

JOURNAL

for Youth

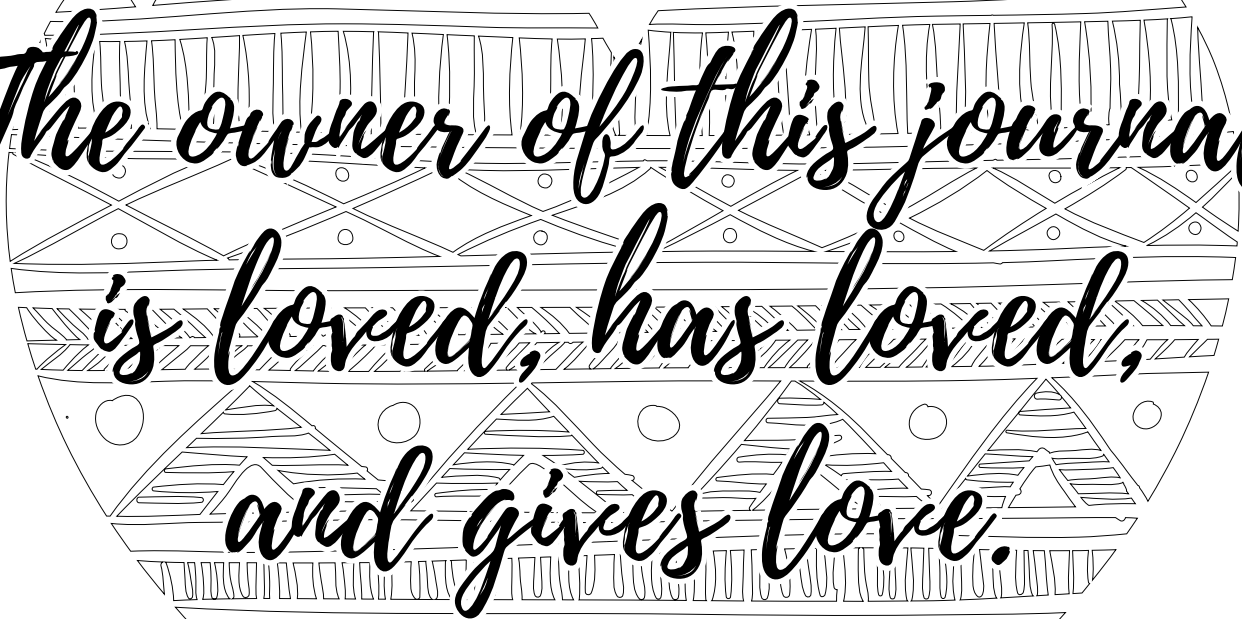


"Love Builds the Bundle"

Journal to Empower and Enhance the Safety
of 2SLGBTQQIA Girls and Youth



Ontario Native Women's Association (ONWA) &
Ganohkwasra: Family Assault Support Services



*The owner of this journal
is loved, has loved,
and gives love.*

Foreword

The Love Builds the Bundle Youth Journal was created out of a need for resources that integrate Traditional/Cultural Teachings with contemporary information as it relates to 2SLGBTQQIA Girls and Youth Safety.

We want to acknowledge the dedication and expertise of the teams at the Ontario Native Women's Association (ONWA) and Ganohkwasra Family Assault Support Services (GFASS) for their contributions to the evolution of this journal, as well as the Youth, parents/caregivers, Elders and Knowledge Keepers.

Miigwech, Hiy hiy, Masi chok, Ish nish, Hoy chexw, Kinahnaskomihtin, Nakurmik, Marsii, Wela'lin, Ato'n:wa, Ya wan ko, Nia:wen, Nya;weh, Merci, Thank you.

Disclaimer

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This journal belongs to:

Love Fills the Bundle Artwork © Ontario Native Women's Association (ONWA)

Setting Goals

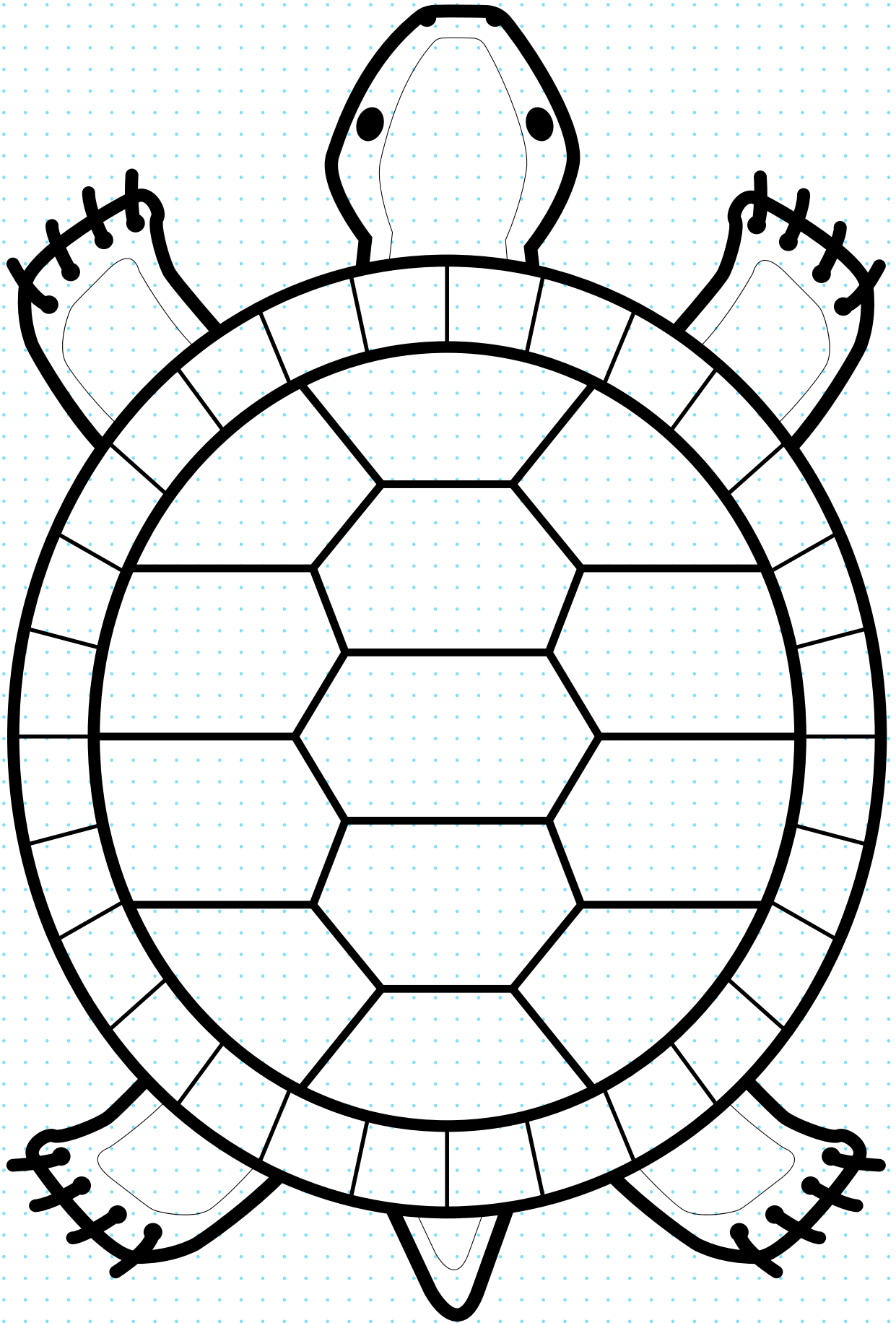
The teachings of the Turtle

It starts with an understanding that we are ALWAYS moving in a direction – forward, backwards or sideways. When we are in balance, we can be guided by Creator and culture.

The turtle's head represents Creator's purpose for us. Everyone has a purpose and gifts to fulfill that purpose. The turtle's tail represents community needs. Everyone is intended to use their gifts to contribute to their community's restoration and maintenance of balance. The turtle's feet represent the four roles we need to maintain: self, family, community, and Nation. The turtle's shell represents the 13 Grandmother Moons, each moon corresponding with a month.

Last year, I accomplished:

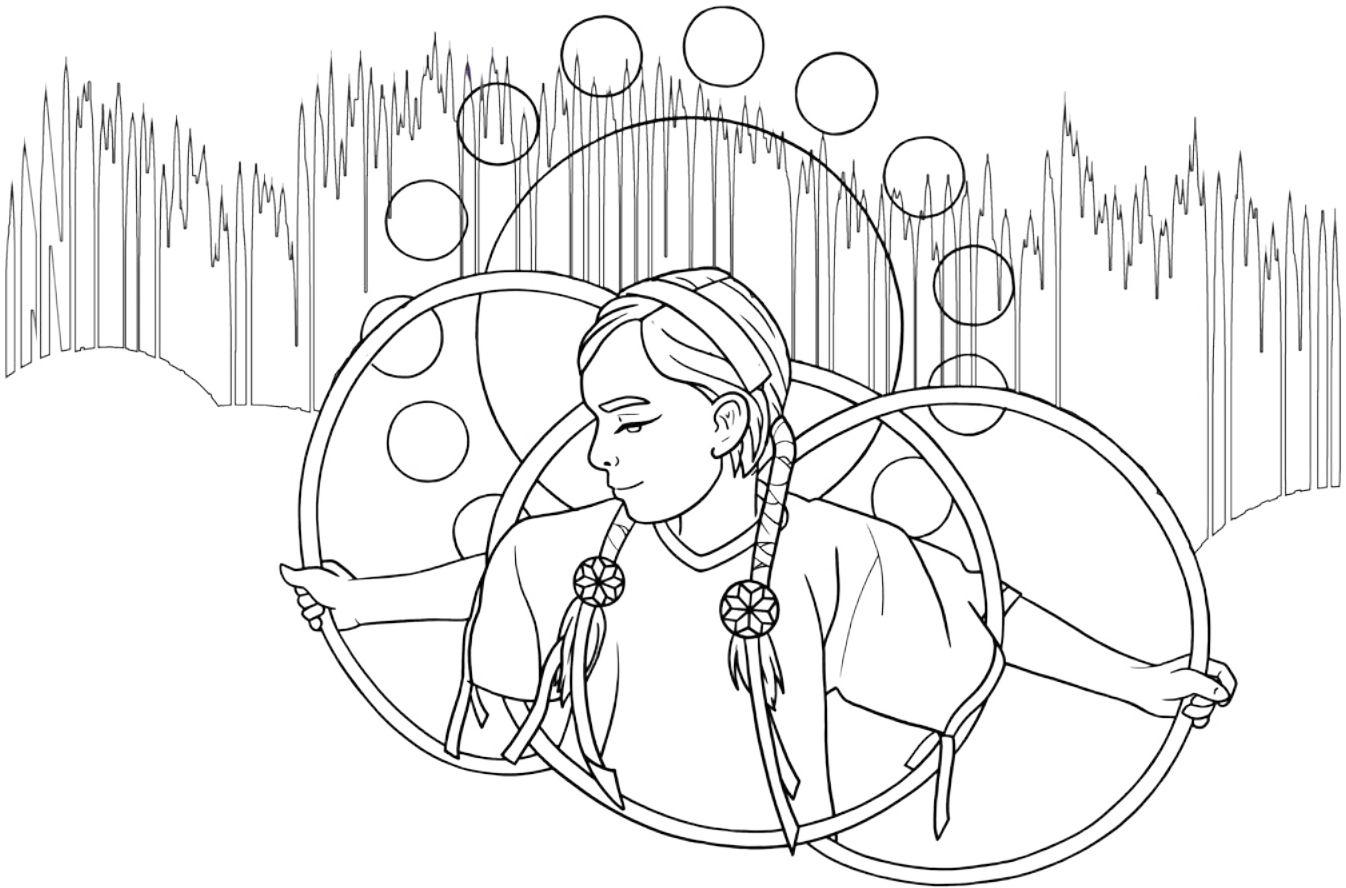
This year, I will accomplish:



First Moon of Creation

Spirit Moon

is the time of connection. During this moon, we recognize who we are in connection to our relations, land, water, and all of Creation. In the light of this moon we purify ourselves and prepare for the coming seasons.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

January | 4

"Love Builds the Bundle" JOURNAL FOR YOUTH

January

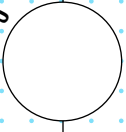
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sha'tekohseri:hen Wenhni:tare

Midwinter Ceremony

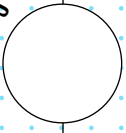
Folks gather in ceremony to stir the ashes. This provides a sense of renewal and gratitude moving into the New Year. Incorporating the 4 ceremonies that were given to the people by the Creator.

Sunday



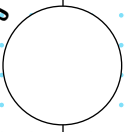
POSITIVE THOUGHTS

Monday



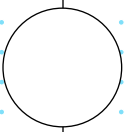
POSITIVE THOUGHTS

Tuesday



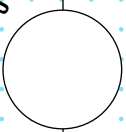
POSITIVE THOUGHTS

Wednesday



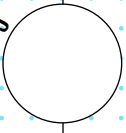
POSITIVE THOUGHTS

Thursday



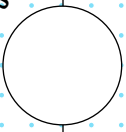
POSITIVE THOUGHTS

Friday

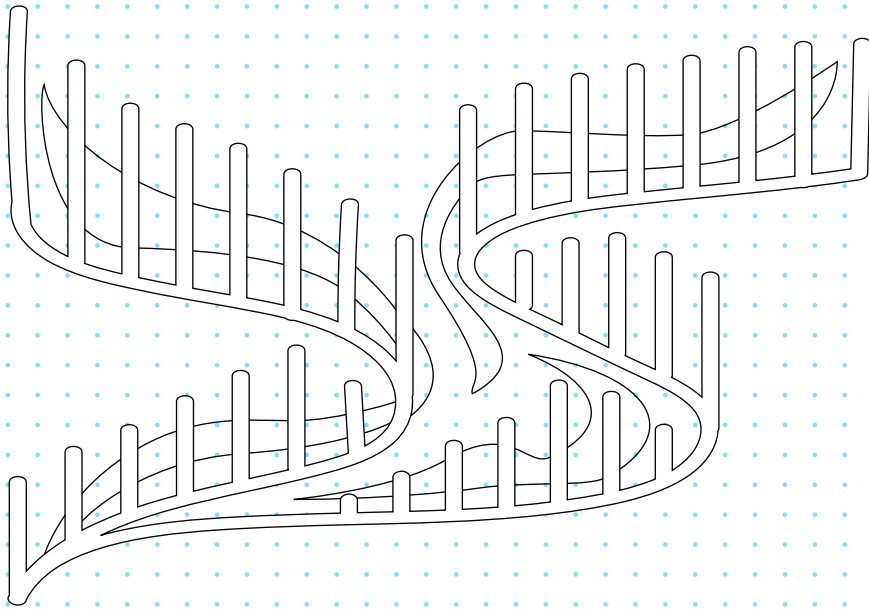


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

Notes

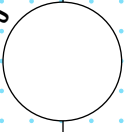
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>

Trackers

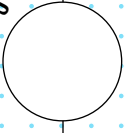
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
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S				

Sunday



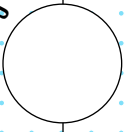
POSITIVE THOUGHTS

Monday



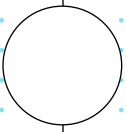
POSITIVE THOUGHTS

Tuesday



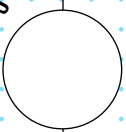
POSITIVE THOUGHTS

Wednesday



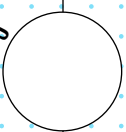
POSITIVE THOUGHTS

Thursday



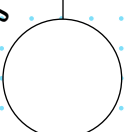
POSITIVE THOUGHTS

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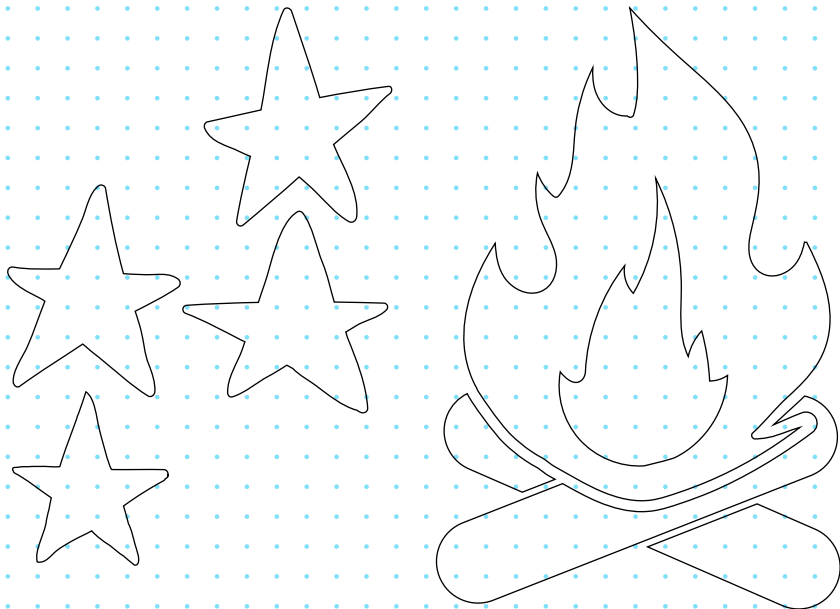


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

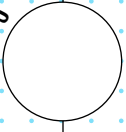
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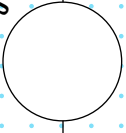
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S				

Sunday



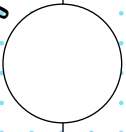
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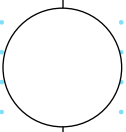
POSITIVE THOUGHTS

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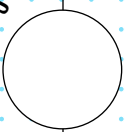
POSITIVE THOUGHTS

Wednesday



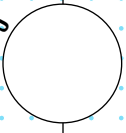
POSITIVE THOUGHTS

Thursday



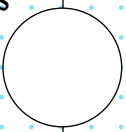
POSITIVE THOUGHTS

Friday

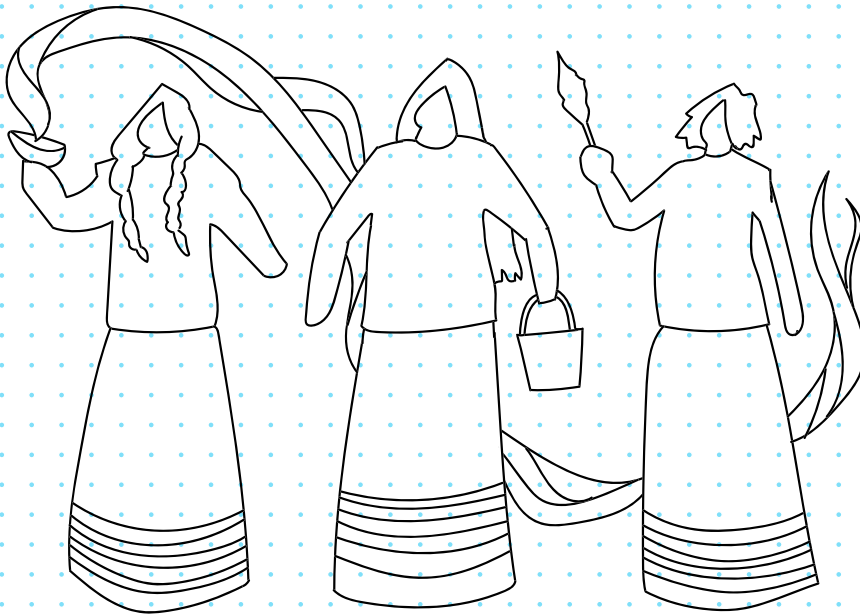


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

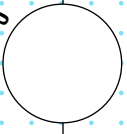
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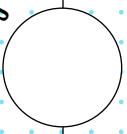
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S				
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Sunday



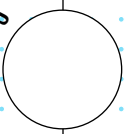
POSITIVE THOUGHTS

Monday



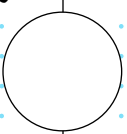
POSITIVE THOUGHTS

Tuesday



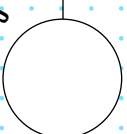
POSITIVE THOUGHTS

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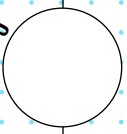
POSITIVE THOUGHTS

Thursday



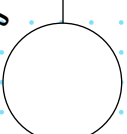
POSITIVE THOUGHTS

Friday



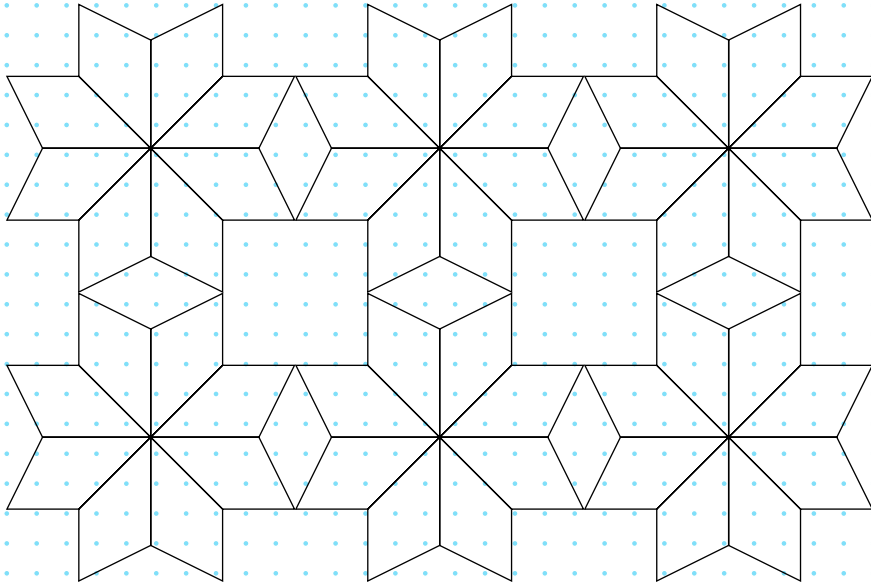
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

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Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Name: _____

A Guide to the Acronym

Q O E H F H Q C K A U N G Y K E S H
H N P E K A G E N D E R A L N A H C
Q A R O M A N T I C J T S N O S L A
U V T V M Q O Y V L T I D Z T E Y X
E T P I T R A N S G E N D E R X P Z
E H F I N T E R S E X P N X R U Y A
R C A D Q L E S B I A N V Z J A V J
V Q U E S T I O N I N G A A S L I V
L U M C Q Z X K Z E B K I G B X D E
C S Z V J E P S A B I S E X U A L X
N K X R W K G J P A N S E X U A L N
P T W O S P I R I T T O X K C P Z L

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

AGENDER
AROMANTIC
ASEXUAL
BISEXUAL

INTERSEX
LESBIAN
PANSEXUAL
QUEER

QUESTIONING
TRANSGENDER
TWOSPIRIT

Gay
A man who is romantically or sexually attracted to only other men.

