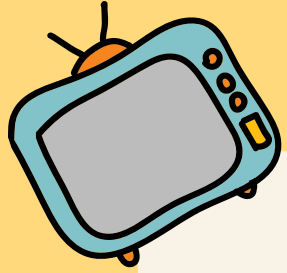




NATIONAL INDIGENOUS PEOPLES DAY INDIGENOUS CONTENT AND RESOURCE LIST



TV SHOWS

Little Bird

A limited series about an Indigenous woman on a journey to find her birth family and uncover the hidden truth of her past.

Trickster

Jared is an Indigenous teen struggling to keep his dysfunctional family above water. When he starts seeing strange things - talking ravens, doppelgängers, skin monsters - his already chaotic life is turned upside down.

MOVIES

Indian Horse

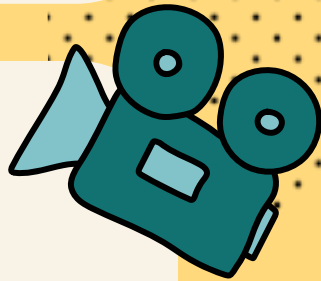
Follows the life of Native Canadian Saul Indian Horse as he survives residential school and life amongst the racism of the 1970s. A talented hockey player, Saul must find his own path as he battles stereotypes and alcoholism.

The Grizzlies

In a small Arctic town struggling with the highest suicide rate in North America, a group of Inuit students' lives are transformed when they are introduced to the sport of lacrosse. Based on a true story.

Beans

Inspired by true events, this drama focuses on a Mohawk girl on the cusp of adolescence who must grow up fast and become her own kind of warrior during the armed stand-off between Mohawk communities and government forces in Quebec known as the 1990 Oka Crisis.



BOOKS



Warrior Life: Indigenous Resistance and Resurgence by Pamela Palamater

Anti-colonial and anti-racist writings on various Indigenous issues from empty political promises to sexualized genocide. Pam Palamater is regarded as a strong advocate of Indigenous issues.

Go Show the World: A Celebration of Indigenous Heroes by Wab Kinew

Tells the stories of diverse Indigenous heroes, both historical and contemporary from the U.S. and Canada.

The Marrow Thieves by Cherie Dimaline

A dystopian story about Indigenous people in North America who are being hunted for their bone marrow, which holds the key to help everyone else recover the ability to dream. This novel has themes that run parallel to what has happened and still is happening to Indigenous peoples today.

Walking Together by Elder Albert Marshall

This innovative picture book introduces readers to the concept of Etuaptmumk—or Two-Eyed Seeing, the gift of multiple perspectives in the Mi'kmaw language.

My Heart Fills With Happiness by Monique Gray Smith

This beautiful board book, with illustrations by Julie Flett, serves as a reminder for little ones and adults alike to cherish the moments in life that bring us joy.



PODCASTS

Telling our Twisted Histories

Indigenous histories have been twisted by centuries of colonization. Host Kaniehtiio Horn brings us together to decolonize our minds—one word, one concept, and one story at a time.

Warrior Kids

A podcast for kids about Indigenous life and culture. Host Pam Palamater talks about a range of interesting and important teachings, from the significance of bald eagles to many Native cultures, why boys wear braids, to the power of art.



ARTICLES

How to Improve Drinking Water in First Nations Communities

Explores the potential of collaborative arrangements to improve drinking-water quality in First Nations communities.

Indigenous Ally Toolkit

Teaches you how to be an effective ally.

VIDEOS

What is Reconciliation?

A 5 minute CBC Kids News video that explains this big topic in kid-friendly language.

Stolen Children

How Residential Schools affected survivors and their children and grandchildren.

Wellness through the Medicine Wheel

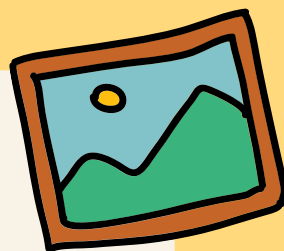
lehnhotonkwaw Bonnie Jane Maracle (member of the Council of Indigenous Initiatives Elders' Circle at UofT) describes wellness through the medicine wheel.

#TheMoment Indigenous Communities Accepted the Mermaid Challenge

Starting in Manitoba, Indigenous communities across Canada have been having fun dressing up as mermaids and posting the images online. Johnny Harper of the Anishinew First Nation says, "Humour is our medicine".



ARTISTS



Christi Belcourt

Métis artist whose art reflects and celebrates the natural world. Christi's paintings often resemble beautiful beadwork. Her work has appeared in galleries across North America, including the AGO. See her work at <https://christibelcourt.ca/>.

Shina Nova

Inuk throat singer who posts about her journey and interesting insight into northern Indigenous life. Recently, Nova posted all about her traditional Inuit face tattoos! Follow her on Instagram [@shinanova](#).

James Jones

Nehiyaw (Cree) dancer who posts incredible dancing, sometimes in regalia, as well as other tidbits from his life on Instagram and TikTok. Follow him [@notoriouscree](#).

INDIGENOUS CENTRE

Follow UTM's Indigenous Centre's Instagram to learn through their Indigenous History Month Social Media Campaign: [@UTM_Indigenous](#)

INDIGENOUS BUSINESSES

Indigenous Vendors at UTM's All-Nations Powwow

<https://www.utm.utoronto.ca/all-nations-powwow/vendors>

Indigenous-Owned Businesses in Toronto

<https://pinatravels.org/indigenous-businesses-in-toronto/>

<https://www.blogto.com/city/2021/09/indigenous-owned-businesses-toronto/>

