



*Patrick Hunter, an Artist Ambassador, offers youth painting workshops using the seven grand feather teachings.*

## THE SEVEN TEACHINGS

First Nations, Inuit, and Métis cultures vary greatly throughout Canada. Knowledge and culture will change depending on where you are located. Remember that First Nations, Inuit, and Métis peoples have different languages, knowledge systems, and cultures. It is important not to label Indigenous cultures, language, knowledge, and worldviews as the same because they are all unique.

There are many different forms of the seven teachings throughout Indigenous and non-Indigenous communities which are often used as guiding principles and cultural foundations. Various communities have adapted these teachings (sometimes called Grandmother, Grandfather, or Sacred teachings) for their own communities and value systems. These teachings should be shared respectfully, and research should be done to better understand if these teachings are used by the Indigenous communities in your region. Always acknowledge the Nation from which you are sharing these teachings.

### Seven Grandfather Teachings

These Seven Grandfather Teachings are honoured by the Anishinaabek Nation.

<b>WOLF</b>	<b>Humility – Dbaadendiziwin.</b> Be humble in your dealings with the people and communities you meet. Be selfless and not selfish, praising the accomplishments of others.
<b>BEAR</b>	<b>Courage/Bravery – Aakwa'ode'ewin.</b> Hold space for difficult conversations and answer with kindness, being brave enough to admit when you do not know the answer and accepting the challenge to learn more.
<b>SABE</b>	<b>Honesty – Gwekwaadziwin.</b> Accept yourself and use your gifts of knowledge, art, language, and self, to create change and acceptance without deceiving yourself or others.
<b>BEAVER</b>	<b>Wisdom – Nbwaakaawin.</b> Learn with your head and lead with your heart. Recognize that we are all different and accept those differences as gifts with kindness and respect.
<b>TURTLE</b>	<b>Truth – Debwewin.</b> Without truth there cannot be reconciliation. Share your knowledge and understanding with others to help create meaningful reconciliACTIONS.
<b>BUFFALO</b>	<b>Respect – Mnaadendimowin.</b> Respect one another's physical, mental, and emotional well-being. Do your best to create a safe space for everyone, Indigenous and non-Indigenous, to engage in meaningful learning, understanding, and connection.
<b>EAGLE</b>	<b>Love – Zaagidwin.</b> Love is at the heart of all teaching. Vow to move reconciliation forward in meaningful ways with love.



Learn more about Seven Teachings.