Lesbian
A woman who is romantically or sexually attracted to only other women.

Bisexual
The sexual, emotional or romantic attraction towards more than one gender.

Transgender
An umbrella term for people whose gender does not align with the sex they were assigned at birth.

Agender
Agender can be an identity on its own, referring to people who identify as having no gender or being without a gender identity. It can also be a spectrum that encompasses many different genders or people who commonly do not have a gender or describe their gender as neutral.

Intersex
Individuals born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals or in other words do not fit in society's definition of male or female.

Pansexual
Sexual or romantic attraction toward people of any sex or gender identity.

LOVE IS LOVE

2SLGBTQQIA+

A Guide to the Acronym



Asexual
Someone who may not experience sexual attraction to anyone at any point, only sometimes, or after developing a romantic connection.

Questioning
A term used for people who are exploring one's gender and/or sexual identity. Sometimes this is because they are still unsure but can be for various reasons.

Legend:

- Biological Sex
- Romantic Attraction
- Gender Identity
- Sexual Orientation

Aromantic
Someone who may experience little to no romantic attraction to someone else.

Two-Spirit
A pan-Indigenous umbrella term which encompasses various gender and sexual identities, as well as unique ceremonial and social roles and responsibilities held in a community.

Queer
Queer is an umbrella term for sexual and gender minorities that are not conforming to heterosexual or cisgender norms. While it has been recently reclaimed by the community, not everyone is comfortable with its use.

Second Moon of Creation

Bear Moon

represents the time for introspection. We look inside ourselves and we acknowledge the vision quest that we receive. Looking within, we reflect and envision where we have been and where we are going. Then, we go there with courage.



February

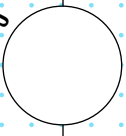
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Wata'kerokwaskó:wa Wenhni:tare

Great Snow Ceremony

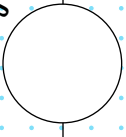
Time to hunt game and engage in winter games like snow snakes.

Sunday



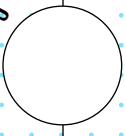
POSITIVE THOUGHTS

Monday



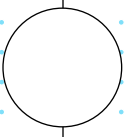
POSITIVE THOUGHTS

Tuesday



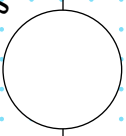
POSITIVE THOUGHTS

Wednesday



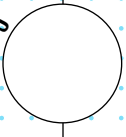
POSITIVE THOUGHTS

Thursday



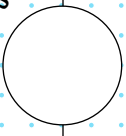
POSITIVE THOUGHTS

Friday



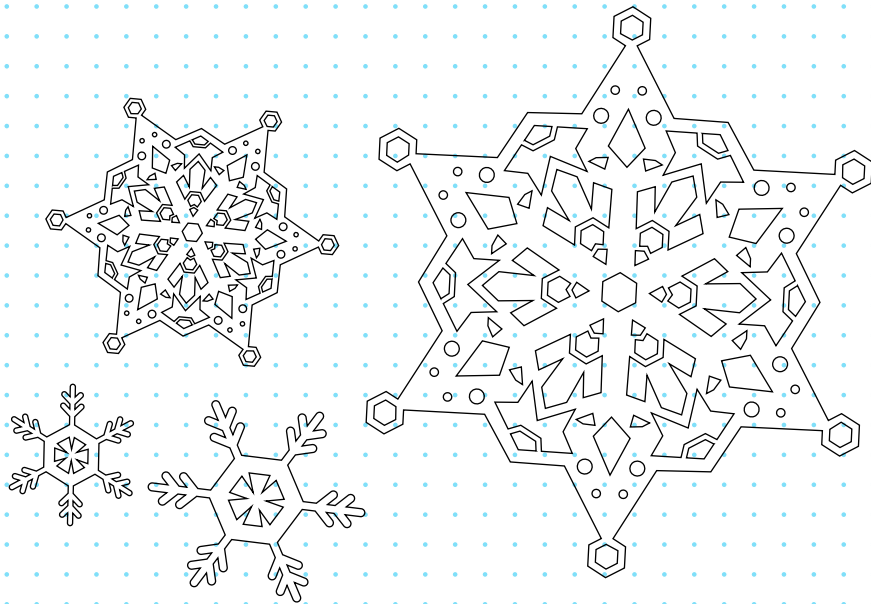
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



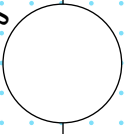
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Trackers

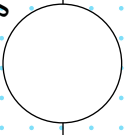
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Sunday



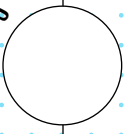
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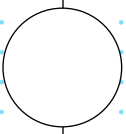
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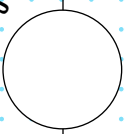
POSITIVE THOUGHTS

Wednesday



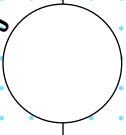
POSITIVE THOUGHTS

Thursday



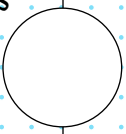
POSITIVE THOUGHTS

Friday



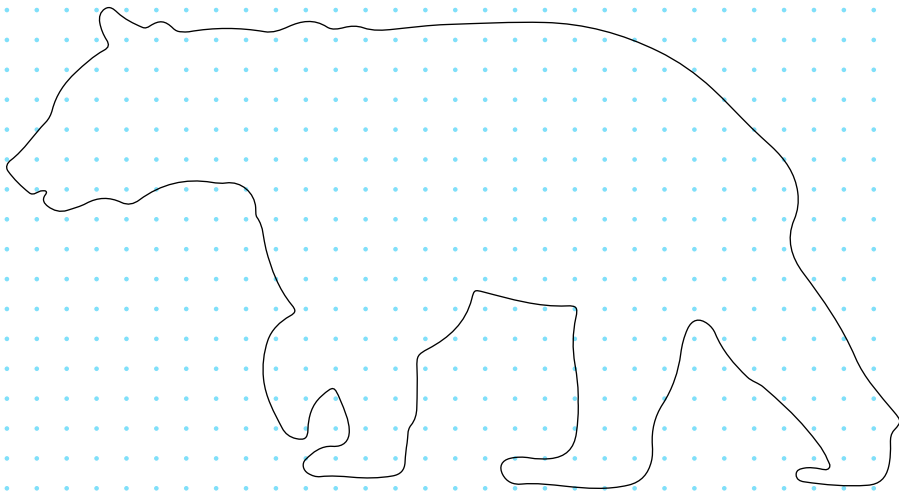
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



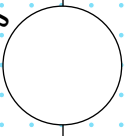
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Trackers

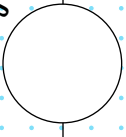
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Sunday



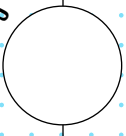
POSITIVE THOUGHTS

Monday



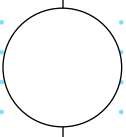
POSITIVE THOUGHTS

Tuesday



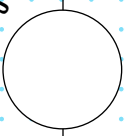
POSITIVE THOUGHTS

Wednesday



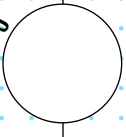
POSITIVE THOUGHTS

Thursday



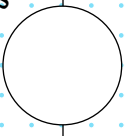
POSITIVE THOUGHTS

Friday



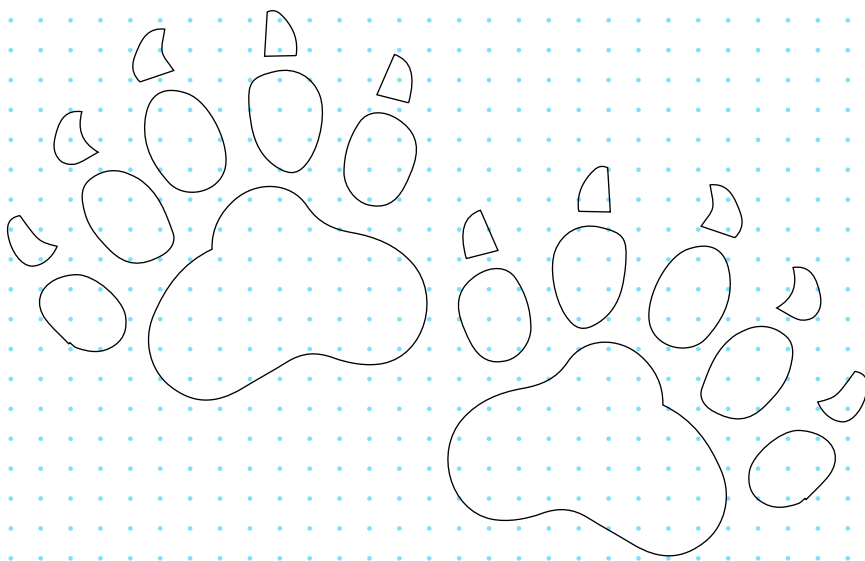
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



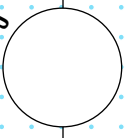
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

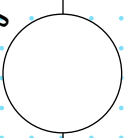
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



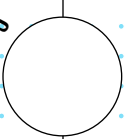
POSITIVE THOUGHTS

Monday



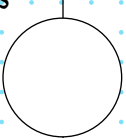
POSITIVE THOUGHTS

Tuesday



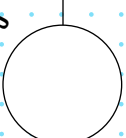
POSITIVE THOUGHTS

Wednesday



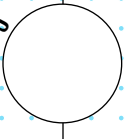
POSITIVE THOUGHTS

Thursday



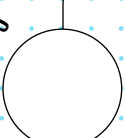
POSITIVE THOUGHTS

Friday

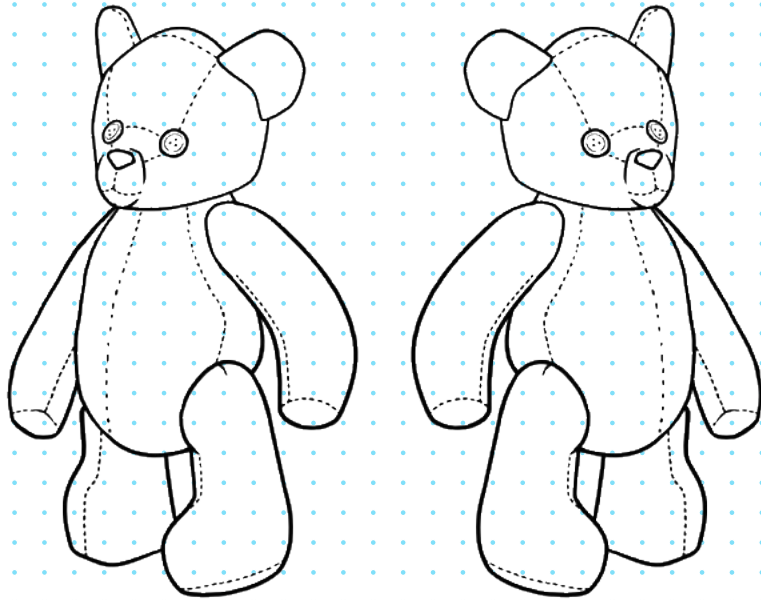


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Coming Out - Safety Planning

When planning your “Coming Out” is your safety at risk with anyone you want to tell? Who?

Where can I go if the situation starts to feel unsafe? (Family members, friends, local crisis shelter, etc.)

Who can I call that will support me no matter what?

Places or people I could stay with if home is no longer a safe option?

1.

2.

3.

What to do if I feel unsafe while I am there? (Emotionally, physically, spiritually, mentally, etc.)

1.

2.

3.

Coping Strategies that I can use: (Social distancing, “I” statements, grounding techniques, etc.)

1.

2.

3.

People who I can ask for help:

Name:

Phone:

Email:

Address:

Name:

Phone:

Email:

Address:

Name:

Phone:

Email:

Address:

Professionals or agencies I can contact:

Name: ***Emergency Services***

Phone: **911**

Name:

Phone:

Email:

Address:

Name:

Phone:

Email:

Address:

Name:

Phone:

Email:

Address:

Third Moon of Creation

Snow Crust Moon

is a time of reawakening and rebirth. We recognize it as the time of new beginnings. During this moon, we sound out our voices and begin the process of planting the seeds of creation. The snow still covers the earth, but underneath it, we know the world is awakening from its slumber.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

March

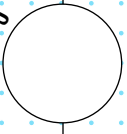
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Wáhta Wenhni:tare

Sugar/Maple Moon

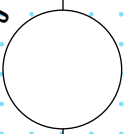
Time to harvest sweet water and engage in Wháta ceremonies.

Sunday



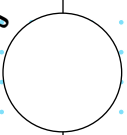
POSITIVE THOUGHTS

Monday



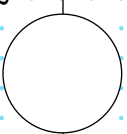
POSITIVE THOUGHTS

Tuesday



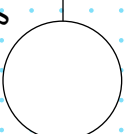
POSITIVE THOUGHTS

Wednesday



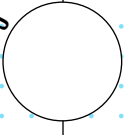
POSITIVE THOUGHTS

Thursday



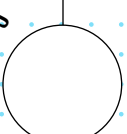
POSITIVE THOUGHTS

Friday



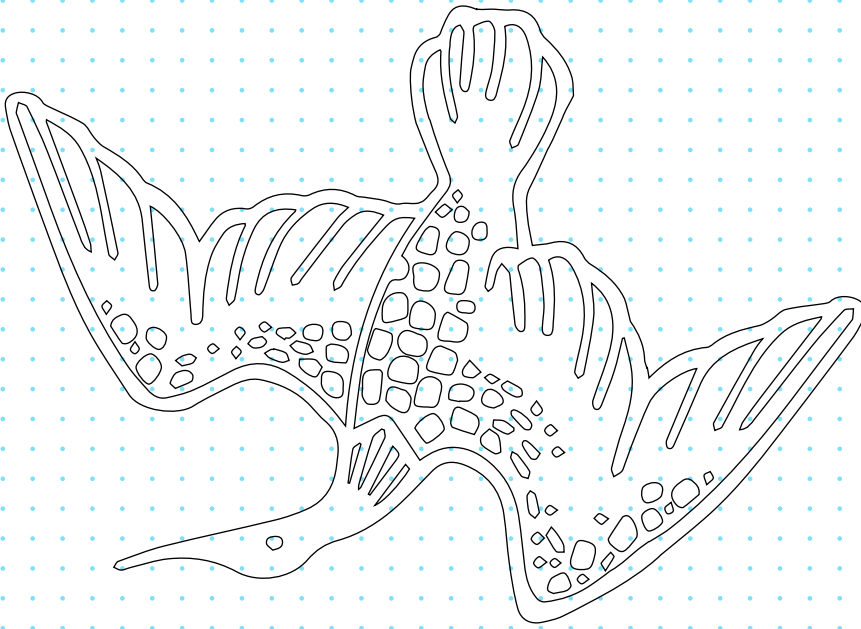
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



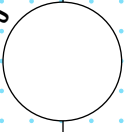
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

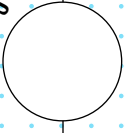
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



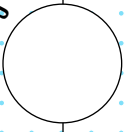
POSITIVE THOUGHTS

Monday



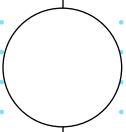
POSITIVE THOUGHTS

Tuesday



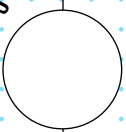
POSITIVE THOUGHTS

Wednesday



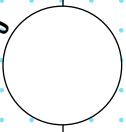
POSITIVE THOUGHTS

Thursday



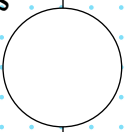
POSITIVE THOUGHTS

Friday



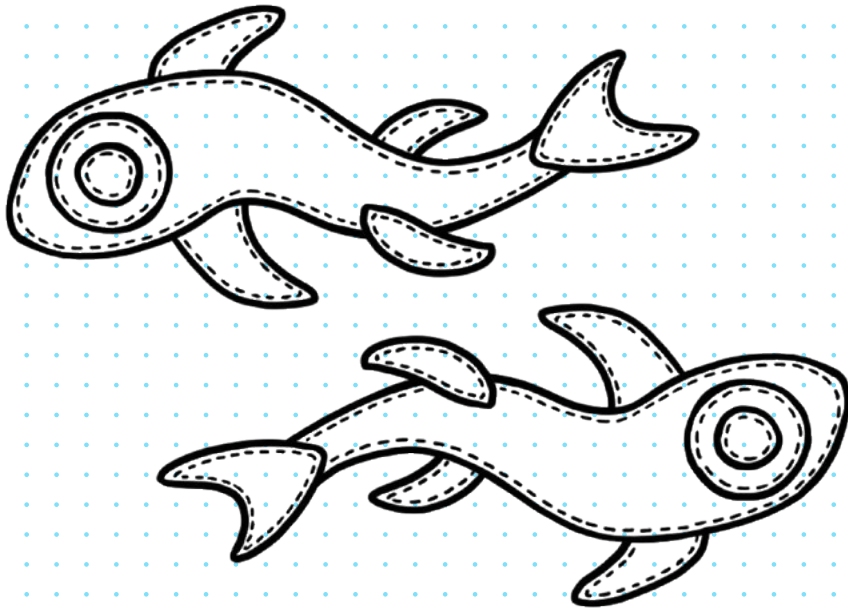
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



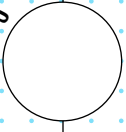
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

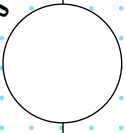
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



