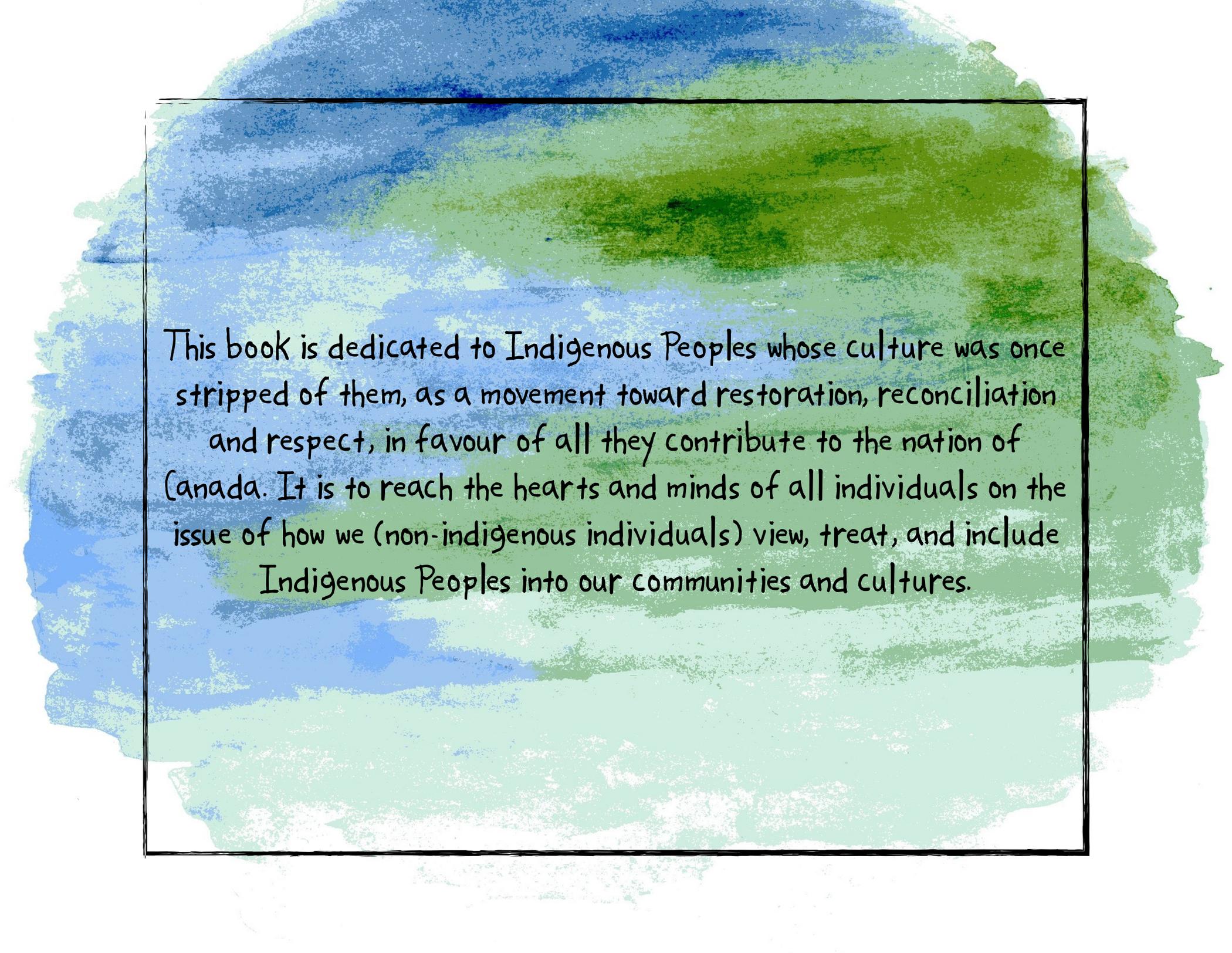




A,B,C

Restoring This Land  
For You & For Me

By: Jillian Stuart  
Illustrated By: Nicole Palmer



This book is dedicated to Indigenous Peoples whose culture was once stripped of them, as a movement toward restoration, reconciliation and respect, in favour of all they contribute to the nation of Canada. It is to reach the hearts and minds of all individuals on the issue of how we (non-indigenous individuals) view, treat, and include Indigenous Peoples into our communities and cultures.



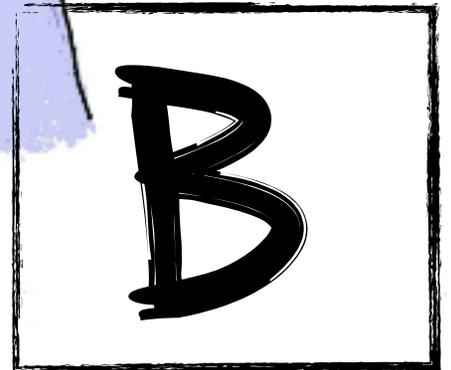
# A is for Advocate

Standing up for what is right  
Indigenous peoples, they need choice,  
You and me no matter our height,  
We have a voice  
So lets get up and fight with all our might



# B is for Benevolent

Everyone is different, just look around.  
Together we can make a beautiful sound,  
of harmony and love on this shared ground.



