

Home

- We all have, in one way or another, experienced something that looks/tastes/smells/feels like home.

What smells take you home?

What tastes take you home?

- Who are the ancestors you resemble?
- Which ancestor's footsteps are you traveling? How?

Learning

- When it comes to 'learning,' what do you wish for your future generations?
- If you could have changed how you were educated what would you have changed?

Artistic Expression

- Traditions, customs, forms of artistic expression from generations before us evolve in many different ways.

What do you hold on to?

What have you let go of?

Why?

- How might you transition from feeling potential shame to feeling a deep sense of pride in your culturally informed artistic expression(s)?

Justice

- What does it feel like when life is unfair?
- How might you practice honouring Indigenous Peoples of the land you are on?
- What emotions have you felt as you've explored the way people around the world have experienced injustice? What is one thing you might want to do differently as a result?

Migration

- What would come with you if you ran for your life and never returned?

- We all come with assumptions.
What assumptions are made about you?

Food

- What foods do you experience or share in moments of happiness, sorrow, or celebration?
- What is one family recipe you'd like to pass along to your future generations?
- What are the foods that heal you?

Love

- How do you show love to your family, community, loved ones?
What makes you feel loved in return?
- What did your elders, parents, guardians, mentors teach you about love?
- How does the love for our land impact our sense of belonging and identity?
- What is one aspect of love you share with every other human around you?

Resilience

- What keeps you going when life's moments feel impossible?
- What power does hope have in your life?
- If you could say three things to your ancestors, what would you say?
- If you could say three things to future generations, what would you say?