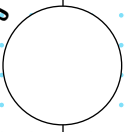
POSITIVE THOUGHTS

Monday



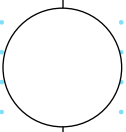
POSITIVE THOUGHTS

Tuesday



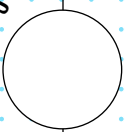
POSITIVE THOUGHTS

Wednesday



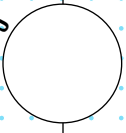
POSITIVE THOUGHTS

Thursday



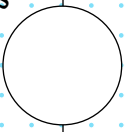
POSITIVE THOUGHTS

Friday



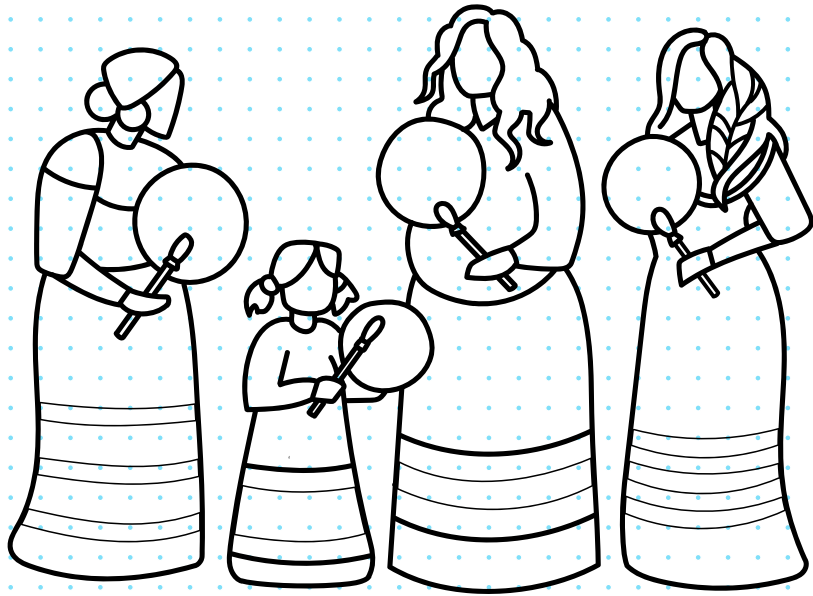
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



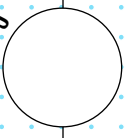
How I filled my bundle

	S	M	T	W	T	F	S
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<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

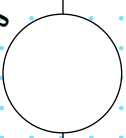
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
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F				
S				

Sunday



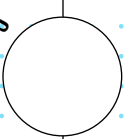
POSITIVE THOUGHTS

Monday



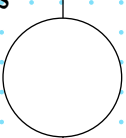
POSITIVE THOUGHTS

Tuesday



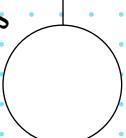
POSITIVE THOUGHTS

Wednesday



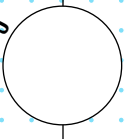
POSITIVE THOUGHTS

Thursday



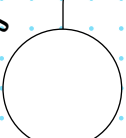
POSITIVE THOUGHTS

Friday



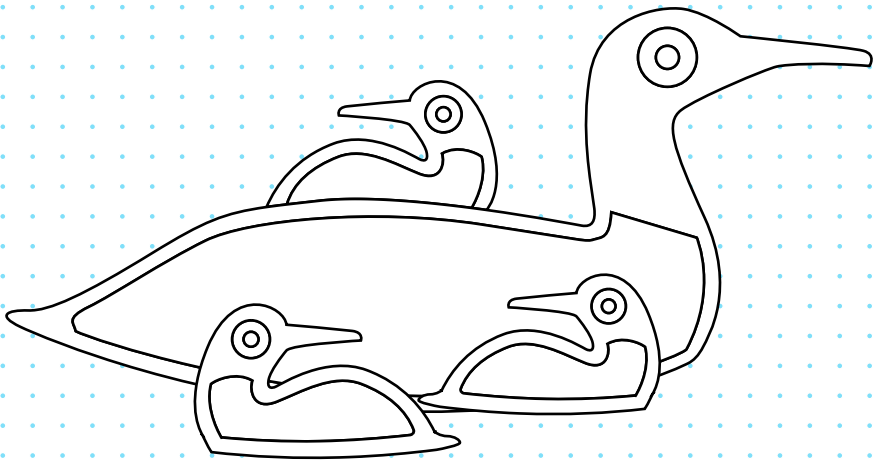
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Coming Out - Disclosure Plan

Who do I want to come out to? This doesn't have to be everyone you want to tell, just one to start. (A parent or family member, a friend, a teacher etc.)

How do I want to come out to them? (Text message, phone call, in person, write a letter, etc.)

Preparing what to say: (Write down what you want to say, and keep it on you so if you are feeling nervous/anxious you have a script to read from and this will help make sure you say exactly what you want to.)

What do you expect them to say? (Take a moment to think and write down some responses you want to hear them say, as well, some that you wouldn't want to hear them say. This can help prepare you for how you might want to respond.)

How do I want them to react?

When and where should I tell them? (Think about the person you want to tell; are they dealing with any big life concerns that may affect how they react? Do you want to have this conversation in a public space or somewhere more private, etc.)

Fourth Moon of Creation

Sugar Bush Moon

is the time of new life, when all the water starts running and cleansing the earth. This is the time of healing for our relations; the rocks, plants, animals, and human beings. The sap that runs from the sugar bush tree is the medicine we need for the journey ahead.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

April

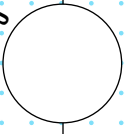
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Ratiwé:ras Wenhni:tare

Thunder Moon

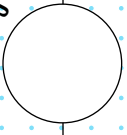
When the thunder comes. The community knows spring is on its way and it is time for planting.

Sunday



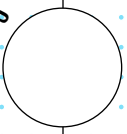
POSITIVE THOUGHTS

Monday



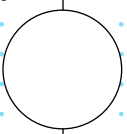
POSITIVE THOUGHTS

Tuesday



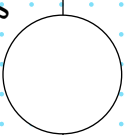
POSITIVE THOUGHTS

Wednesday



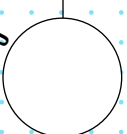
POSITIVE THOUGHTS

Thursday



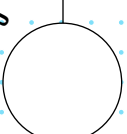
POSITIVE THOUGHTS

Friday



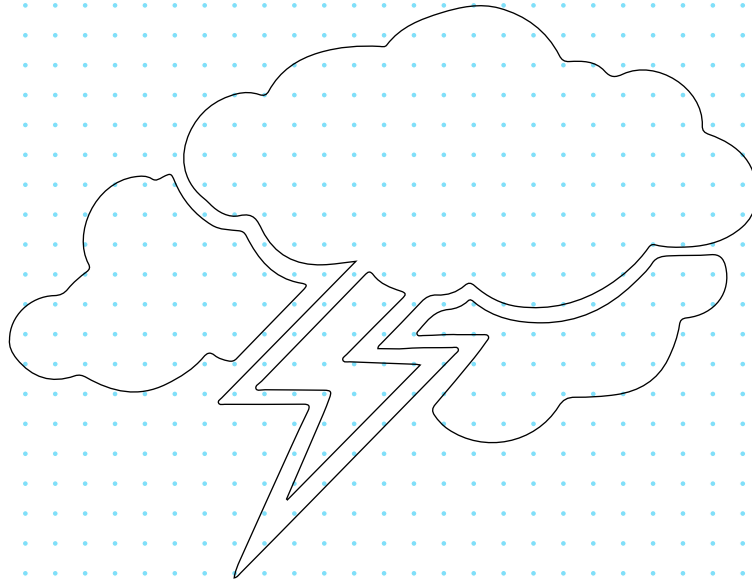
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



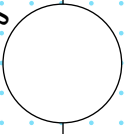
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

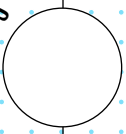
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



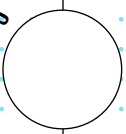
POSITIVE THOUGHTS

Monday



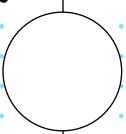
POSITIVE THOUGHTS

Tuesday



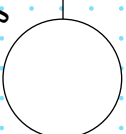
POSITIVE THOUGHTS

Wednesday



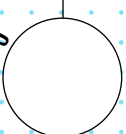
POSITIVE THOUGHTS

Thursday



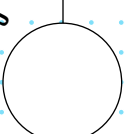
POSITIVE THOUGHTS

Friday



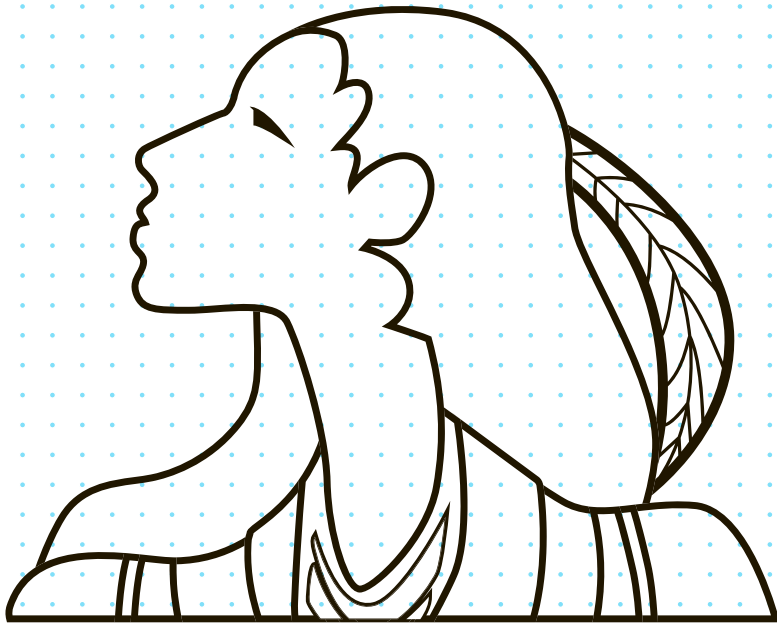
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



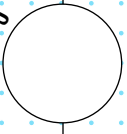
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
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Trackers

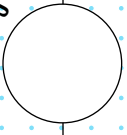
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Sunday



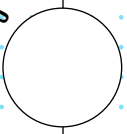
POSITIVE THOUGHTS

Monday



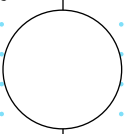
POSITIVE THOUGHTS

Tuesday



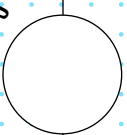
POSITIVE THOUGHTS

Wednesday



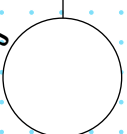
POSITIVE THOUGHTS

Thursday



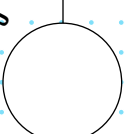
POSITIVE THOUGHTS

Friday



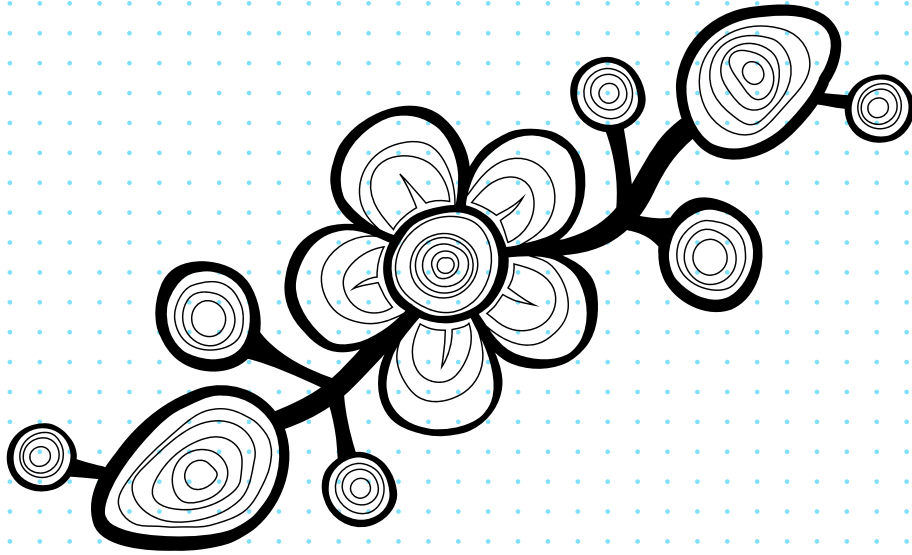
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



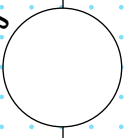
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Trackers

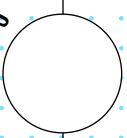
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Sunday



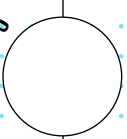
POSITIVE THOUGHTS

Monday



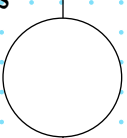
POSITIVE THOUGHTS

Tuesday



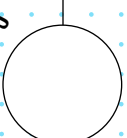
POSITIVE THOUGHTS

Wednesday



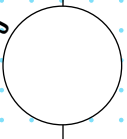
POSITIVE THOUGHTS

Thursday



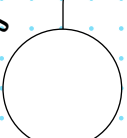
POSITIVE THOUGHTS

Friday



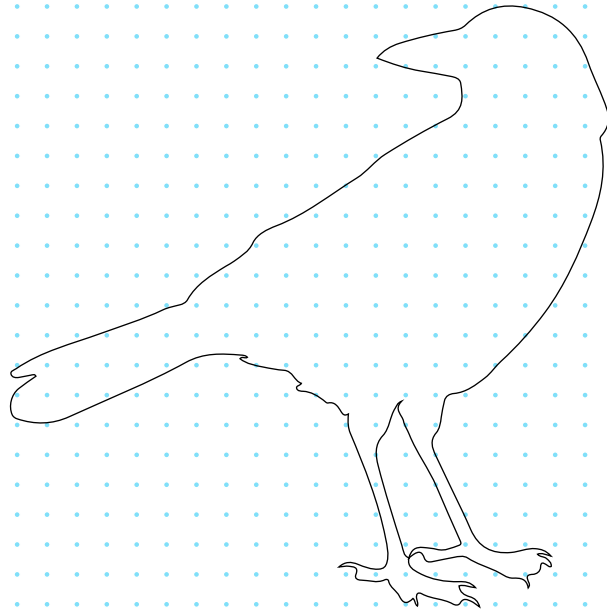
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

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<u>Connect with Mother Earth</u>							
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Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Notes/Thoughts/Reflections

A large grid of light blue dots, arranged in a regular pattern, covering most of the page. This grid is intended for writing notes, thoughts, or reflections.

Fifth Moon of Creation

Flowering Moon

is the time for healing and cleansing. During this moon, we begin again, acknowledging the time for replenishing our spirit. It is the time we feast our bundles and recharge, readying ourselves for the coming moons. It is when we prepare our gardens for the planting of seeds, knowing what is to come.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

May

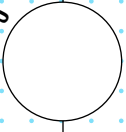
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Tewayénthos Wenhni:tare

Planting Moon

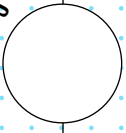
Time for planting corn and other crops.

Sunday



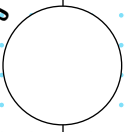
POSITIVE THOUGHTS

Monday



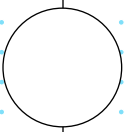
POSITIVE THOUGHTS

Tuesday



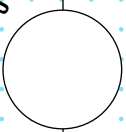
POSITIVE THOUGHTS

Wednesday



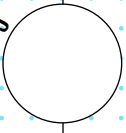
POSITIVE THOUGHTS

Thursday



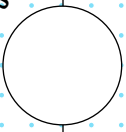
POSITIVE THOUGHTS

Friday

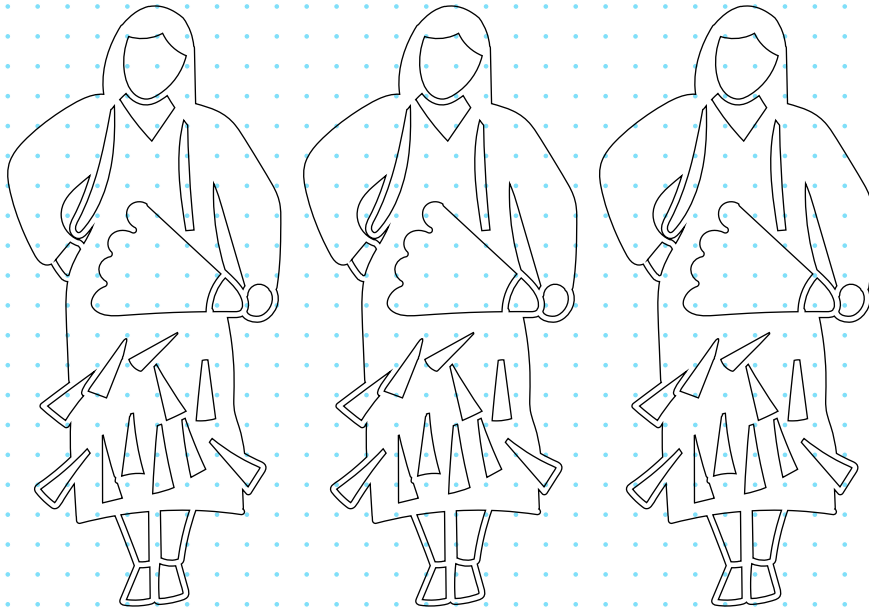


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

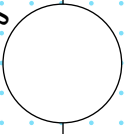
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Trackers

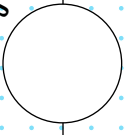
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Sunday



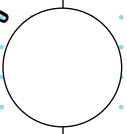
POSITIVE THOUGHTS

Monday



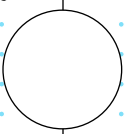
POSITIVE THOUGHTS

Tuesday



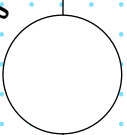
POSITIVE THOUGHTS

Wednesday



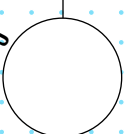
POSITIVE THOUGHTS

Thursday



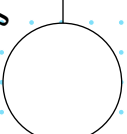
POSITIVE THOUGHTS

Friday



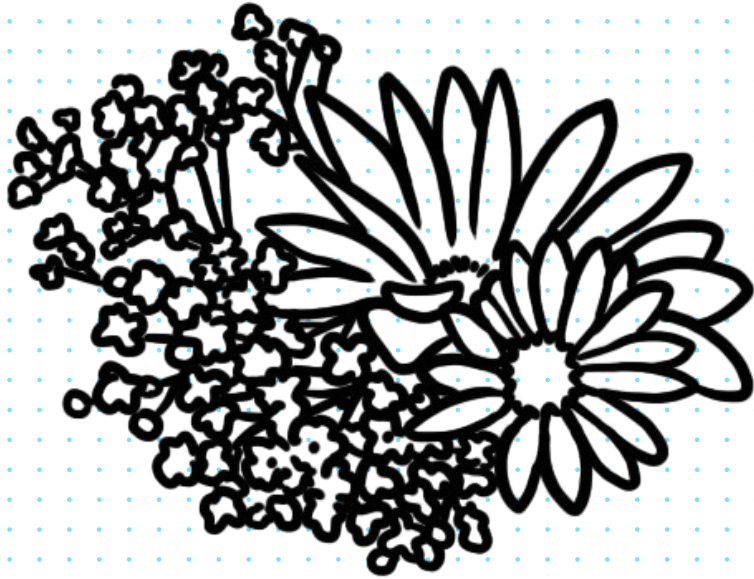
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



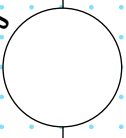
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Trackers

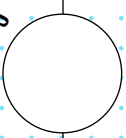
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Sunday



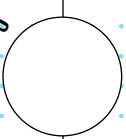
POSITIVE THOUGHTS

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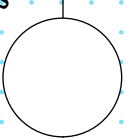
POSITIVE THOUGHTS

Tuesday



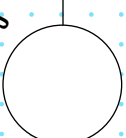
POSITIVE THOUGHTS

Wednesday



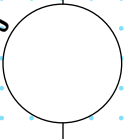
POSITIVE THOUGHTS

Thursday



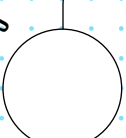
POSITIVE THOUGHTS

Friday

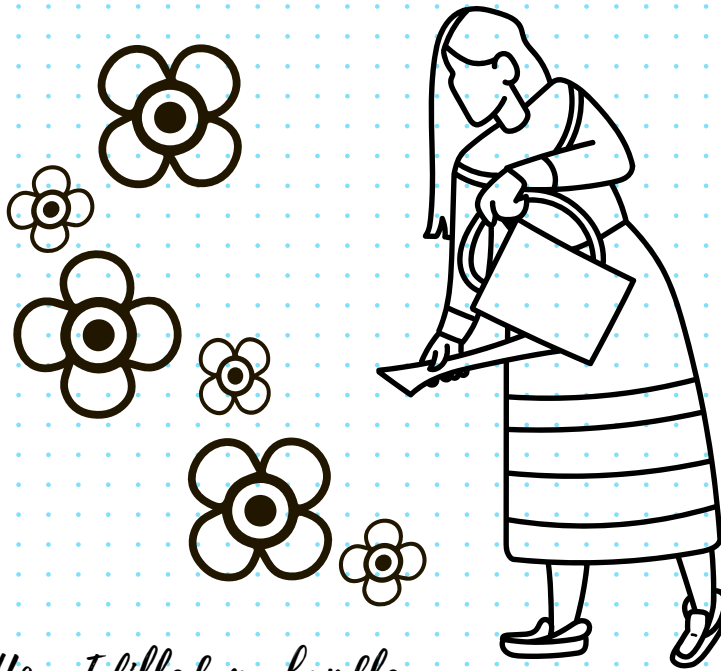


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

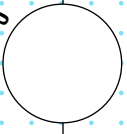
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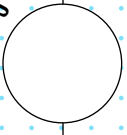
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Sunday



