

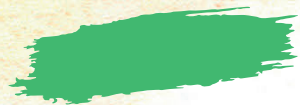


HEART-MIND
ONLINE

Heart-Mind Well-Being with Indigenous Connections and Perspectives Children's Booklist

Books listed are connected to the 5 qualities in the Heart-Mind Well-Being framework:

Secure and Calm



Compassionate
and Kind



Alert and
Engaged



Gets Along
with Others



Solves Problems
Peacefully



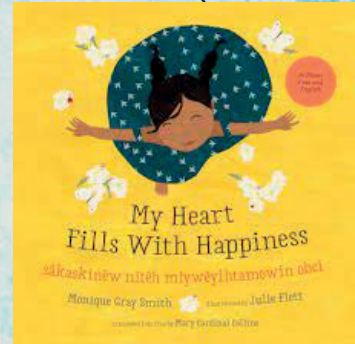
Early Years (0-5)



My Heart Fills With Happiness (2016) Monique Gray Smith

Monique Gray Smith is of Cree, Lakota and Scottish ancestry. Her first novel, *Tilly: A Story of Hope and Resilience*, won the 2014 Burt Award for First Nations, Métis and Inuit Literature.

My Heart Fills With Happiness is a story that focuses on supporting the wellness of Indigenous children and families, encouraging them to reflect on what makes them happy. The story looks at happy memories that readers can connect to and serves as a reminder to reflect and cherish the moments in life that bring us joy.



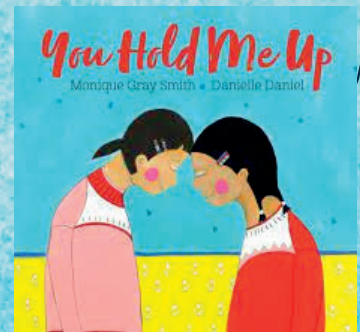
When We Are Kind (2020) Monique Gray Smith



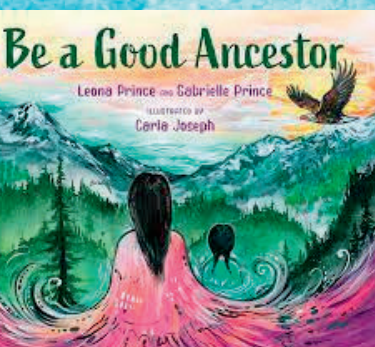
When We Are Kind is a poem-like story that celebrates the simple acts of everyday kindness. The story encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. It is an appropriate text for a younger audience, but it also has a relevant reminder message for older children.

You Hold Me Up (2021) Monique Gray Smith

You Hold Me Up is a rhythmic story that reinforces for young readers about reconciliation and the importance of the connections children make with others. The story aims to encourage children to build relationships, foster empathy and encourage respect between peers while considering each other's well-being in their everyday actions.



Be A Good Ancestor (2022) Leona Prince



Leona Prince is from the Lake Babine Nation and Nak'azdli Whut'en and belongs to the Likh Tsa Mis Yu (Beaver) Clan. She is a descendant of Chief Kwah and Stiche.

Be A Good Ancestor is a story rooted in Indigenous teachings that ask readers to examine how they connect to the world around them and think deeply about their actions' consequences. The story looks at environmental issues, animal welfare, self-esteem and self-respect, and the importance of community making the delivery of a universal message accessible.

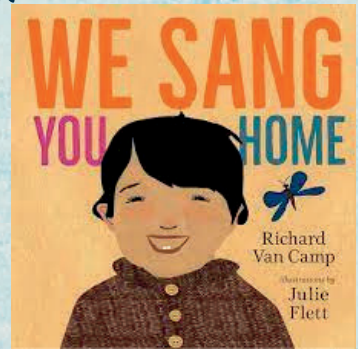
Early Years (0-5)



We Sang You Home (2016) Richard Van Camp

Richard Van Camp is a proud member of the Tłıchǫ Dene from Fort Smith, Northwest Territories, and he lives in Edmonton.

