



Self-reflection

YOUR JOURNAL TOWARDS RECONCILIATION



1. What does this video about First Stories, Apples & Indians tell us about the different names being used for Indigenous peoples in Canada—and their impacts on individuals?

2. Where do you come from? Have you ever considered how identity can positively or negatively impact a person's mental, emotional and spiritual wellbeing?

3. What impact do you think the purchase of Rupert's Land had on the lives of Indigenous peoples living there? Do you see any connection between this purchase and the Government of Canada's relationships with Indigenous peoples today?



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4. What links do you see between certain stereotypes of Indigenous peoples and the restrictions on where a person or community should live?

5. How do you think that the Manitoba Métis Federation court case impacted the relationships between the Federation, the Government of Manitoba and the Government of Canada? How could this have been avoided?