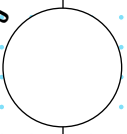
POSITIVE THOUGHTS

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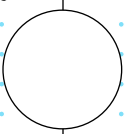
POSITIVE THOUGHTS

Tuesday



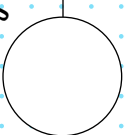
POSITIVE THOUGHTS

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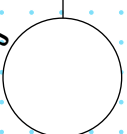
POSITIVE THOUGHTS

Thursday



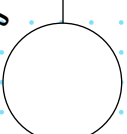
POSITIVE THOUGHTS

Friday



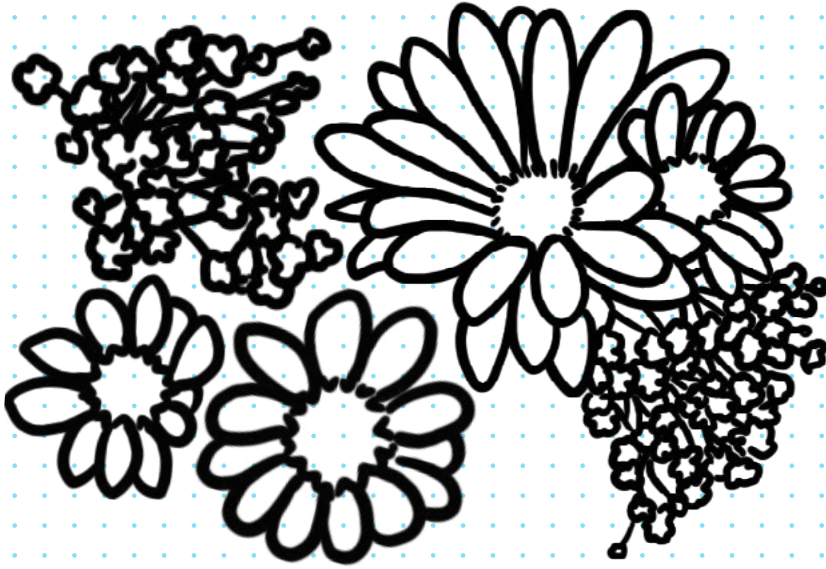
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Detox Mask

Self-Care Activity

The purpose of this activity is to make and use a Detox Mask. This is a cleansing activity, in keeping with the teachings of this month's moon - the fifth Moon of Creation (May), the Flowering Moon.

This activity can be done together — parent/caregiver/ally and youth/child — or individually.

Ingredients

- 2 tablespoons cocoa powder
- 1 tablespoon freshly brewed green tea (cooled)

Directions

1. Mix Cocoa powder and cooled green tea before applying to clean face
2. Leave on face for 15-20 minutes, rinse with warm water, followed by cold water (to close the pores)
3. Pat dry and rub a small amount of olive oil into the skin if needed
4. Apply detox mask up to 3 times/ week

Get Grounded By Using Your Senses

Try the 5-4-3-2-1 method Working backward from 5.

Use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you're sitting, two things you can smell, and one thing you can taste. Make an effort to notice the little things you might not always pay attention to, such as the color of the flecks in the carpet or the hum of your computer.

5

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3

2

1

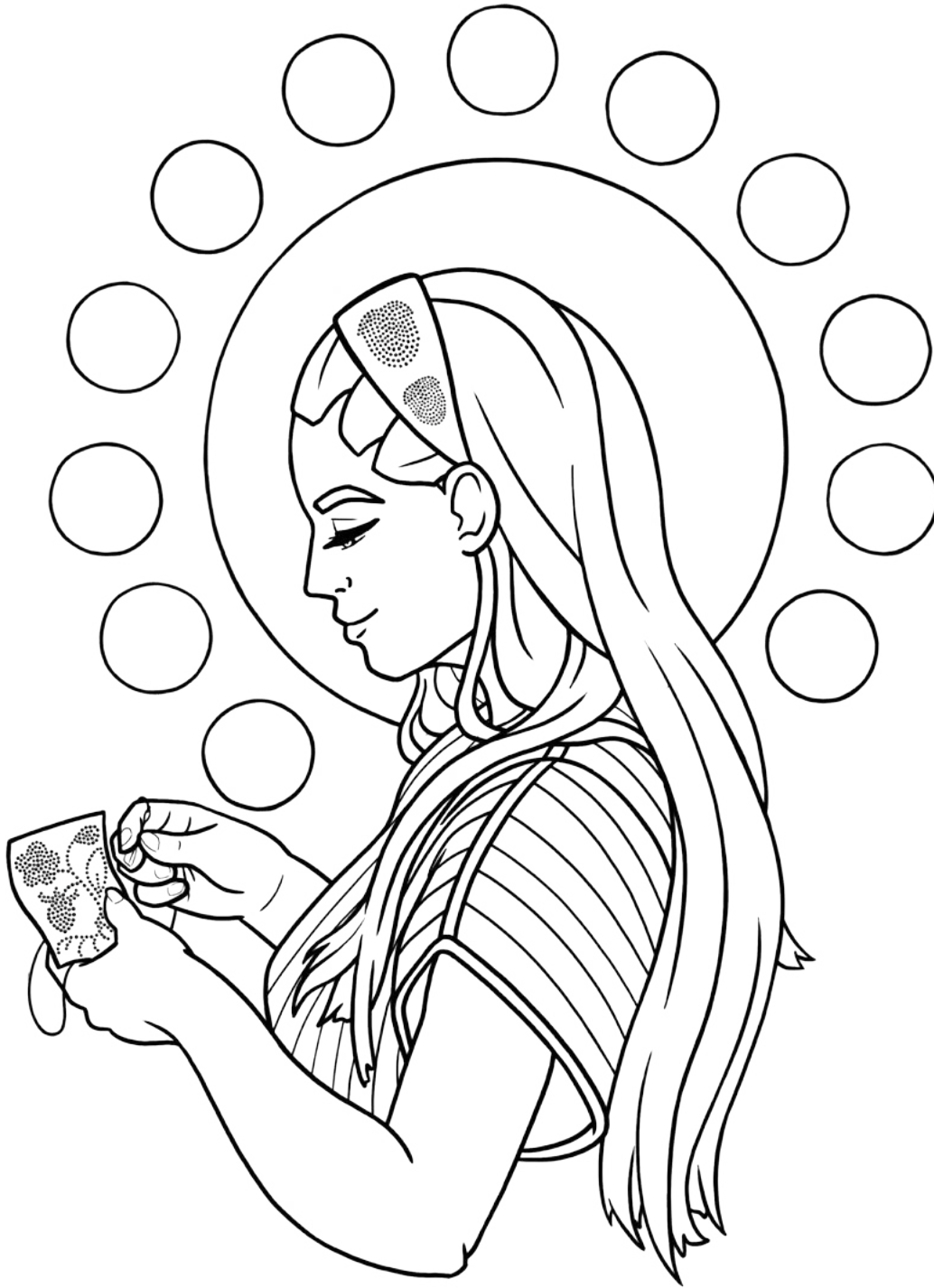
Notes/Thoughts/Reflections

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Sixth Moon of Creation

Strawberry Moon

represents and acknowledges the growth needed to build strong relations with all of Creation. The strawberry represents the heart and working together with kindness and love. During this moon, we turn our focus to growing strong relationships and supporting one another in all that we do.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

June

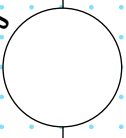
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Ken'niyohontéhsha Wenhni:tare

Strawberry Moon

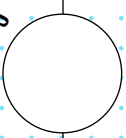
Time when the strawberry emerges.

Sunday



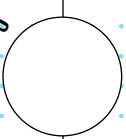
POSITIVE THOUGHTS

Monday



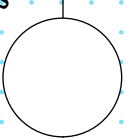
POSITIVE THOUGHTS

Tuesday



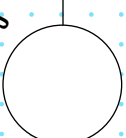
POSITIVE THOUGHTS

Wednesday



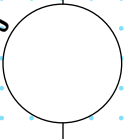
POSITIVE THOUGHTS

Thursday



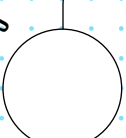
POSITIVE THOUGHTS

Friday



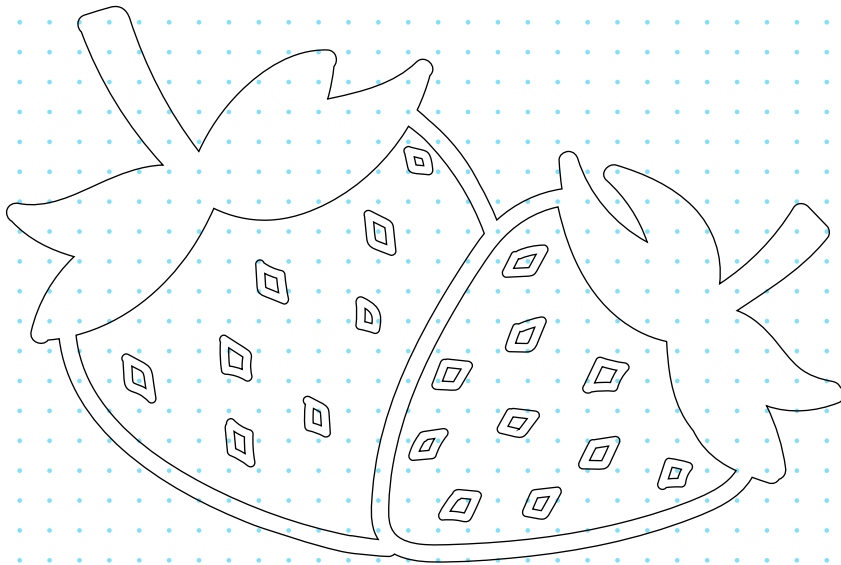
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



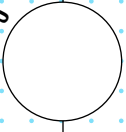
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Trackers

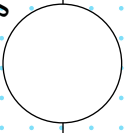
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Sunday



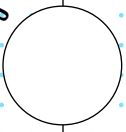
POSITIVE THOUGHTS

Monday



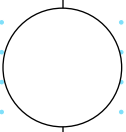
POSITIVE THOUGHTS

Tuesday



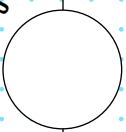
POSITIVE THOUGHTS

Wednesday



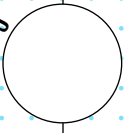
POSITIVE THOUGHTS

Thursday



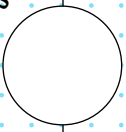
POSITIVE THOUGHTS

Friday



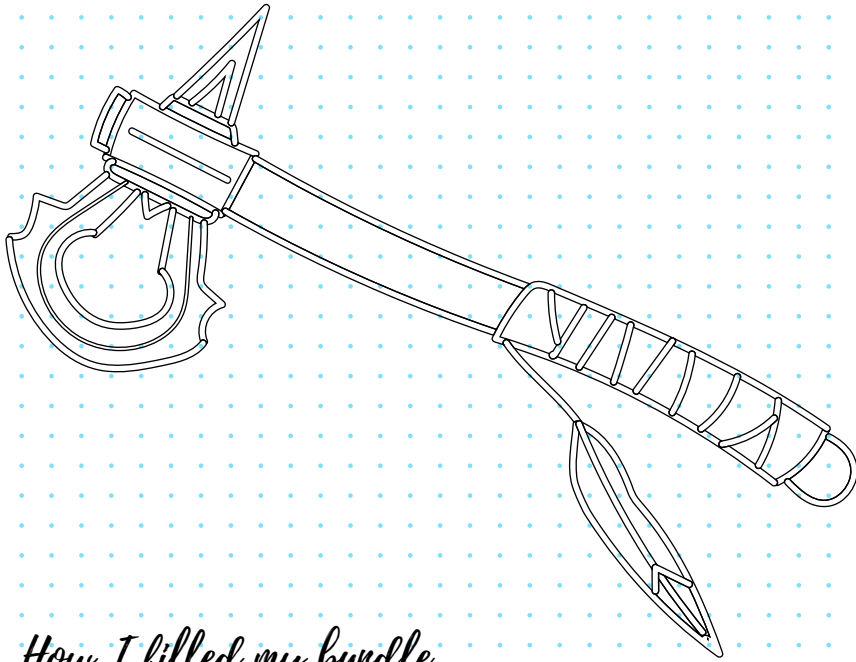
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



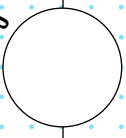
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

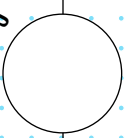
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



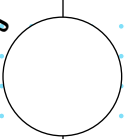
POSITIVE THOUGHTS

Monday



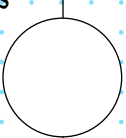
POSITIVE THOUGHTS

Tuesday



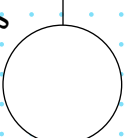
POSITIVE THOUGHTS

Wednesday



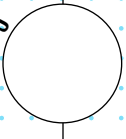
POSITIVE THOUGHTS

Thursday



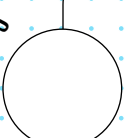
POSITIVE THOUGHTS

Friday



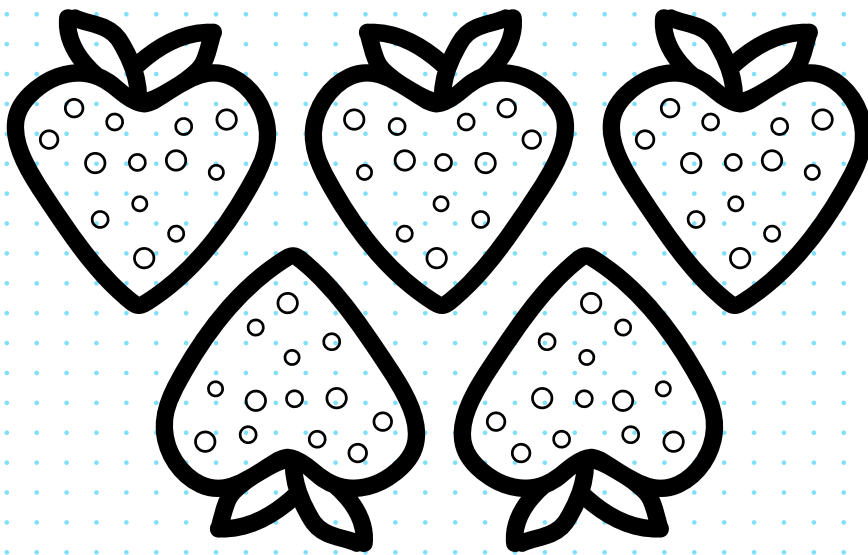
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



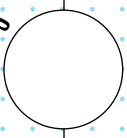
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
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Trackers

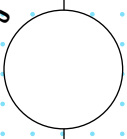
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Sunday



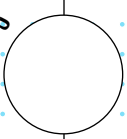
POSITIVE THOUGHTS

Monday



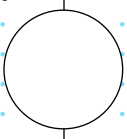
POSITIVE THOUGHTS

Tuesday



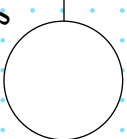
POSITIVE THOUGHTS

Wednesday



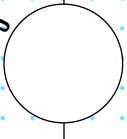
POSITIVE THOUGHTS

Thursday



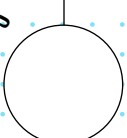
POSITIVE THOUGHTS

Friday



POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

How I filled my bundle

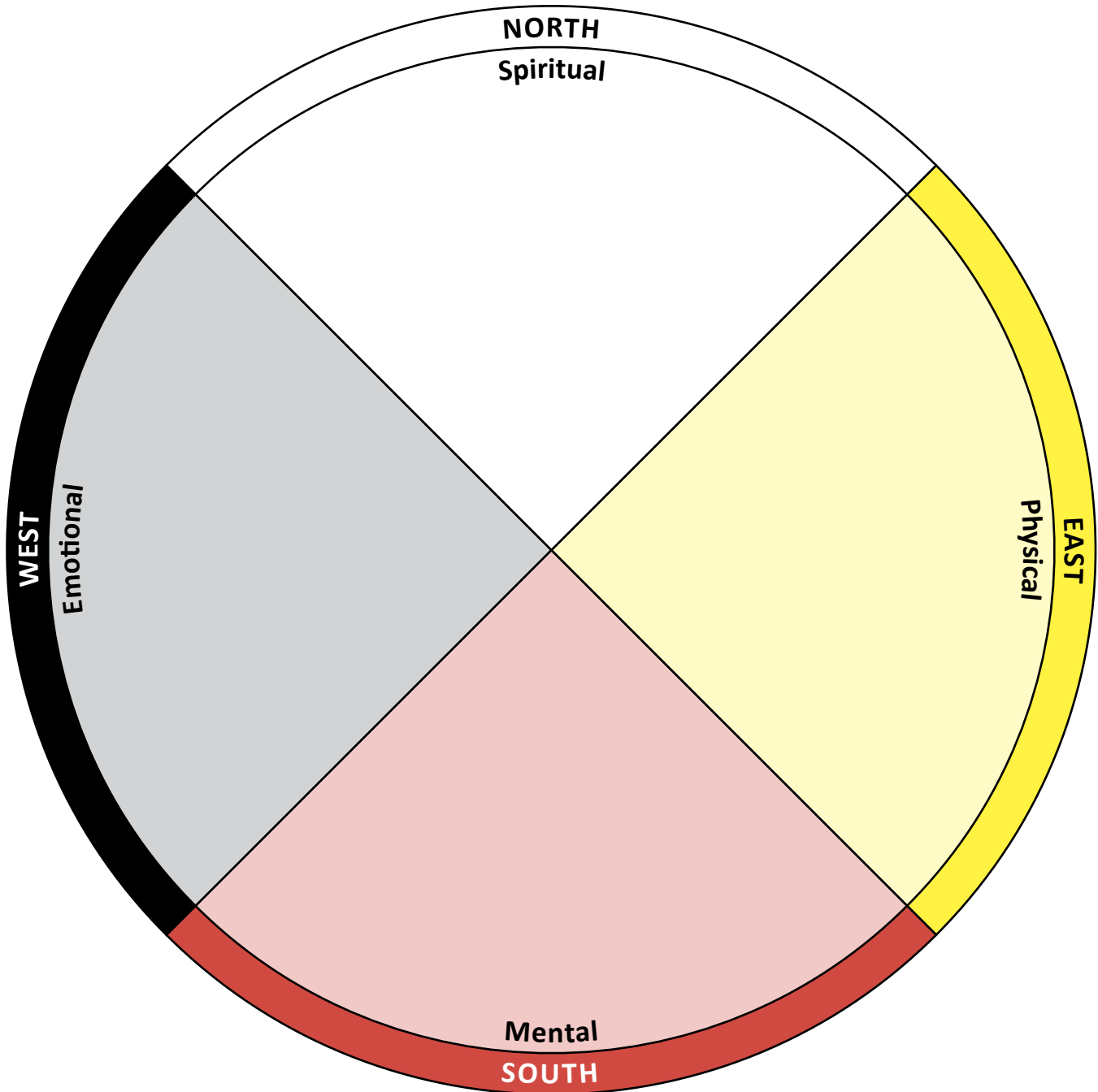
	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
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Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Medicine Wheel Affirmations

The medicine wheel teaches us that we have four aspects to ourselves that must be balanced. We have the emotional, the spiritual, the physical, and the mental aspects of ourselves. Fill in each quadrant of the Medicine Wheel below with an affirmation that resonates with you.