C

## C is for Choice

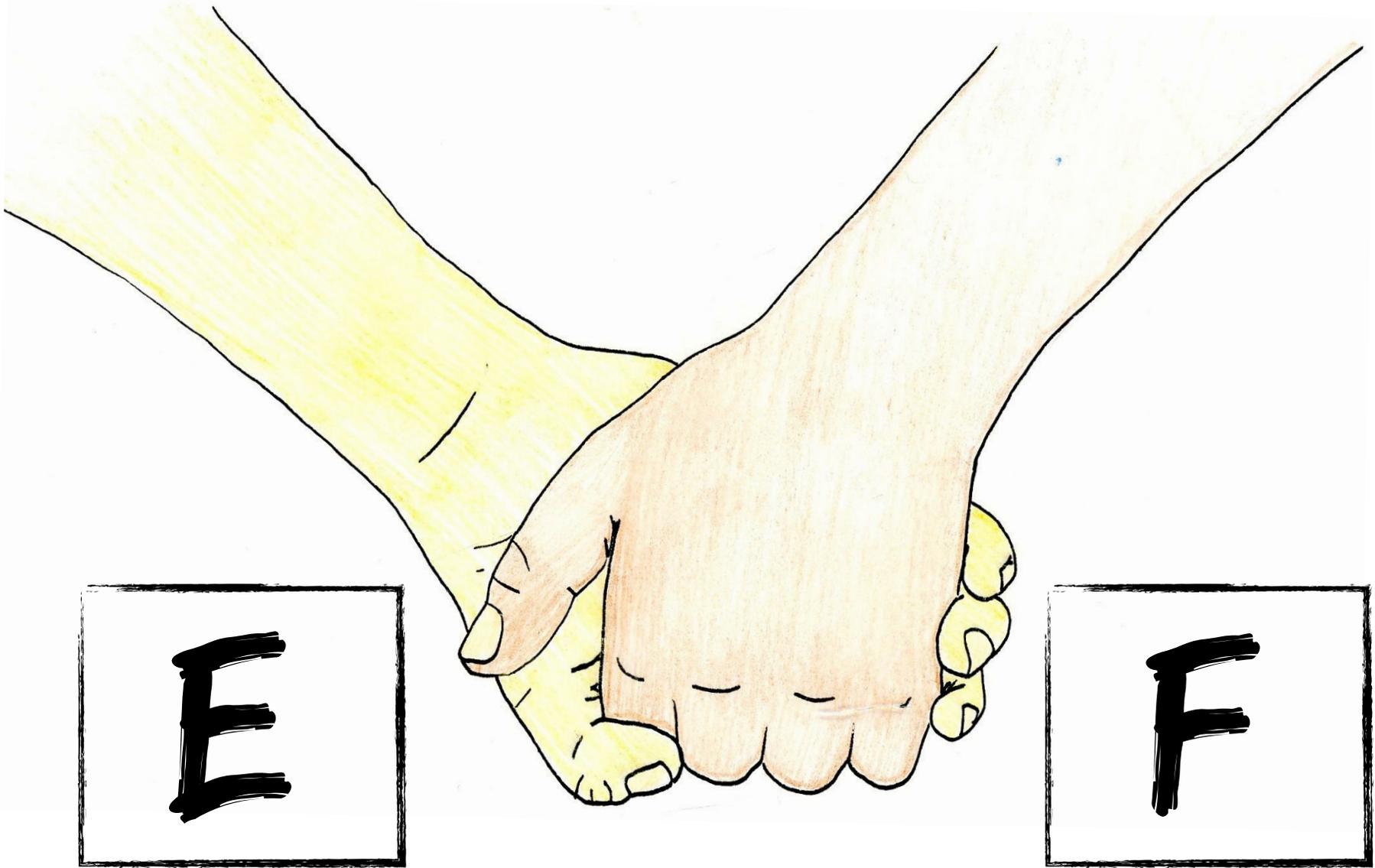
Everything we do is a decision you see,  
Thinking of others is the key.  
We have to remember that it's not all about me.  
How do your choices guarantee,  
that others are valued and feeling free?



D

## D is for Dancing

Dancing brings joy, dancing brings unity.  
Let's come together and build a community.



## **E is for Empathy**

When we learn about others and seek to know,  
We have opportunity to grow, and grow, and grow!

## **F is for Forgiveness**

Free from past mistakes  
Releasing the hurts, and the aches.



G

## G is for Go

Let's go forward and make a change.

Who's going to step in the right direction to re-arrange?



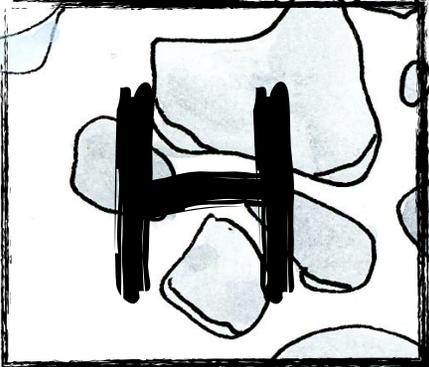
## H is for Honour

How do we honour our country, our nation?

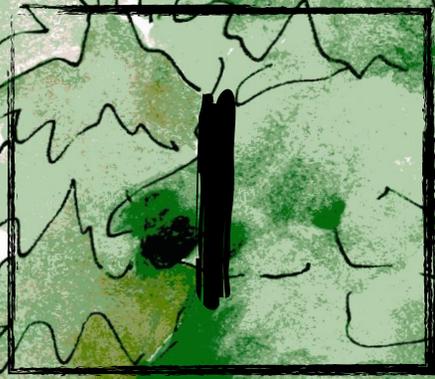
We respect those that came first, inhabiting creation.

