

How to Live a Decolonized Life

Be respectful • Listen to the Elders and children and make time for them • Eat a healthy traditional diet of mainly meats, eggs, vegetables and fruits • Drink lots of water and herbal teas • Exercise daily • Get outside and get to know your Traditional Territory • Increase your participation in traditional activities such as hunting, fishing, berry picking and medicine harvesting, and making hand drums, regalia, and baskets • Learn your language • Sing your songs • Dance • Get educated • Learn a trade • Work in a field you enjoy or are passionate about • Volunteer in your community • Coach • Work at gatherings • Start a club or group • Think positively • Encourage others • Celebrate everyone's success • Practise spirituality • Attend a sweat lodge • Smudge • Meditate • Bathe in a creek • Pray • Strengthen your inner peace • Be grateful for all you have and what Mother Earth provides • Be kind.

Colonization has left us with a sense of fear, guilt and shame, the root causes of the lateral violence that affects our communities. It's time to say NO to the negative effects of colonization and YES to living a decolonized life, a life filled with kindness.

Decolonization will bring us back to the true Stl'atl'imx way of life that was guided by respect, love and kindness.

Learn more about The Kindness Project at:
sshkindnessproject.ca



The Kindness Project
Everybody Matters

www.sshkindnessproject.ca