Notes/Thoughts/Reflections

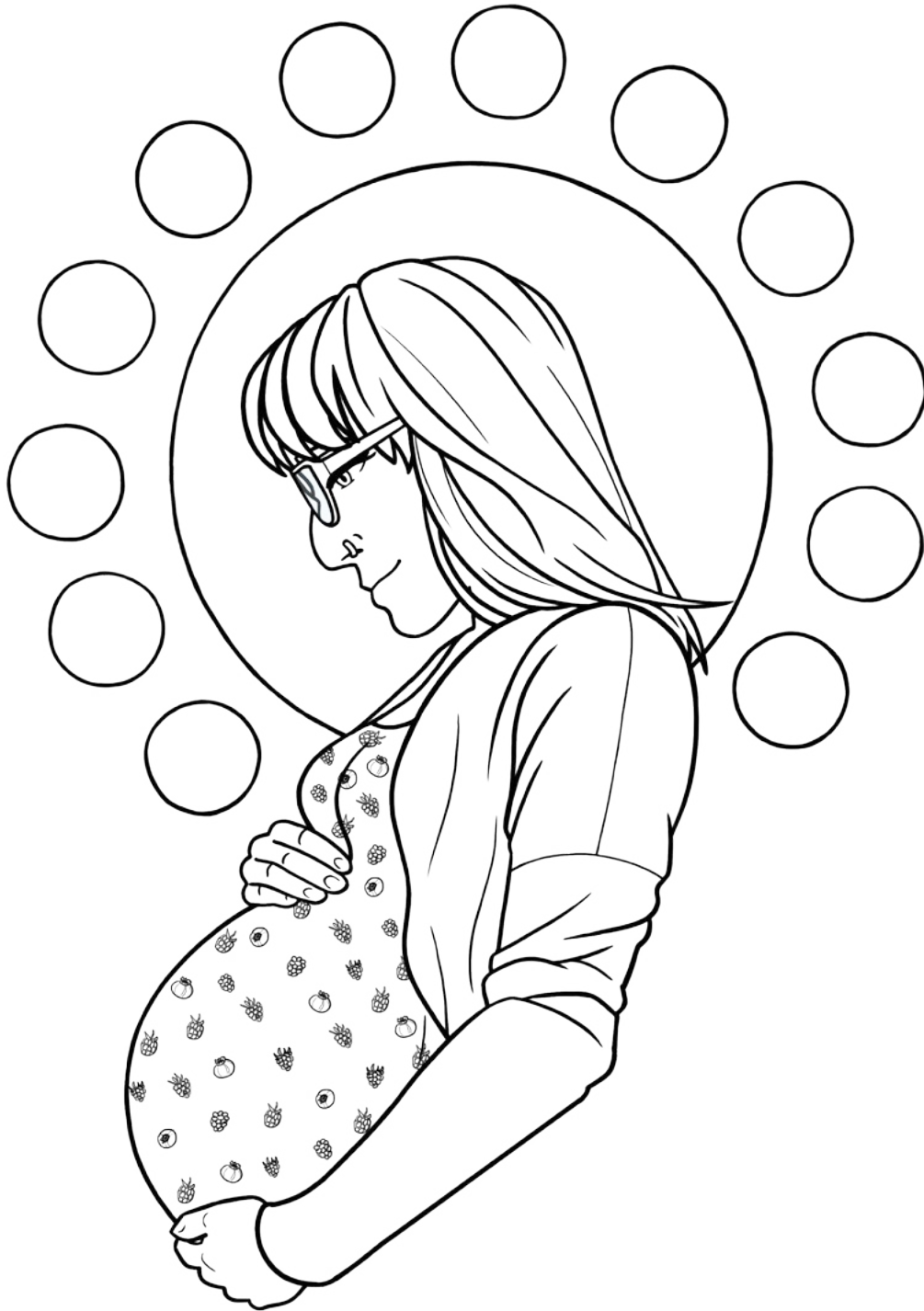
Affirmation examples:

1. I deserve love without conditions.
2. I find comfort and freedom in my fluidity.
3. My queerness has empowered me to explore and get to know myself better than I ever have.
4. I will honor my gender journey.
5. I am no less myself if I can't be out to others.
6. There is a place for each of us in creation.
7. I make my ancestors proud every day.
8. My gender and sexuality are always mine to determine.
9. Queerness is traditional.
10. My relatives can learn and choose to love me in ways that honor my full self.
11. I'm not coming out- I'm coming into the circle.
12. There are no closets in tipis.
13. I am worthy of the life I desire.

Seventh Moon of Creation

Berry Moon

is the time for fertility, growth, family, and change. We come together to gather berries and medicine to sustain us for the coming winter. During this moon, we act with kindness that reflects the appreciation we have for one another, knowing our interconnectedness with one another and all of Creation.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

July

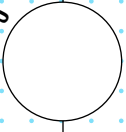
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Orhótsheri Wenhni:tare

Green Beans Moon

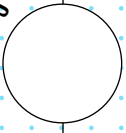
Celebrating and honoring the gifts provided by the green bean.

Sunday



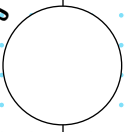
POSITIVE THOUGHTS

Monday



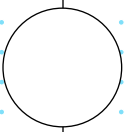
POSITIVE THOUGHTS

Tuesday



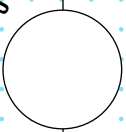
POSITIVE THOUGHTS

Wednesday



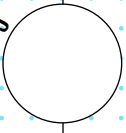
POSITIVE THOUGHTS

Thursday



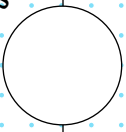
POSITIVE THOUGHTS

Friday

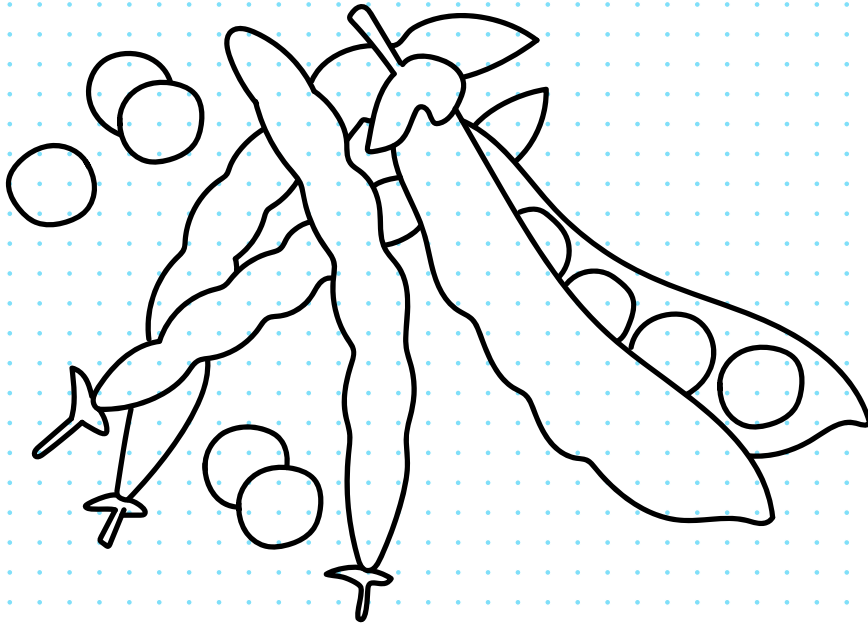


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

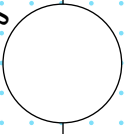
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
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Trackers

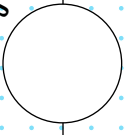
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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F				
S				

Sunday



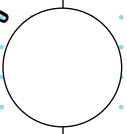
POSITIVE THOUGHTS

Monday



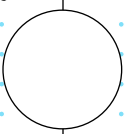
POSITIVE THOUGHTS

Tuesday



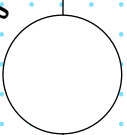
POSITIVE THOUGHTS

Wednesday



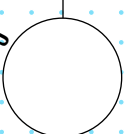
POSITIVE THOUGHTS

Thursday



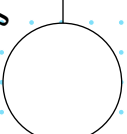
POSITIVE THOUGHTS

Friday

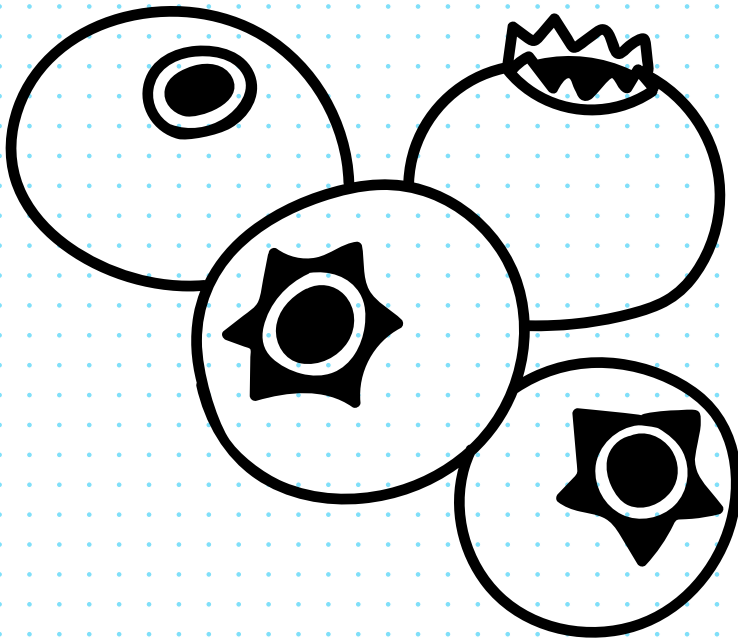


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

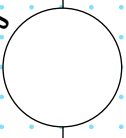
How I filled my bundle

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Trackers

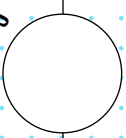
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



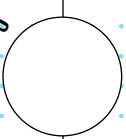
POSITIVE THOUGHTS

Monday



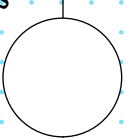
POSITIVE THOUGHTS

Tuesday



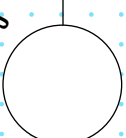
POSITIVE THOUGHTS

Wednesday



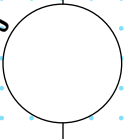
POSITIVE THOUGHTS

Thursday



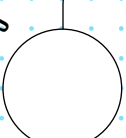
POSITIVE THOUGHTS

Friday

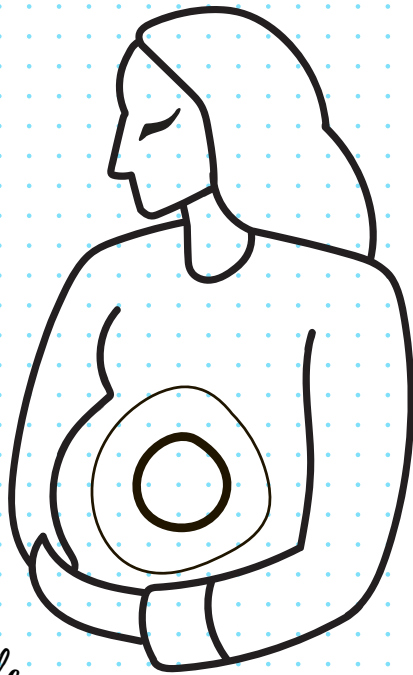


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

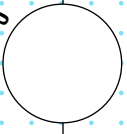
How I filled my bundle

	S	M	T	W	T	F	S
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Trackers

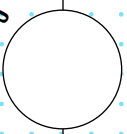
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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Sunday



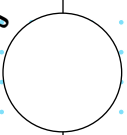
POSITIVE THOUGHTS

Monday



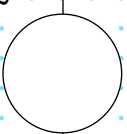
POSITIVE THOUGHTS

Tuesday



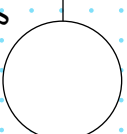
POSITIVE THOUGHTS

Wednesday



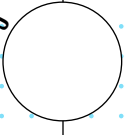
POSITIVE THOUGHTS

Thursday



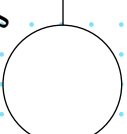
POSITIVE THOUGHTS

Friday

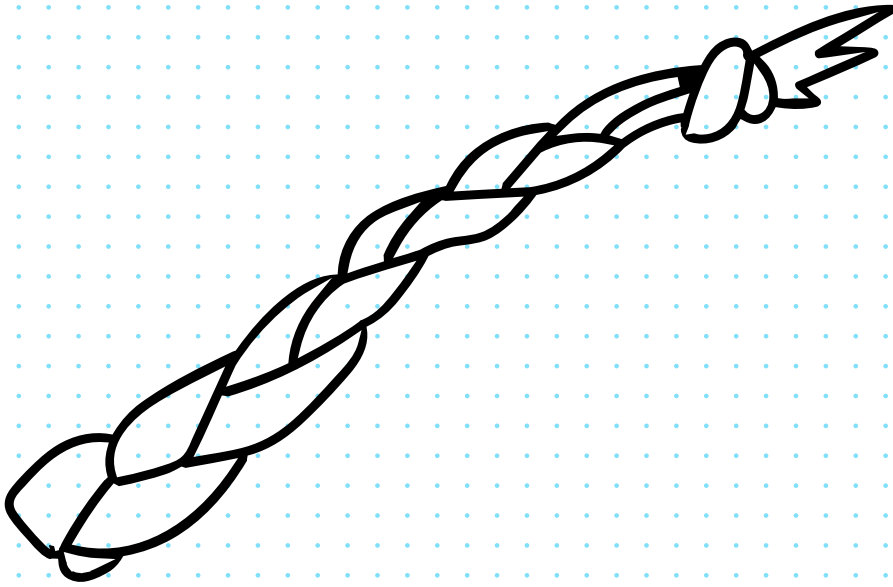


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Mandala Rock

Mandala Rock can be added to your Bundle.

The Mandala Rock painting exercise is an activity that uses art to honour you as a 2SLGBTQIA person.

Each dot on the rock is to symbolize and honour positive characteristic of your life. (You can also write positive affirmation on your rock.)

The Mandala Rock Activity encourages you to do positive self-talk and have thoughts on future goals. This activity allows you to reflect, pause for a while and think about positive self-talk and what you want to improve yourself.

You can do this individually, or with your parent/caregiver/ally's.

Materials Needed

- Smooth Rocks
- Acrylic Paint
- Acrylic paint pens
- Sponge Paintbrush
- Sealers
- Container for water
- Paper towels

Instructions

1. Find your rock: (clean your rock with soap and water if needed) - let it dry or wipe
2. Paint your rock with acrylic paint/paint pen
3. Once you have finished your creation – let the paint dry
4. Sealing your rock with a waterproof spray-on sealer

Please note that the first step may need to be done in advance to allow the rocks to fully dry before being painted.

What does your design mean?

What does your paint/design mean to you?

What thoughts came to you while creating your rock design?

- “I am worthy of the life I deserve”
- “I love me and all I have achieved”
- “I am proud of my journey”
- “I accept myself for who I am”

Potential Conversation Points (if you do this with your parent/ caregiver/ally)

- Explain what the paint/design means to them?
- Thoughts while creating the rock design?

Notes/Thoughts/Reflections

A large grid of light blue dots, spaced evenly across the page, intended for writing notes, thoughts, or reflections. The grid covers most of the page area below the title and above the footer.

Eighth Moon of Creation

Ricing Moon

continues our harvesting. We gather the rice and medicines that sustain us through the winter. The harvest time reflects the practice of balance, taking only what is needed and leaving the rest behind; knowing we must share the bounty and leaving enough for future harvests.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

August

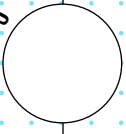
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Okahseró:ta Wenhni:tare

Corn Moon

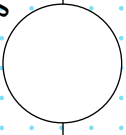
Honoring corn as the eldest sister and the one that holds all the other sisters together.

Sunday



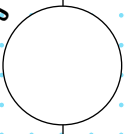
POSITIVE THOUGHTS

Monday



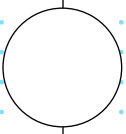
POSITIVE THOUGHTS

Tuesday



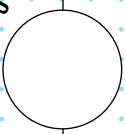
POSITIVE THOUGHTS

Wednesday



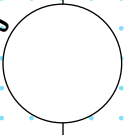
POSITIVE THOUGHTS

Thursday



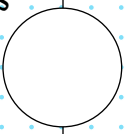
POSITIVE THOUGHTS

Friday



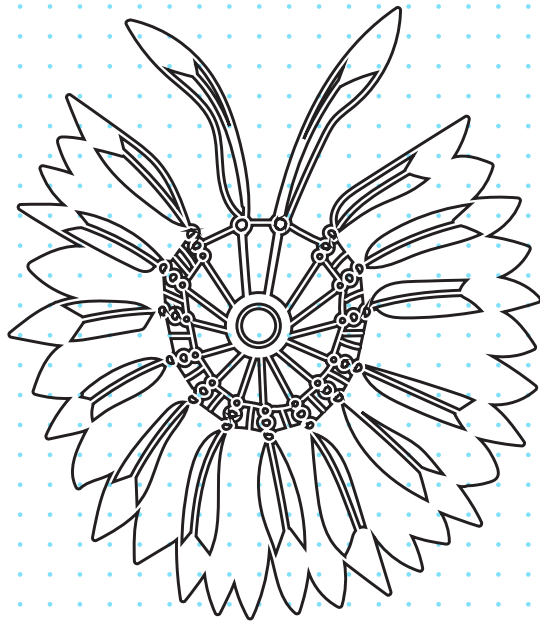
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



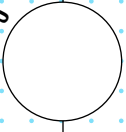
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

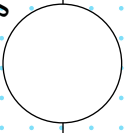
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



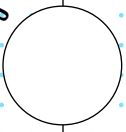
POSITIVE THOUGHTS

Monday



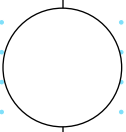
POSITIVE THOUGHTS

Tuesday



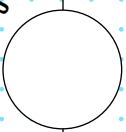
POSITIVE THOUGHTS

Wednesday



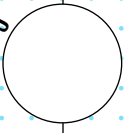
POSITIVE THOUGHTS

Thursday



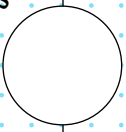
POSITIVE THOUGHTS

Friday



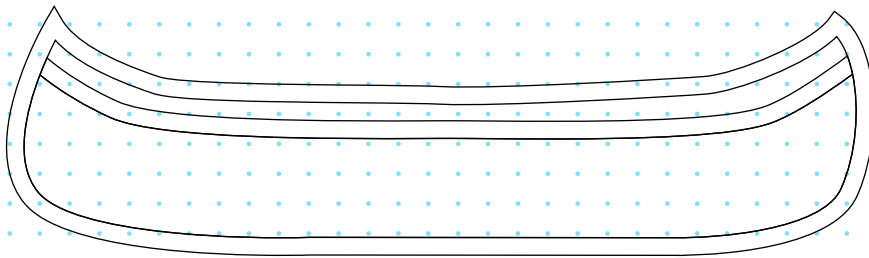
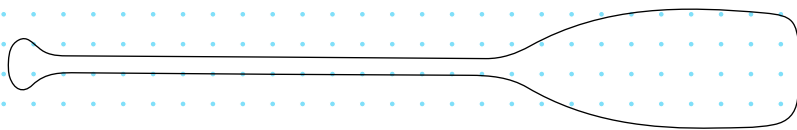
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



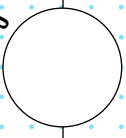
How I filled my bundle

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<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
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Trackers

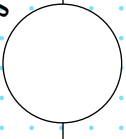
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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W				
T				
F				
S				