This is the first step,

To build a better future generation.



H



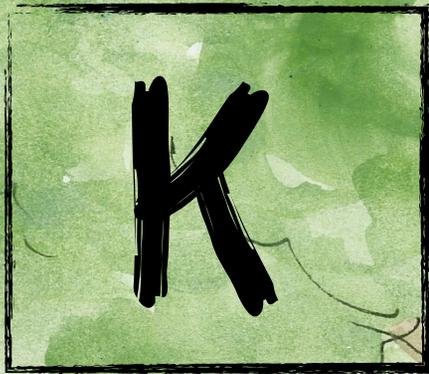
# I is for Individuality

Everyone is unique,  
no one is the same as me.  
You come from here, I come from there.  
Together we can see,  
Our differences make us one,  
They turn Canada into "we"

# J is for Journey

We are all on a walk,  
Together we can talk.  
Hand-in-hand, as one we can  
Develop a bond that is as firm as a lock.





## K is for Kids

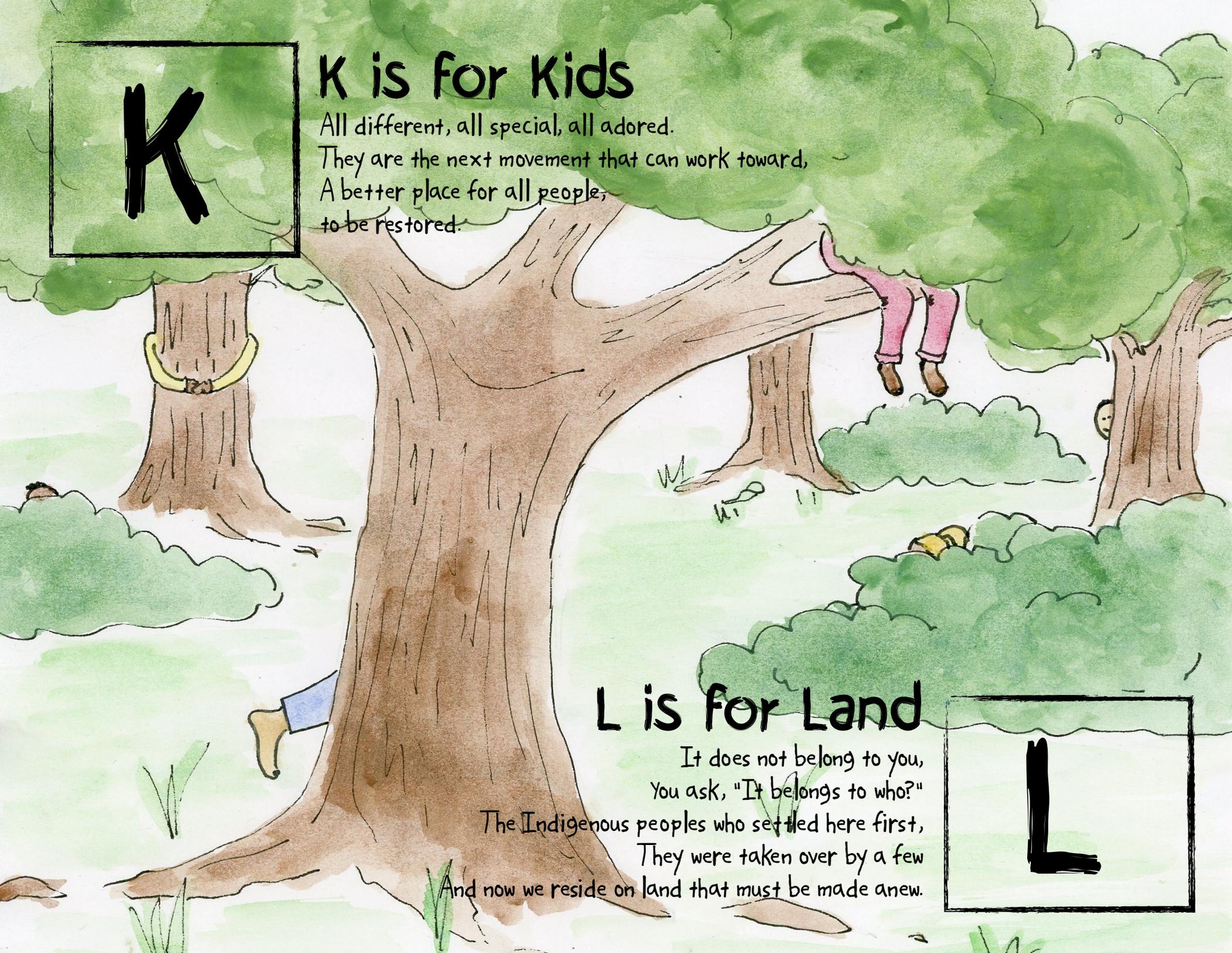
All different, all special, all adored.

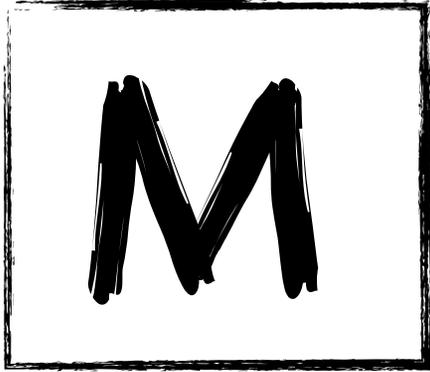
They are the next movement that can work toward,  
A better place for all people,  
to be restored.

