how a beautiful young girl became the spirit of the sea is an important narrative found across the Arctic. Nuliajuq, the name used in this version of the story, is too proud to accept the many offers of marriage from local hunters until a handsome man steals her heart. When Nuliajuq realizes she has been tricked, she calls to her father to save her. During the ensuing escape, fear causes dramatic consequences for Nuliajuq and she is doomed to the watery underworld. This powerful story of pride, deception, and cowardice is beautifully illustrated in shades of milky blues.



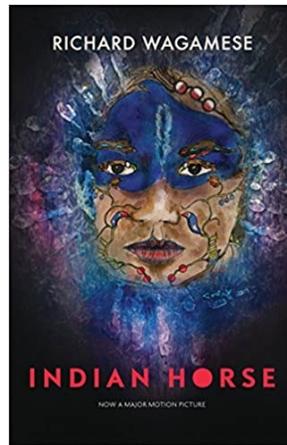
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## 2. Richard Wagamese

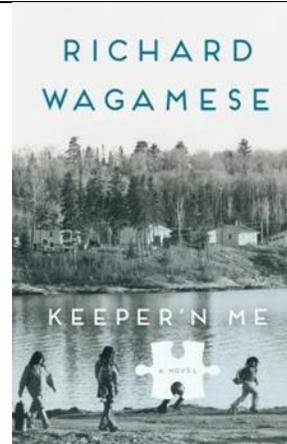
Richard Wagamese was an Ojibwe author and journalist from the Wabaseemoong Independent Nations in what is now known as northwestern Ontario.



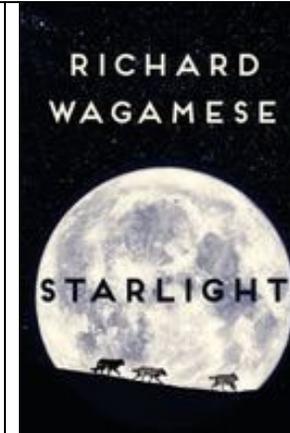
[Embers: One Ojibway's Meditations Paperback by Richard Wagamese](#)



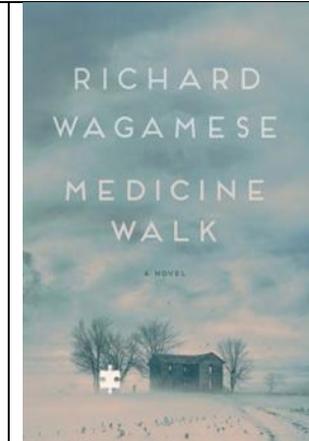
[Indian Horse By Richard Wagamese](#)



[Keeper'n Me by Richard Wagamese](#)



[Starlight by Richard Wagamese](#)



[Medicine walk by Richard Wagamese](#)