Sunday



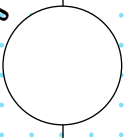
POSITIVE THOUGHTS

Monday



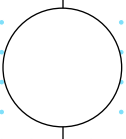
POSITIVE THOUGHTS

Tuesday



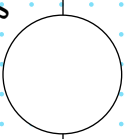
POSITIVE THOUGHTS

Wednesday



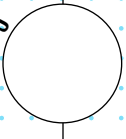
POSITIVE THOUGHTS

Thursday



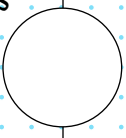
POSITIVE THOUGHTS

Friday

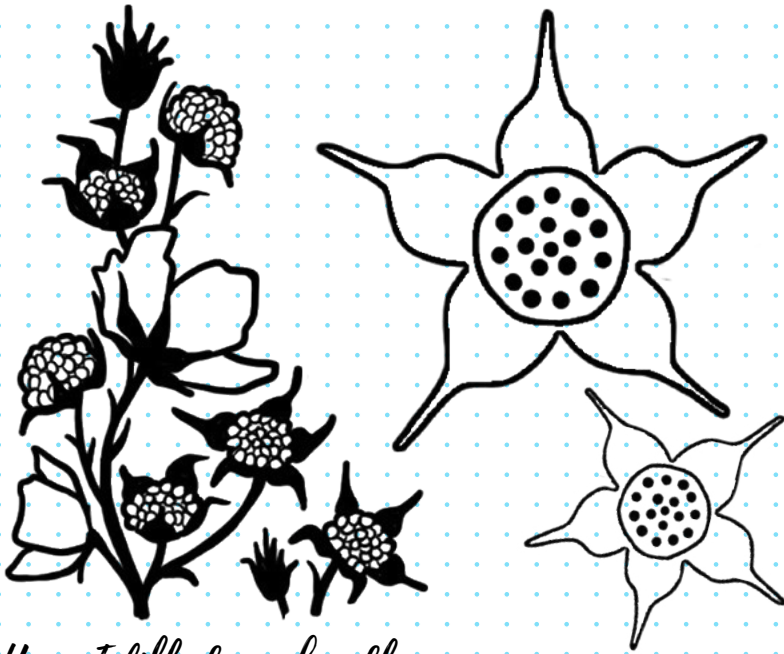


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

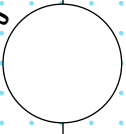
How I filled my bundle

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Trackers

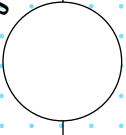
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



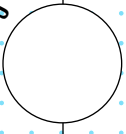
POSITIVE THOUGHTS

Monday



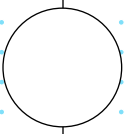
POSITIVE THOUGHTS

Tuesday



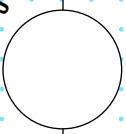
POSITIVE THOUGHTS

Wednesday



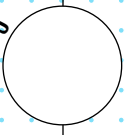
POSITIVE THOUGHTS

Thursday



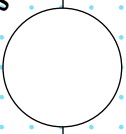
POSITIVE THOUGHTS

Friday



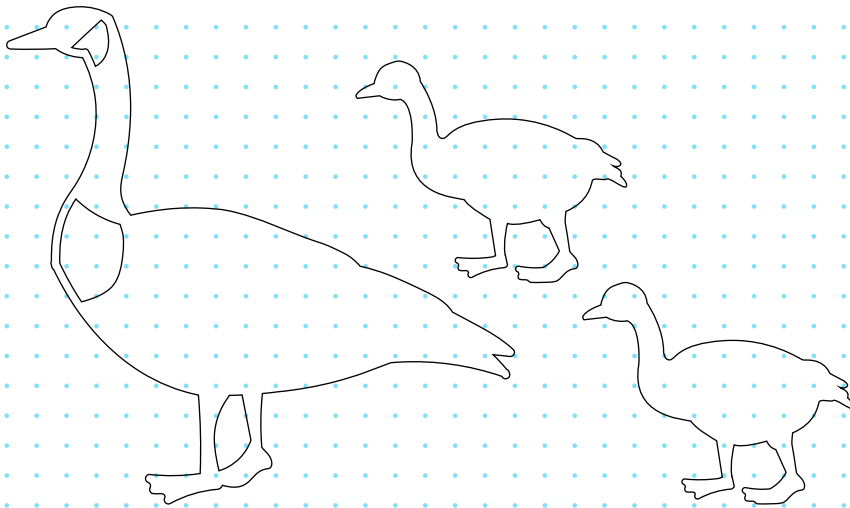
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Letter to My Past Self

Write a letter to your younger self, thinking of an age where you may have been struggling, and share your wisdom gathered over the years.

Release all your thoughts and feelings about past without fear of judgement. This allows you to get a lot of buried feelings out of the way.

Letter to My Future Self

Write a letter to your future self - perhaps about your hopes and dreams for your life, your goals, and also why you want to do this now, and why it's important to you.

You'll be able to release all your thoughts and hopes for the future. This allows you to plan ahead and maintain harmony and balance which contribute to your overall safety.

Ninth Moon of Creation

Leaves Turning Moon

is the time of retrospection, we look back to reflect on what we have learned. During this moon, we come to understand change. We bring our family back into the home, and we are thankful for the moons and what they have provided.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

September

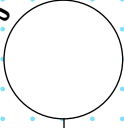
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Yeyenthókwas Wenhni:tare

Harvest Moon

Time to harvest the gifts of the earth.

Sunday

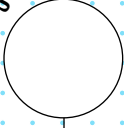


Large dotted area for journaling on Sunday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Sunday.

Monday

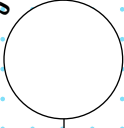


Large dotted area for journaling on Monday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Monday.

Tuesday

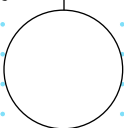


Large dotted area for journaling on Tuesday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Tuesday.

Wednesday

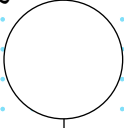


Large dotted area for journaling on Wednesday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Wednesday.

Thursday

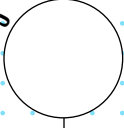


Large dotted area for journaling on Thursday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Thursday.

Friday

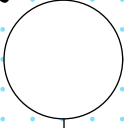


Large dotted area for journaling on Friday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Friday.

Saturday

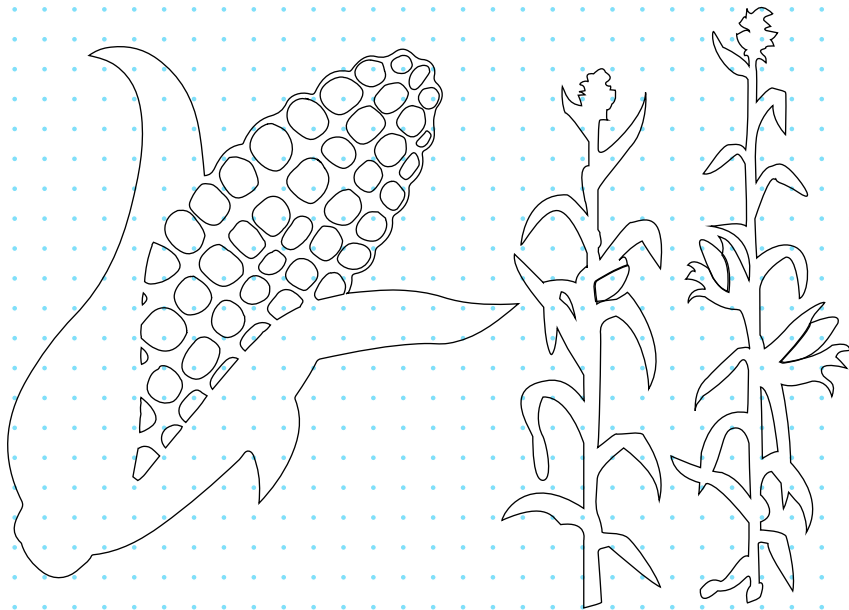


Large dotted area for journaling on Saturday.

POSITIVE THOUGHTS

Dotted area for positive thoughts on Saturday.

Notes



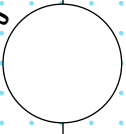
How I filled my bundle

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Trackers

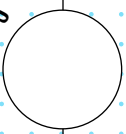
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



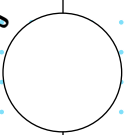
POSITIVE THOUGHTS

Monday



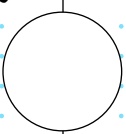
POSITIVE THOUGHTS

Tuesday



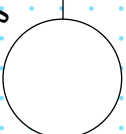
POSITIVE THOUGHTS

Wednesday



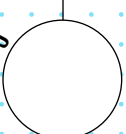
POSITIVE THOUGHTS

Thursday



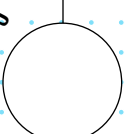
POSITIVE THOUGHTS

Friday

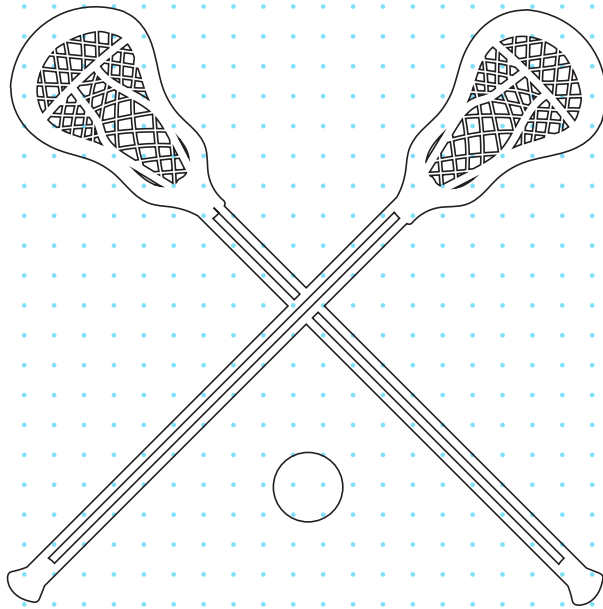


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

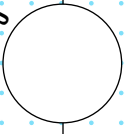
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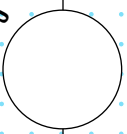
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S				

Sunday



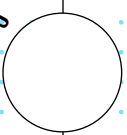
POSITIVE THOUGHTS

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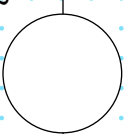
POSITIVE THOUGHTS

Tuesday



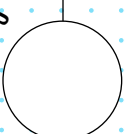
POSITIVE THOUGHTS

Wednesday



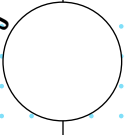
POSITIVE THOUGHTS

Thursday



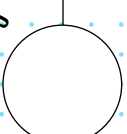
POSITIVE THOUGHTS

Friday



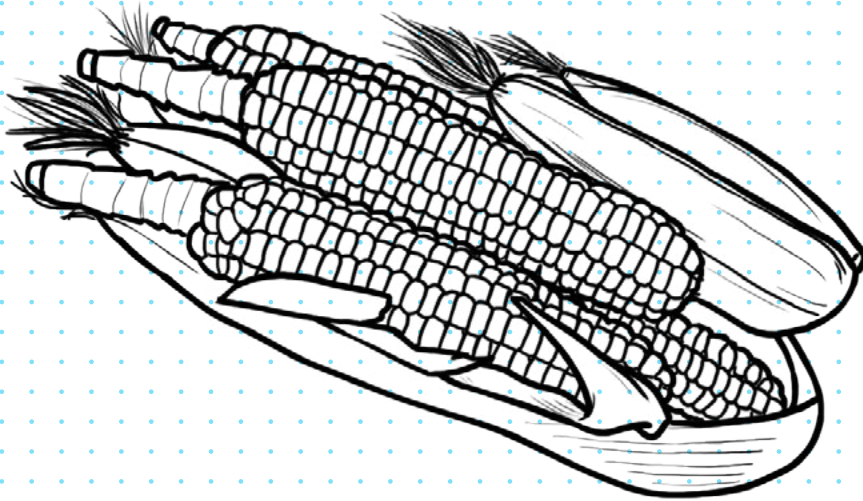
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



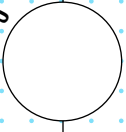
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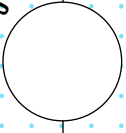
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Sunday



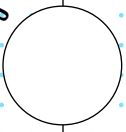
POSITIVE THOUGHTS

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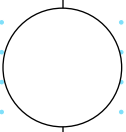
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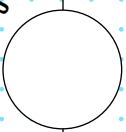
POSITIVE THOUGHTS

Wednesday



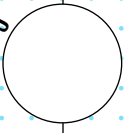
POSITIVE THOUGHTS

Thursday



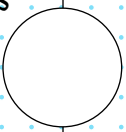
POSITIVE THOUGHTS

Friday

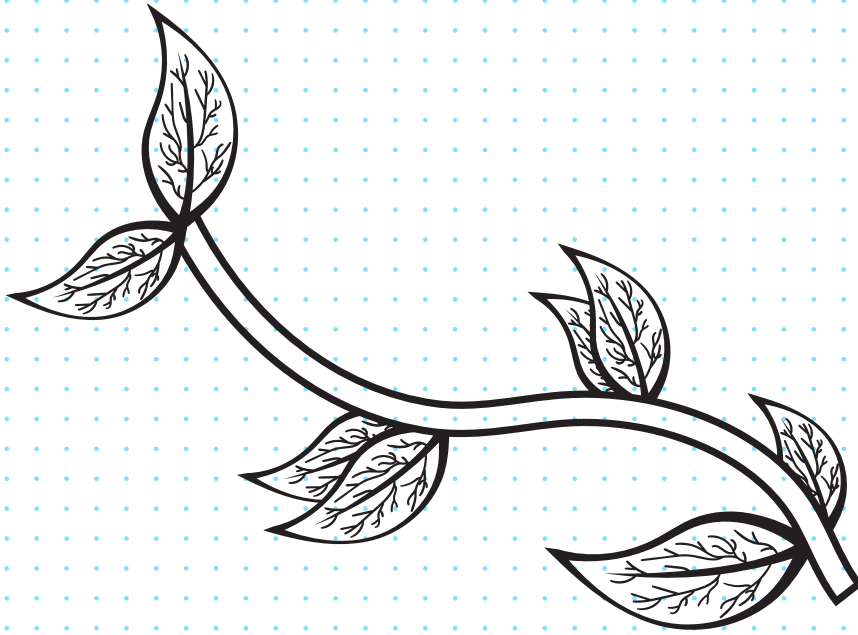


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

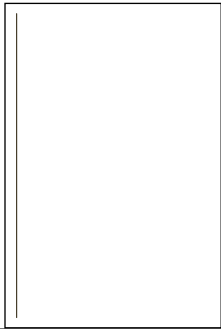
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

*This is a time to harvest some knowledge
and share it with loved ones.*

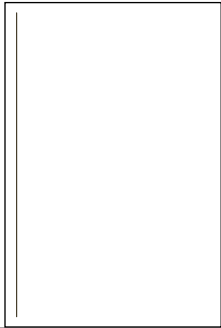


Title:

Author:

My Take Away:

Recommend: ☆ ☆ ☆ ☆ ☆

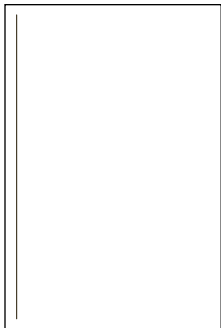


Title:

Author:

My Take Away:

Recommend: ☆ ☆ ☆ ☆ ☆

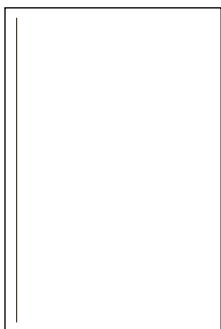


Title:

Author:

My Take Away:

Recommend: ☆ ☆ ☆ ☆ ☆

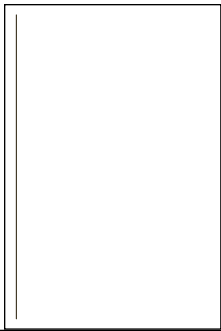


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Author:

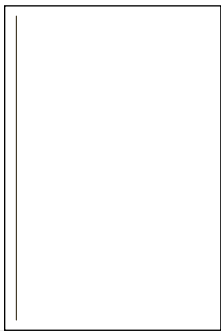
My Take Away:

Recommend: ☆ ☆ ☆ ☆ ☆



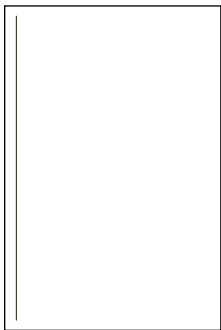
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 Author: _____
 My Take Away: _____

Recommend: ☆ ☆ ☆ ☆ ☆



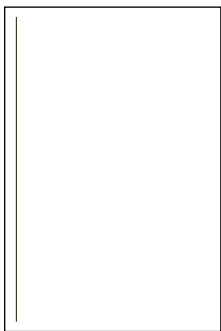
Title: _____
 Author: _____
 My Take Away: _____

Recommend: ☆ ☆ ☆ ☆ ☆



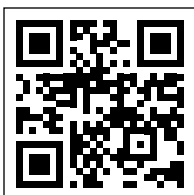
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 Author: _____
 My Take Away: _____

Recommend: ☆ ☆ ☆ ☆ ☆



Title: _____
 Author: _____
 My Take Away: _____

Recommend: ☆ ☆ ☆ ☆ ☆



Have you visited the Love Builds the Bundle webpage?

www.onwa.ca/love

Visit to learn more and explore more resources and reading recommendations!

Tenth Moon of Creation

Falling Leaves Moon

is when we gift others with what we have gathered. We are respectful in our giving, knowing the honour it brings. During this moon, we look inward and understand the journey of letting go of what we no longer need to carry.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

October

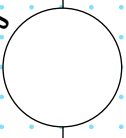
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Yontékhwayens Wenhni:tare

Food Storing Moon

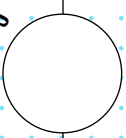
Time to store food for the long winter ahead.

Sunday



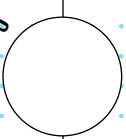
POSITIVE THOUGHTS

Monday



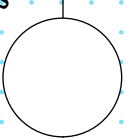
POSITIVE THOUGHTS

Tuesday



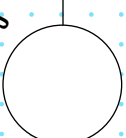
POSITIVE THOUGHTS

Wednesday



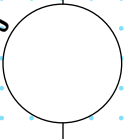
POSITIVE THOUGHTS

Thursday



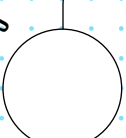
POSITIVE THOUGHTS

Friday



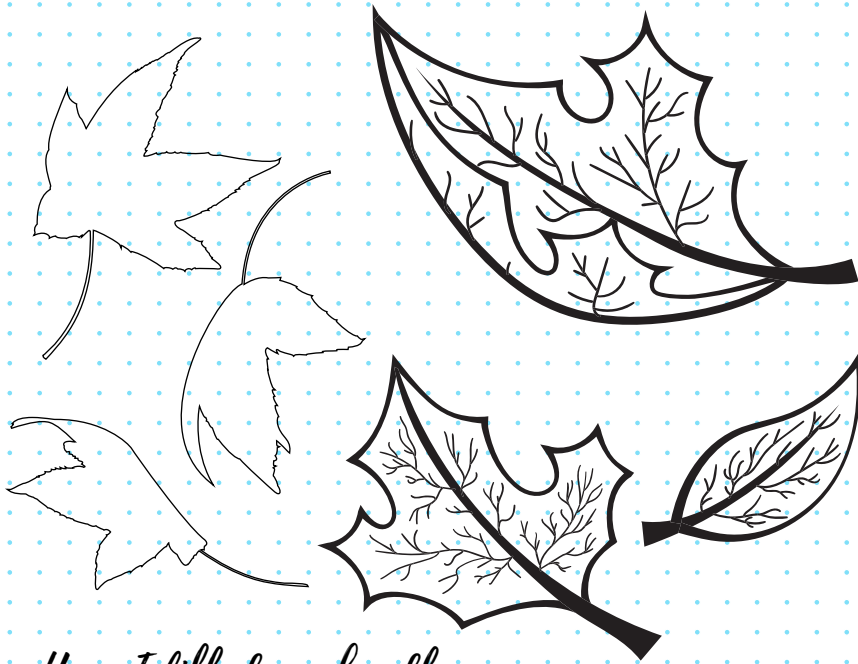
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



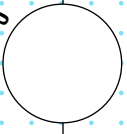
How I filled my bundle

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<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

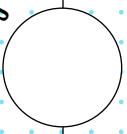
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