## L is for Land

It does not belong to you,  
You ask, "It belongs to who?"

The Indigenous peoples who settled here first,  
They were taken over by a few  
And now we reside on land that must be made anew.





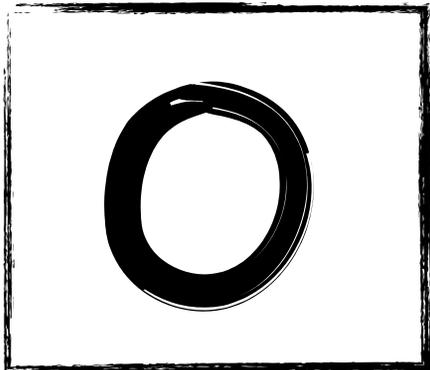
## M is for Mindset

Careful! What have you been taught?  
It may be something that is not.  
It would be sad if you forgot,  
How your mindset shapes your views of others,  
This truly matters a lot.



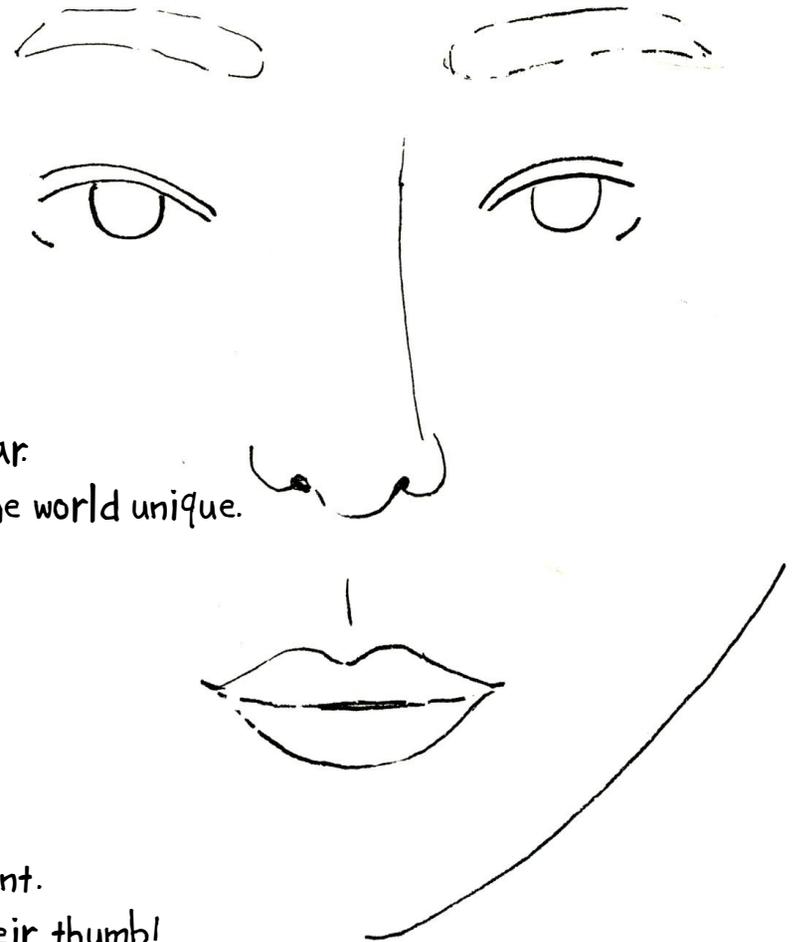
## N is for Native Tongue

The first language you speak,  
It molds what you do and eat and seek.  
We should value the diversity of what we hear.  
Different languages is part of what makes the world unique.



## O is for Origin

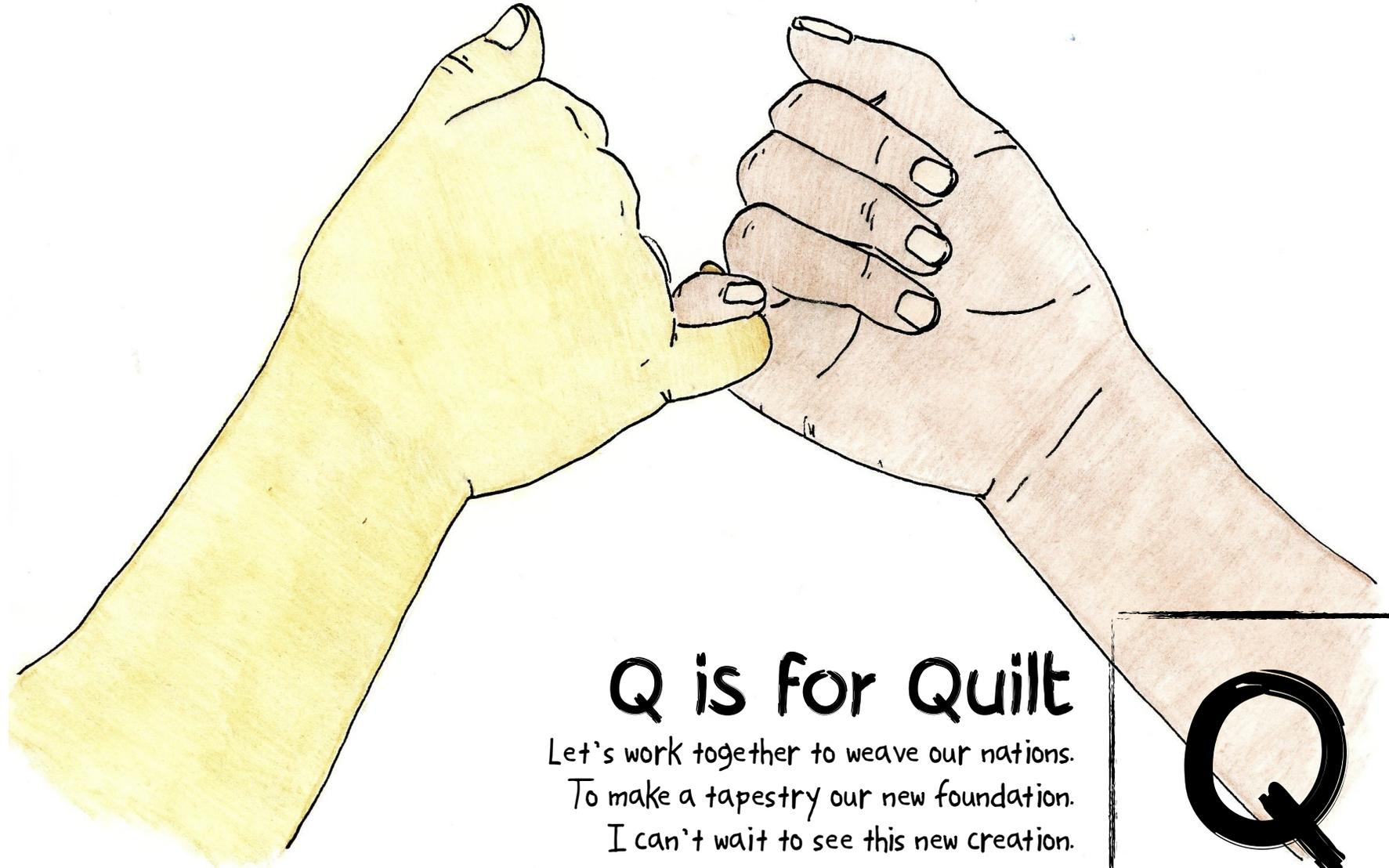
Where did you derive from?  
This plays a part in who you become.  
Recognize that everyone's origin is important.  
It is as exclusive to them as the print on their thumb!



P

## P is for Promise

- I pinky promise to understand.
- I pinky promise to stretch out my hand.
- I pinky promise to lead the way.
- I pinky promise to honour your land.



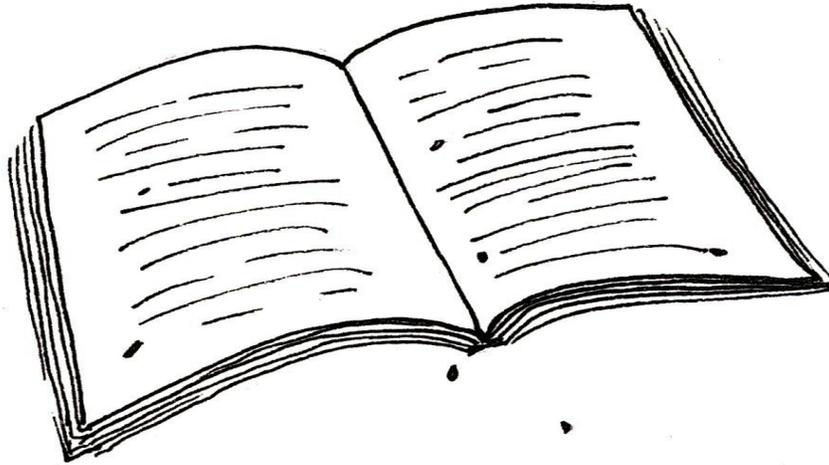
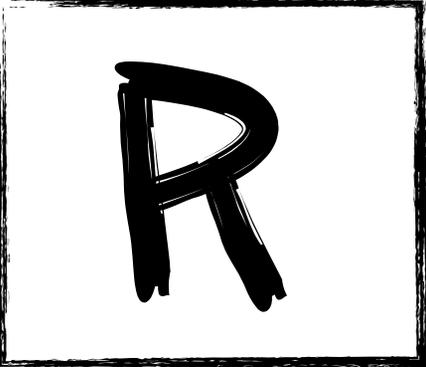
## Q is for Quilt

Let's work together to weave our nations.  
To make a tapestry our new foundation.  
I can't wait to see this new creation.

Q

# R is for Roots

Hold on to your roots, don't let them go.  
But, learn from others, and then you will know,  
That life is so much more than your head to toe,  
But a vast array of history to and fro.



# S is for Stories

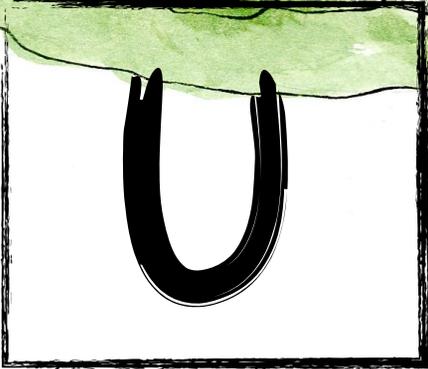
Indigenous Peoples live and learn through story telling.  
It is how we know about their people's dwelling.  
Listen carefully and you will see,  
This is their history, it is a legacy they're selling.