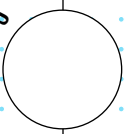
POSITIVE THOUGHTS

Monday



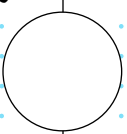
POSITIVE THOUGHTS

Tuesday



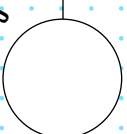
POSITIVE THOUGHTS

Wednesday



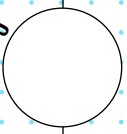
POSITIVE THOUGHTS

Thursday



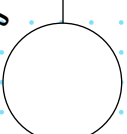
POSITIVE THOUGHTS

Friday



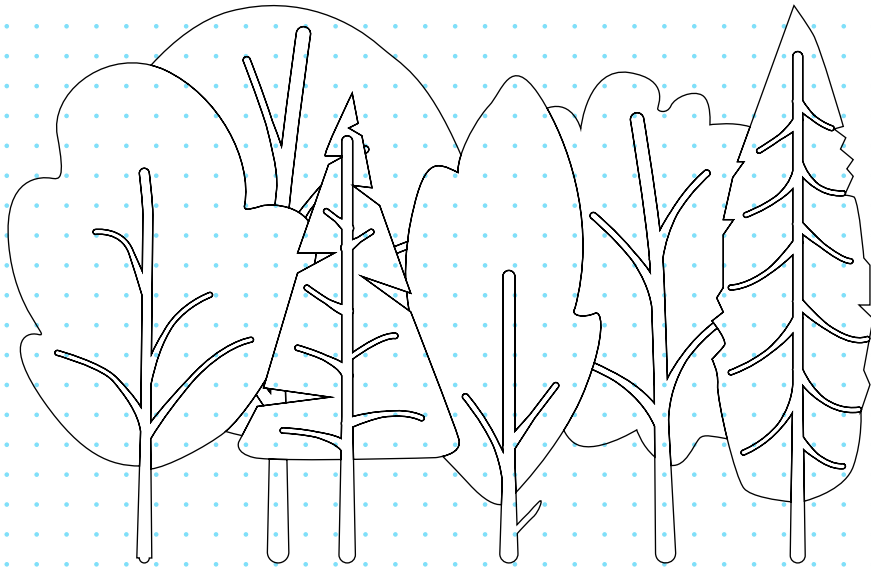
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



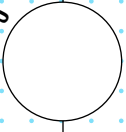
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Trackers

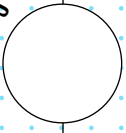
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
T				
F				
S				

Sunday



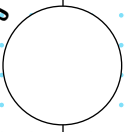
POSITIVE THOUGHTS

Monday



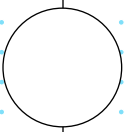
POSITIVE THOUGHTS

Tuesday



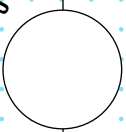
POSITIVE THOUGHTS

Wednesday



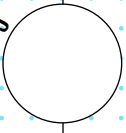
POSITIVE THOUGHTS

Thursday



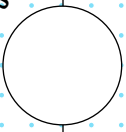
POSITIVE THOUGHTS

Friday



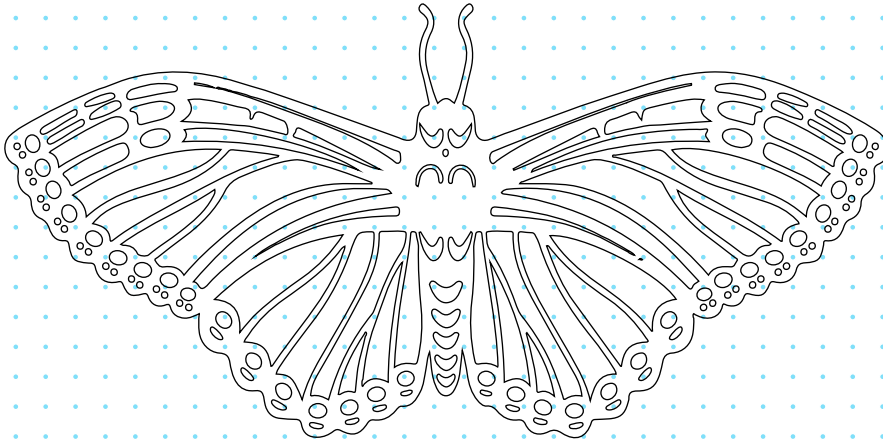
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



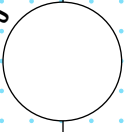
How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

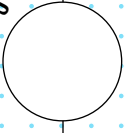
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
T				
W				
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F				
S				

Sunday



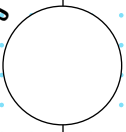
POSITIVE THOUGHTS

Monday



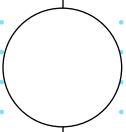
POSITIVE THOUGHTS

Tuesday



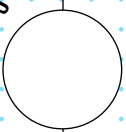
POSITIVE THOUGHTS

Wednesday



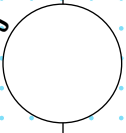
POSITIVE THOUGHTS

Thursday



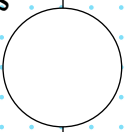
POSITIVE THOUGHTS

Friday



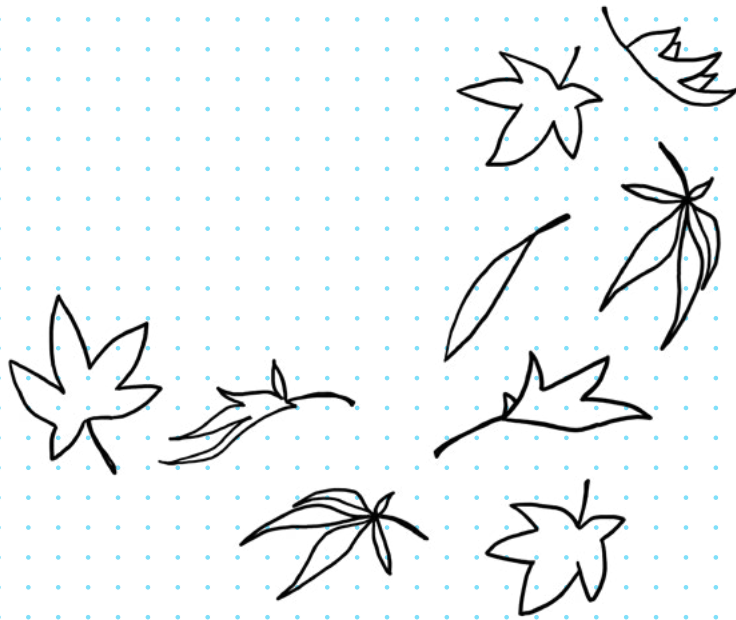
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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T				
F				
S				

Cedar

Keezhik

It is said that Cedar has protection powers, that a guardian spirit lives amongst it and will chase away bad spirits. It is used to purify the home and has many restorative properties.

Use leaves and stems for:

- Smudge
- Bath
- Wash
- Spray

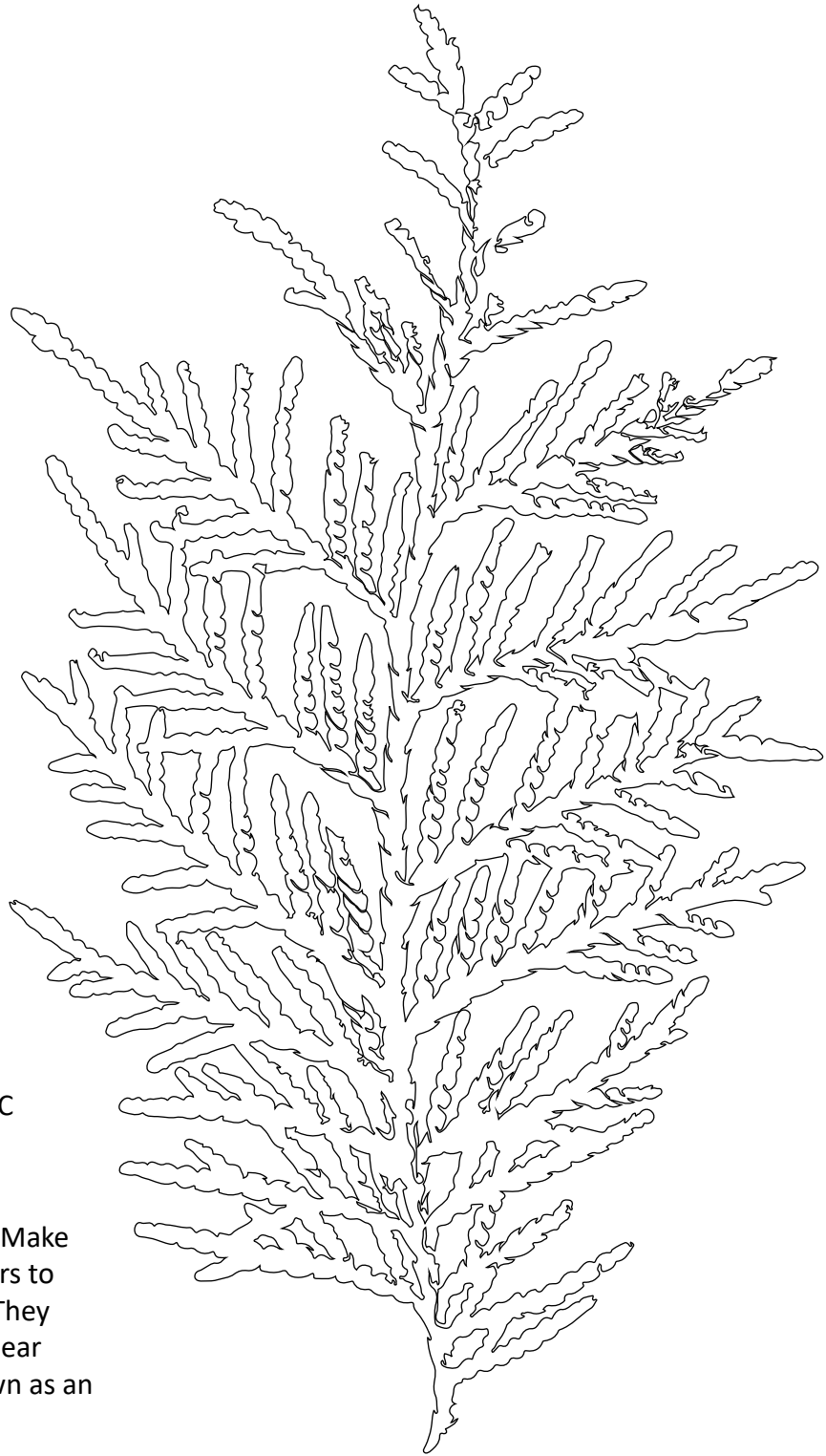
WARNING: Do not ingest while pregnant

Benefits:

- Protective and removes negativity
- Supports healing from past traumas and grief
- Detoxifying and high in vitamin C

Harvest:

Cedar can be harvested all year long. Make sure to clean cut with scissors/snippers to avoid exposing the tree to infection. They are typically found in wooded areas near water. Remember to put tobacco down as an offering when you harvest Cedar.



This is the time of letting go – time to connect with Mother Earth and bring an offering to the land. You could also burn the letters you wrote to your past and future selves as part of this process.

We encourage you to connect with your child or parent/caregiver/ally and build your relationship together.

Notes/Thoughts/Reflections

Cedar Scrub Recipe

(you can gift this to someone)

- 1.5 cups of sugar (coarse sugar like evaporated cane juice works best!)
- 1.5 cups of coconut oil (melted)
- 1 tablespoon of sea salt (works as a preservative)
- 15-30 drops of cedar essential oil (more or less to your liking) (protection, wisdom and strength)

Eleventh Moon of Creation

Freezing Moon

is the time that we come to know the power of spirit. During this moon, we share our sacred teachings and songs. This is the time for rest and reconnecting with family. We begin the winter moons by looking inward and giving appreciation for everything we have received from the previous seasons.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

November

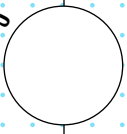
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Rontó:rats Wenhni:tare

Hunting Moon

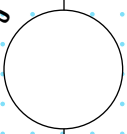
Hunting to prepare for the long winter months ahead.

Sunday



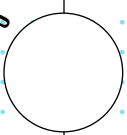
POSITIVE THOUGHTS

Monday



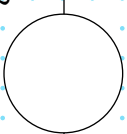
POSITIVE THOUGHTS

Tuesday



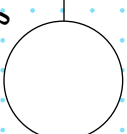
POSITIVE THOUGHTS

Wednesday



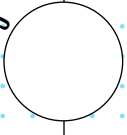
POSITIVE THOUGHTS

Thursday



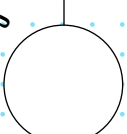
POSITIVE THOUGHTS

Friday



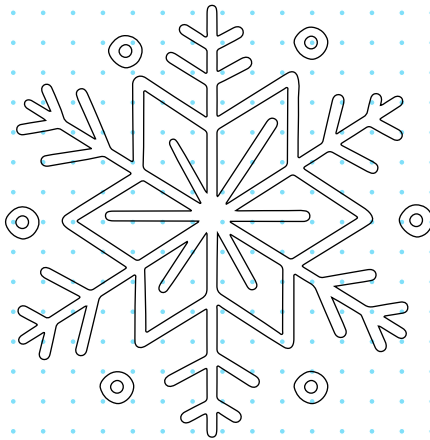
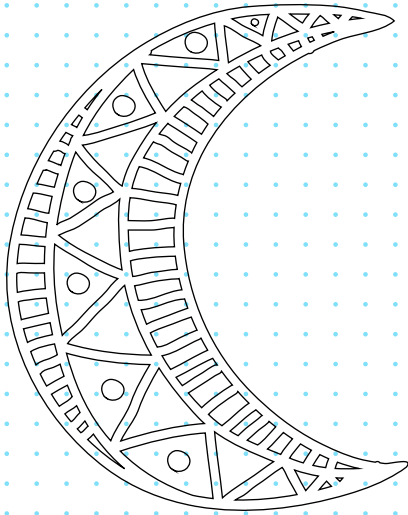
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



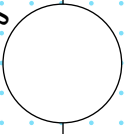
How I filled my bundle

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Trackers

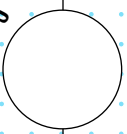
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
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S				

Sunday



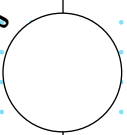
POSITIVE THOUGHTS

Monday



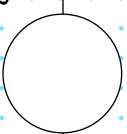
POSITIVE THOUGHTS

Tuesday



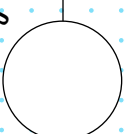
POSITIVE THOUGHTS

Wednesday



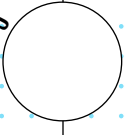
POSITIVE THOUGHTS

Thursday



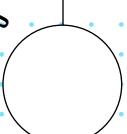
POSITIVE THOUGHTS

Friday



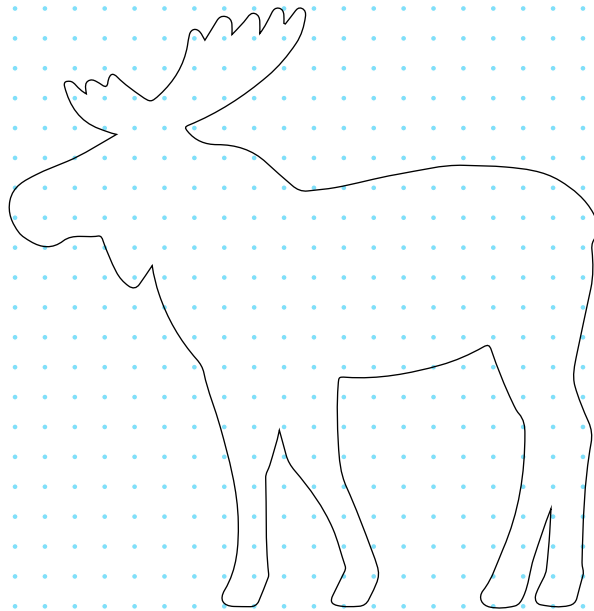
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



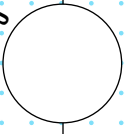
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Trackers

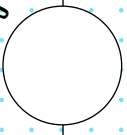
	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
S				
M				
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S				

Sunday



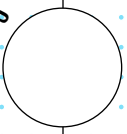
POSITIVE THOUGHTS

Monday



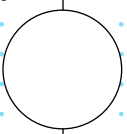
POSITIVE THOUGHTS

Tuesday



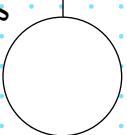
POSITIVE THOUGHTS

Wednesday



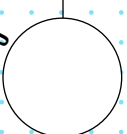
POSITIVE THOUGHTS

Thursday



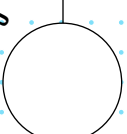
POSITIVE THOUGHTS

Friday

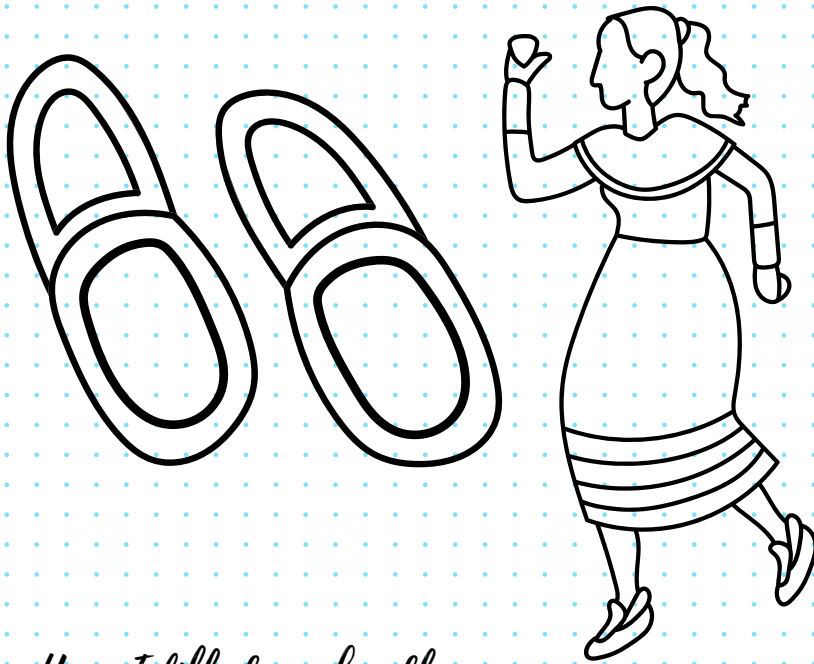


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

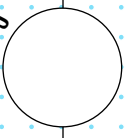
How I filled my bundle

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<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
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Trackers

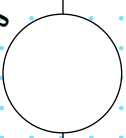
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Sunday



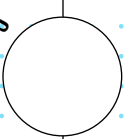
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Monday



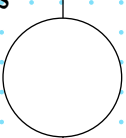
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Tuesday



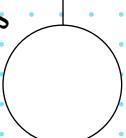
POSITIVE THOUGHTS

Wednesday



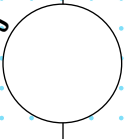
POSITIVE THOUGHTS

Thursday



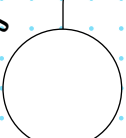
POSITIVE THOUGHTS

Friday



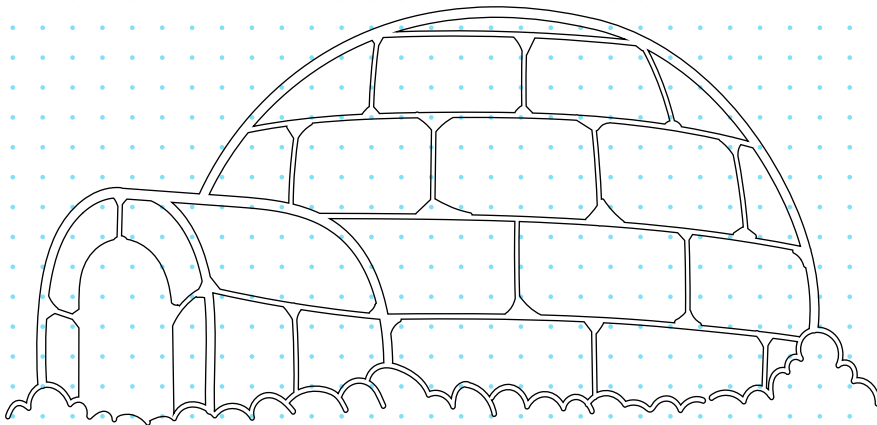
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

	S	M	T	W	T	F	S
<u>Connect with Mother Earth</u>							
<u>Exercise</u>							
<u>Time with Family/Friends</u>							
<u>Relaxation (Meditation)</u>							
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Trackers

	MOOD	WATER	SCREENTIME (2-4 HR)	SLEEP (7-9 HR)
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Choose kindness



In a world where you can be anything, be kind to yourself. You deserve your own kindness. Every small act of self-kindness adds up to a life filled with love and happiness. How are you practicing kindness? (Power of spirit, sacred teachings, sacred songs, rest, inside work, etc.)