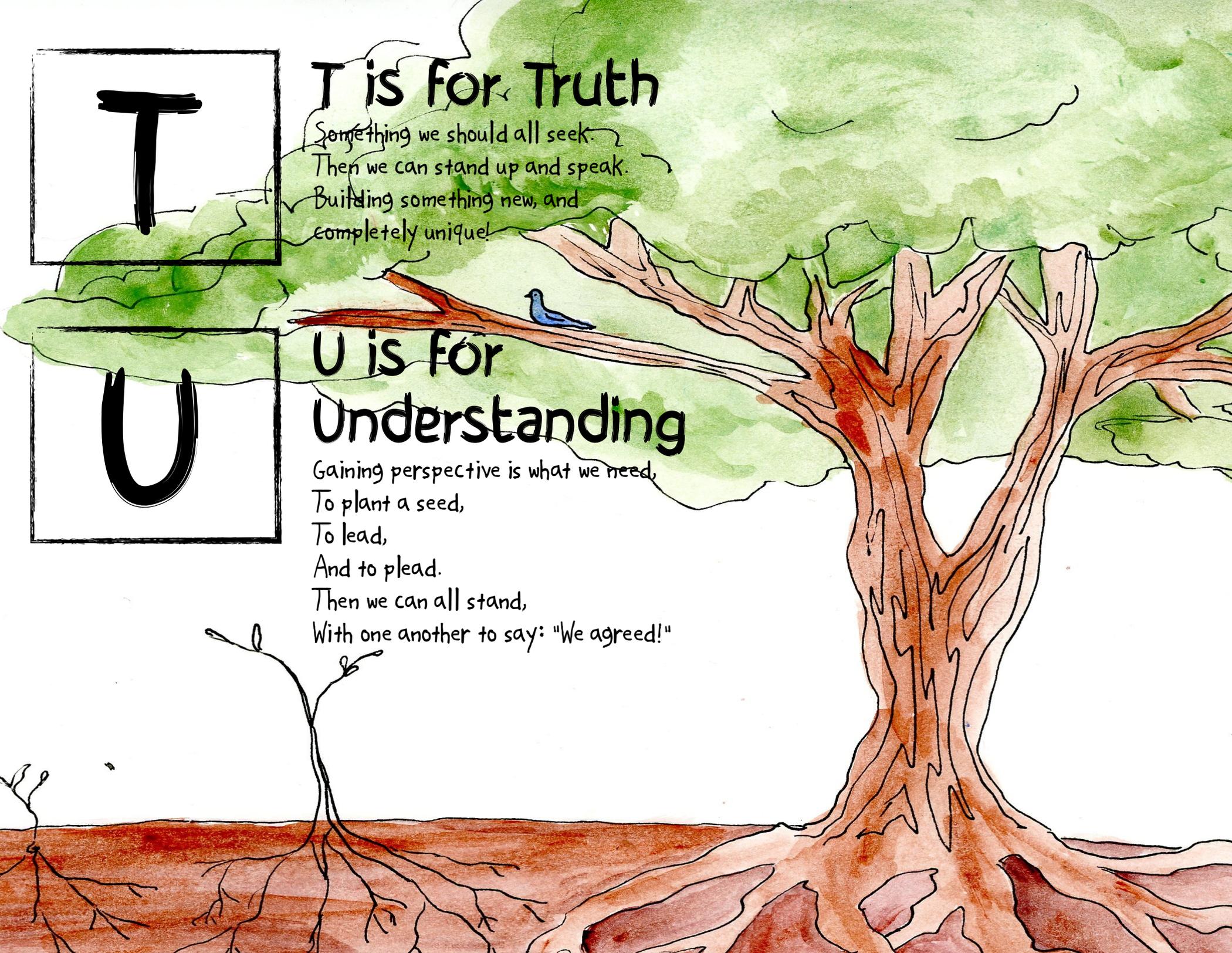
## T is for Truth

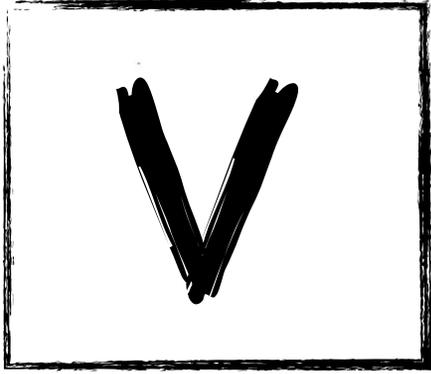
Something we should all seek.  
Then we can stand up and speak.  
Building something new, and  
completely unique!



## U is for Understanding

Gaining perspective is what we need,  
To plant a seed,  
To lead,  
And to plead.  
Then we can all stand,  
With one another to say: "We agreed!"

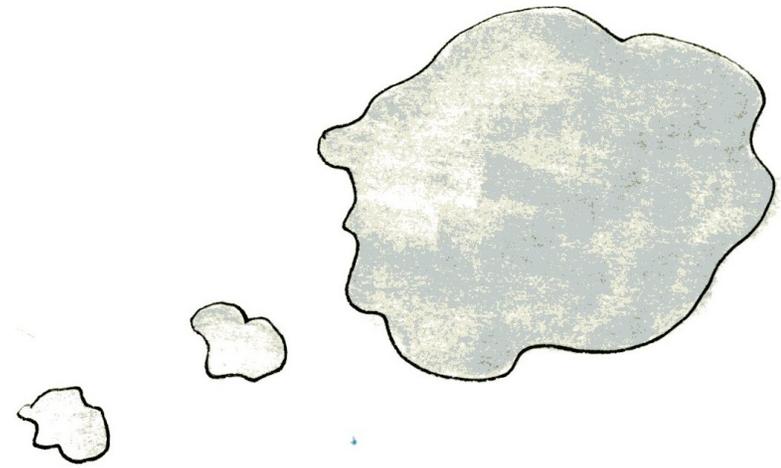
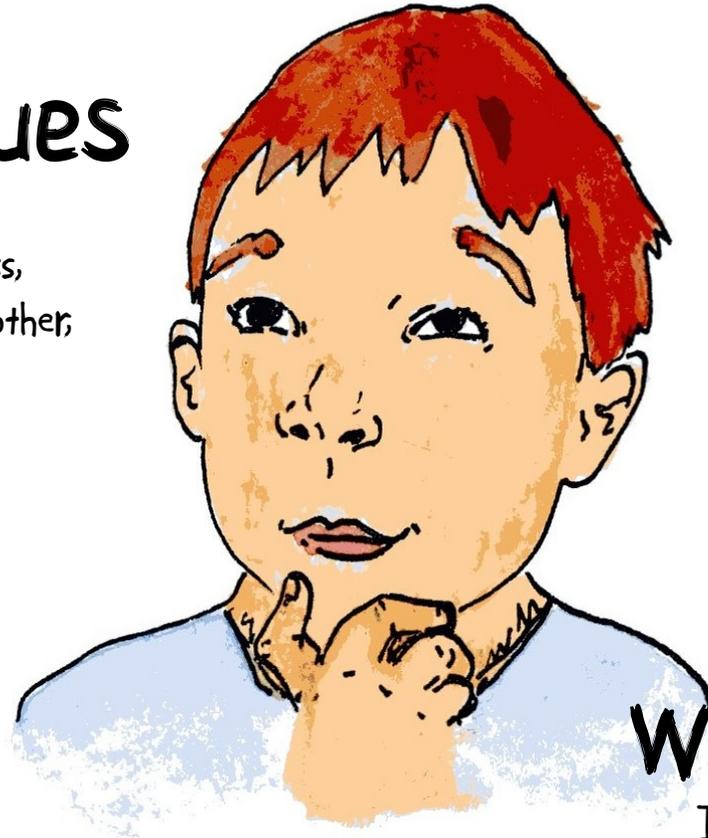




## V is for Values

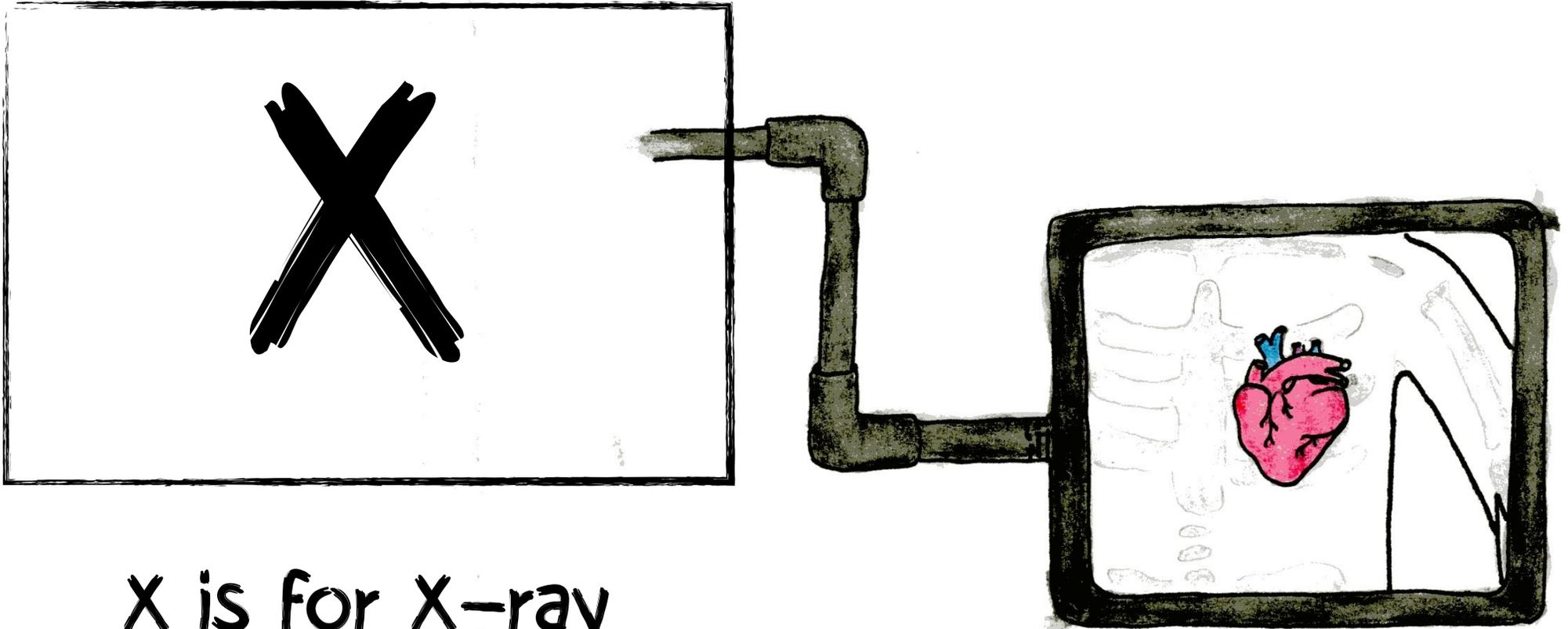
Important? Yes!