Notes/Thoughts/Reflections

A large grid of light blue dots covering most of the page, intended for writing notes, thoughts, or reflections.

Twelfth Moon of Creation

Little Spirit Moon

is the time of storytelling. In telling our Creation stories we understand who we are and how we came to be. The stories reflect our language, our governance, our ways of being. During this moon, we reflect on our healing, so that we walk our journey in a good way.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

December | 136

"Love Builds the Bundle" JOURNAL FOR YOUTH

December

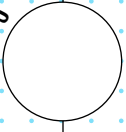
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Wahsónte:sons Wenhni:tare

Long Nights Moon

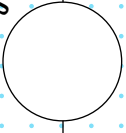
The moon closest to the Winter Solstice. A time for people to gather and tell stories.

Sunday



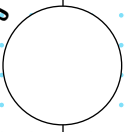
POSITIVE THOUGHTS

Monday



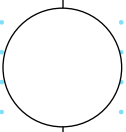
POSITIVE THOUGHTS

Tuesday



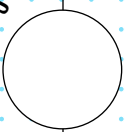
POSITIVE THOUGHTS

Wednesday



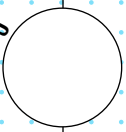
POSITIVE THOUGHTS

Thursday



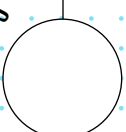
POSITIVE THOUGHTS

Friday



POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

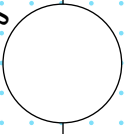
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Trackers

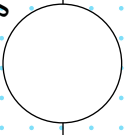
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Sunday



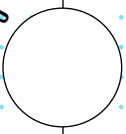
POSITIVE THOUGHTS

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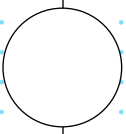
POSITIVE THOUGHTS

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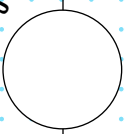
POSITIVE THOUGHTS

Wednesday



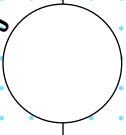
POSITIVE THOUGHTS

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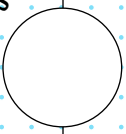
POSITIVE THOUGHTS

Friday

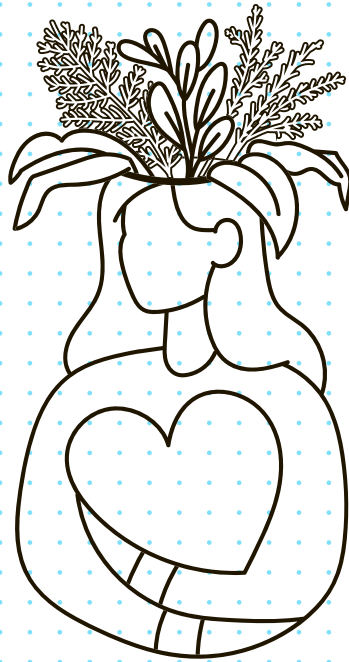


POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS



Notes

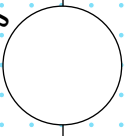
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Trackers

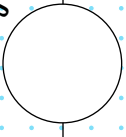
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Sunday



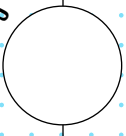
POSITIVE THOUGHTS

Monday



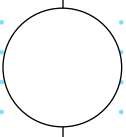
POSITIVE THOUGHTS

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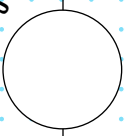
POSITIVE THOUGHTS

Wednesday



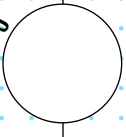
POSITIVE THOUGHTS

Thursday



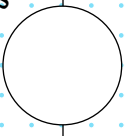
POSITIVE THOUGHTS

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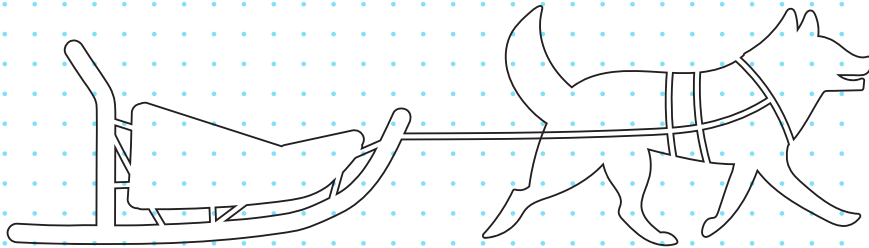
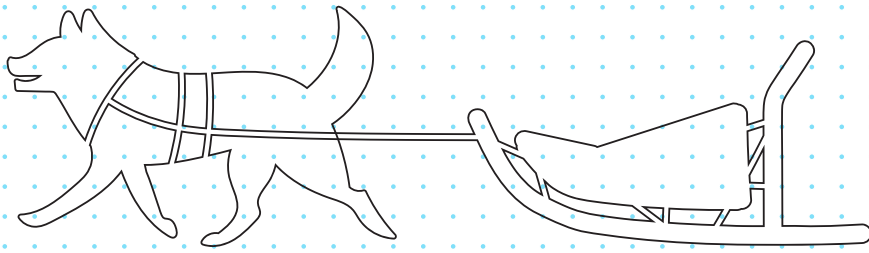
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



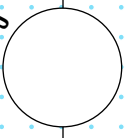
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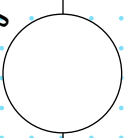
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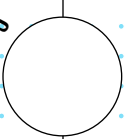
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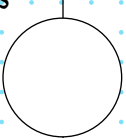
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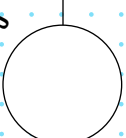
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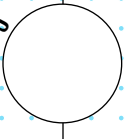
POSITIVE THOUGHTS

Thursday



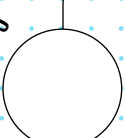
POSITIVE THOUGHTS

Friday



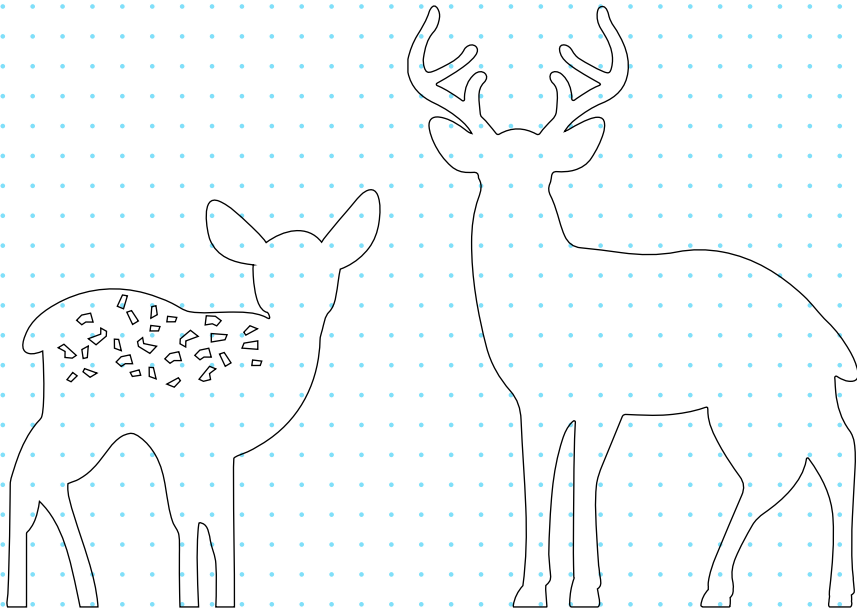
POSITIVE THOUGHTS

Saturday



POSITIVE THOUGHTS

Notes



How I filled my bundle

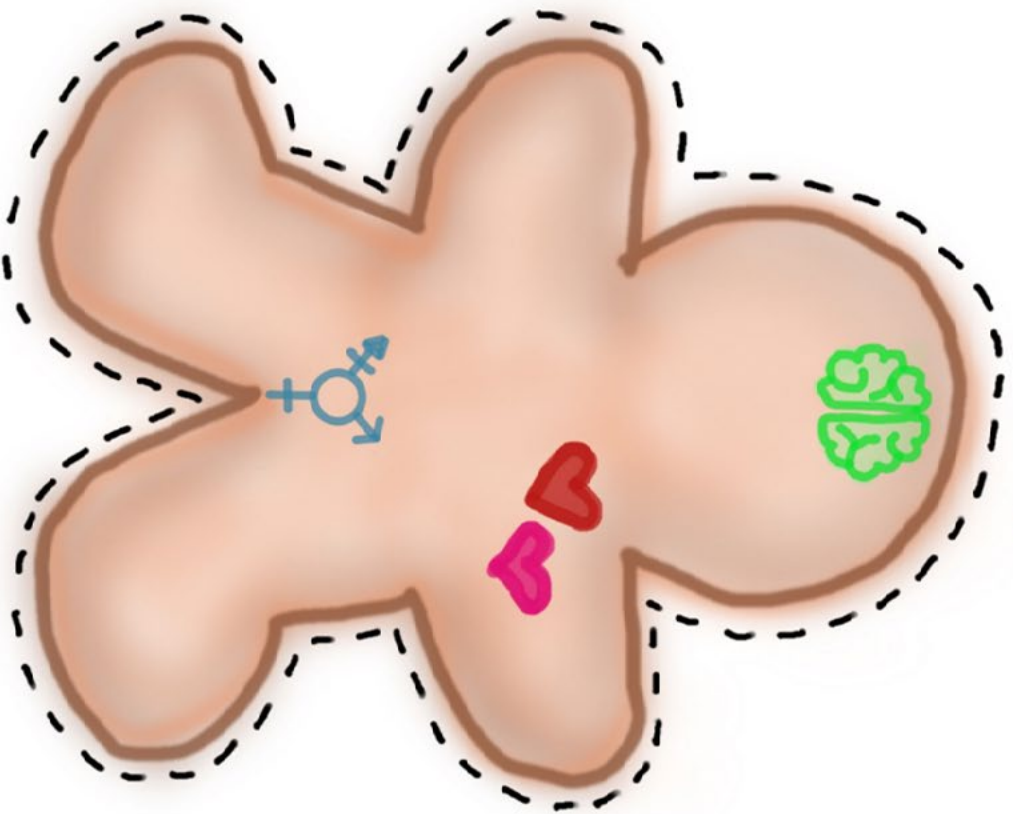
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Trackers

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GENDER BREAD AND COOKIE

Everyone bakes their cookies differently



GENDER EXPRESSION

This is how we dress, act, or style our hair and clothing to show our gender to the world. This is how we show who we are.

(Expressing as Feminine/Masculine/other)

GENDER IDENTITY

This is how we feel on the inside. This can be a boy, a girl, both, neither or something else. This is who we feel we are.

(Identifying as Female/Male/Other genders)

SEX ASSIGNED AT BIRTH

This is what the birth certificate says when we are born, male, or female. This does not always match how we feel inside.

(Sex at birth is Female/Male/Intersex)

PHYSICALLY ATTRACTED TO

This is who we like physically, who we might want to hug, kiss or date.

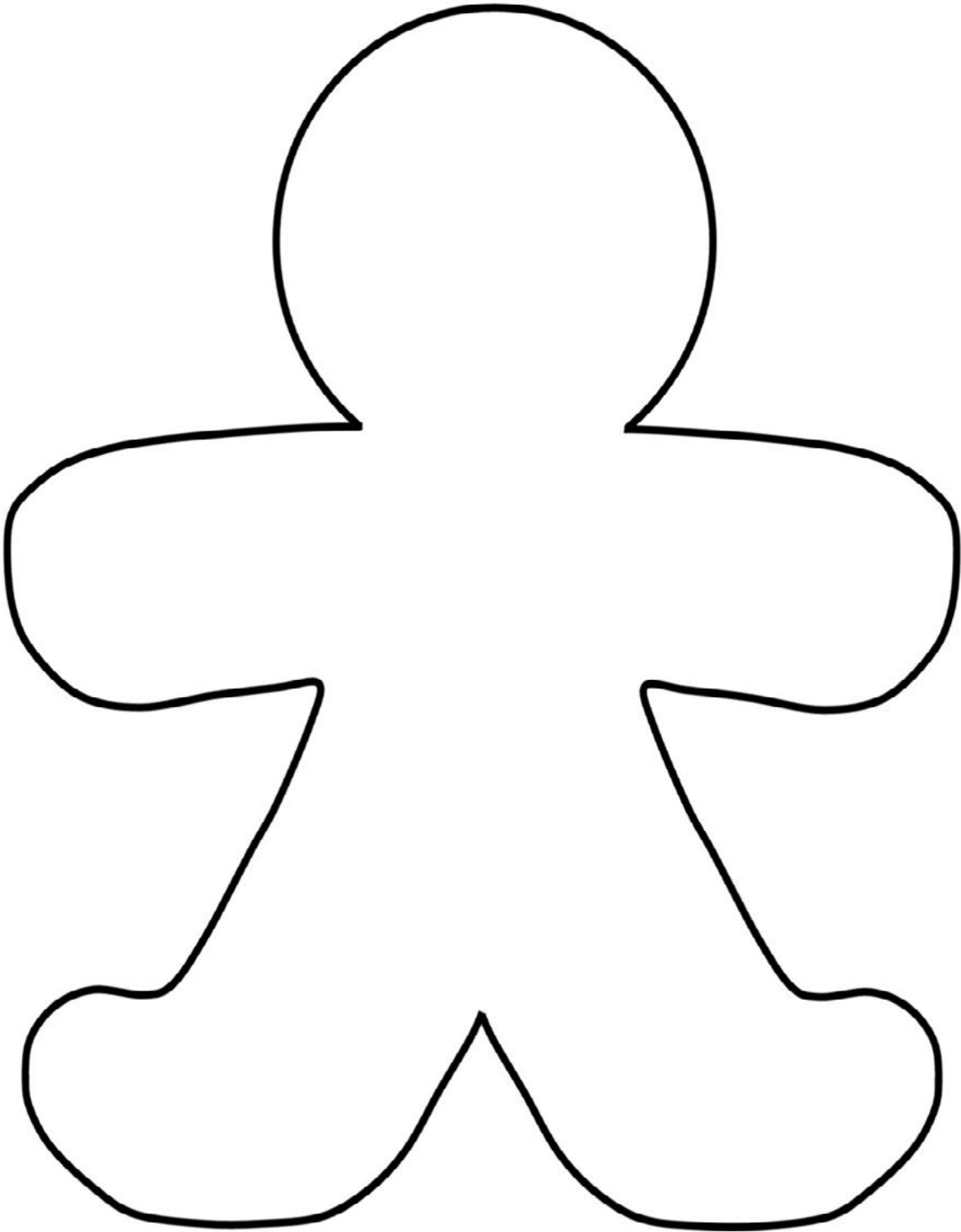
(Attracted to Women/Men/Other Genders)

EMOTIONALLY ATTRACTED TO

This is who we might want to have deep conversations with or spend a lot of time with.

(Attracted to Women/Men/Other Genders)

MY GENDER BREAD COOKIE



Thirteenth Moon of Creation: Blue Moon

Great Spirit Moon

is the time that we come to truly understand life. The winter season is when we tell our Creation stories; how all of Creation came to be, the universal family, the night sky, and about the creation of all our relations. During this moon we understand ourselves and Creation.



13 Grandmother Moon Artwork © Ontario Native Women's Association (ONWA)

Watoríhshens Wenhnì:tare

Rest Moon

Moon Time to rest, celebrate and tell stories.

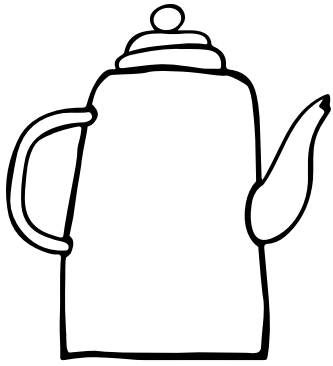
Reviewing Goals

Find a quiet and comfortable space where you can focus on your thoughts and feelings without distraction. Perhaps, make a cup of your favourite tea, put on a calming playlist, and light a candle. Take a moment, pause to breathe, reflect on the past year and the year ahead. Focus on everything that you have done this year, and everything you hope to do in the year ahead.

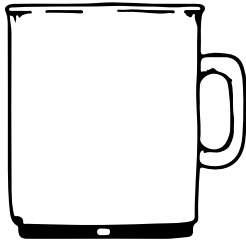
As we learned from the turtle, we are ALWAYS moving in a direction – forward, backwards or sideways. When we are in balance, we can be guided by Creator and culture.

This year, I accomplished:

Next year, I will accomplish:



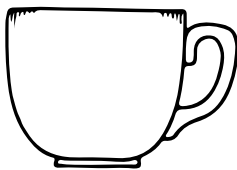
*This is a time to rest,
reflect and recover*



Cedar Tea

Used for cleansing, purification and energy

- 1 litre of boiling water
- Palm size amount of cedar boiled on the stove for 10 minutes
- For added flavour add:
 - 5 or 6 Mint leaves
 - A teaspoon per glass of Maple Syrup or Honey

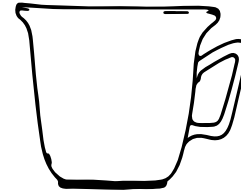


Elder's Tea

*Rose hips are rich in antioxidants
and help reduce stress*

- 1 litre of boiling water
- 4 to 6 Rose Hips (crushed finely with the seeds and skin)
- 4 to 6 Labrador leaves
- 4 to 6 Birch leaves
- Palm size amount of Mint for flavour or Maple Syrup or Honey

Crush all the ingredients finely and let steep for 10 minutes.



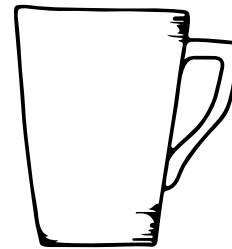
Elixir Tea

Used to boost the immune system

- 1 litre of boiling water
- Palm size amount of cedar
- 4 to 6 Rose hips-skin and seeds
- Teaspoon of Orange, Grapefruit, or Tangerine zest

Combine the cedar, with crushed rose hips and the skin from the fruit and let steep for 10 minutes

The Cedar acts as an astringent to cleanse that bacteria and high concentrations of Vitamin C to boost the immune system in the Rose hip and whichever fruit is available.



Calming Tea

Birch leaves have a calming effect

- 1 litre of boiling water
- Handful or Birch leaves with no yellowing
- 3 or 4 Red Clover blossoms

Crush finely and let steep for 10 minutes.

Essential oil blends and grounding techniques can help with anxiety, stress, and sleep!



Calm Down Blend

Essential oil blend

Used for reducing anxiety/stress

- 3 drops Lavender
- 3 drops Geranium
- 2 drops Lemon
- 2 drops Sandalwood



Hands in Water

Physical grounding technique

Focus on the water's temperature and how it feels on your fingertips, palms, and the backs of your hands. Does it feel the same in each part of your hand?

Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?



Butterfly Hug

Physical grounding technique

1. Cross arms over your chest
2. Interlock your thumbs into the shape of a butterfly
3. Close your eyes
4. Slowly alternate tapping each hand like butterfly "wings"
5. Repeat until you feel relaxed

References

Haudenosaunee Lunar Calendar – 13 Moons on the Turtle’s Back, Learning About the Lunar Calendar, from Queen’s University Indigenous Land-Based Learning STEAM (QUILLS):

https://elbowlakecentre.ca/wp-content/uploads/2024/01/13-moons_2023-1.pdf

Ontario Native Women’s Association (ONWA), <https://www.onwa.ca>

Ganohkwasra Family Assault Support Services, <https://ganohkwasra.com>

Have you visited the Love Builds the Bundle webpage? Visit to learn more and explore more resources:



www.onwa.ca/love

Notes/Thoughts/Reflections

A large grid of small blue dots, intended for writing notes, thoughts, or reflections. The grid covers most of the page below the title.

ONTARIO NATIVE WOMEN'S ASSOCIATION

Empowering Indigenous Women Throughout Ontario

A Voice for Indigenous Women's Issues



Head Office: P.O. Box15-684 City Road · Fort William First Nation, ON P7J1K3

Toll Free: 1-800-667-0816 · **E-mail:** onwa@onwa.ca

(Left: onwa.ca/social)