In order to reach success,  
We must find value in each other,  
So we can progress.



## W is for Wonder

I wonder what I can learn from you,  
and how you can learn from me too.

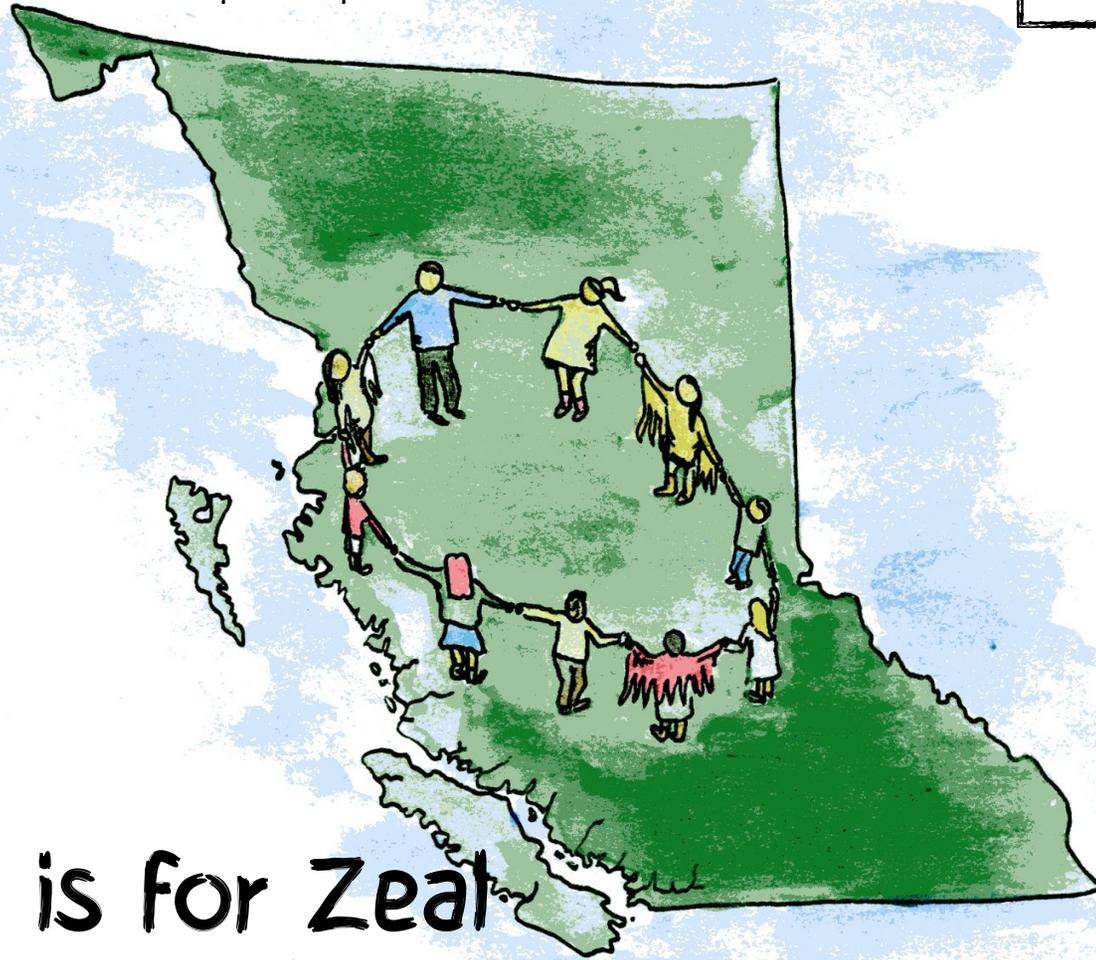
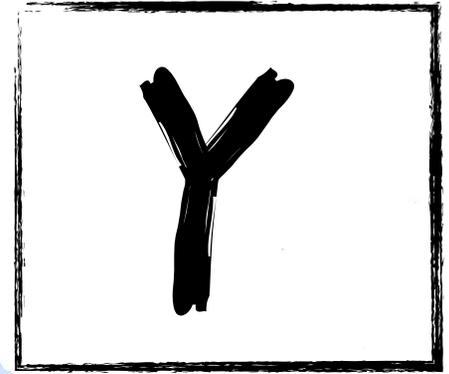


# X is for X-ray

Showing us where we need to heal.  
Looking deep inward can reveal,  
What we need to work on,  
to promote a change that is real.

# Y is for Yearn

Let's long for a change.  
You may be the only one at first,  
Some people may think you are strange.  
Maybe they are the ones who need to re-arrange.



# Z is for Zeal

It is time to pursue what is good.  
Leave behind what we have misunderstood,  
And be where we should.