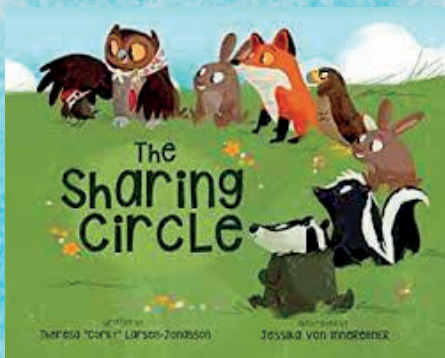
We Sang You Home is a gentle story about a parent's unconditional love for a child. The lullaby-style story is a great way to share connections between young readers and their adults.



The Sharing Circle (2019) Theresa "Corky" Larsen-Jonasson

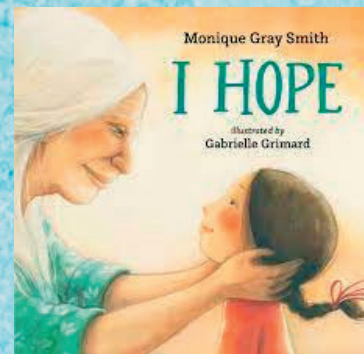
Theresa "Corky" Larsen-Jonasson is of Cree, Danish, and Metis ancestry with roots in Red Deer and Maskwacis First Nations.

The Sharing Circle is a story about two animal friends getting into a disagreement and the resolution they come to through from working together. The story explores Indigenous teachings through Kokum Owl, bringing the animals together into a sharing circle to resolve the problem peacefully.



I Hope (2022) Monique Gray Smith

I Hope is a story about adults' hopes for the children in their lives. It speaks to the "hope" of the next generation thriving and experiencing all that life has to offer, even when there is a hesitation to be protective of them. The story focuses on loving, nurturing, and wishing the best for the children in our lives.



The Girl and the Wolf (2019) Katherena Vermette

Katherena Vermette is a Métis writer from Treaty 1 territory, the heart of the Métis Nation, Winnipeg, Manitoba, Canada. Her first book, *North End Love Songs* (The Muses Company), won the Governor General's Literary Award for Poetry. Her National Film Board documentary, *this river*, won the 2017 Canadian Screen Award for Best Short Film.

The Girl and the Wolf is about a young girl who wanders too far in the woods and realizes she is lost. A large grey wolf appears, trying to help her find her way back. Through this interaction with the wolf, the girl realizes she has the knowledge and skills all along.



Primary (4-7)

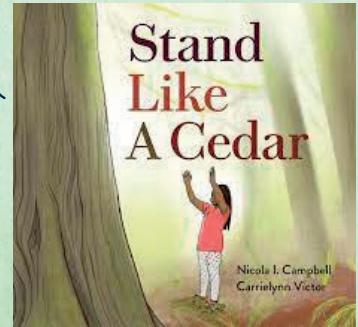


THE
DALAI LAMA
CENTER

Stand Like a Cedar (2021) Nicola I. Campbell

Nicola I. Campbell is an author from Nl̓eʔkepmx, Syilx, and Métis from British Columbia; her stories weave cultural and land-based teachings that focus on respect, endurance, healing, and reciprocity.

Stand Like a Cedar is a story that connects the journey of building connections through a journey in the wilderness. Through the blended use of the Nl̓eʔkepmxcin and Halq'emeylem languages, readers are exposed to the healing that takes place in nature. The lyrical storytelling celebrates the healing and strength that comes from building one's connections to their own journey.



Sometimes I Feel Like a Fox (2017) Danielle Daniel

Danielle Daniel is an award-winning author and illustrator. She was born and raised in Sudbury, Ontario, the traditional territory of the Atikameksheng Anishnawbek and the Wahnapiatae First Nations. She lives on Manitoulin Island.

Sometimes I Feel Like a Fox is a story that introduces young readers to the Anishinaabe tradition of totem animals. It encourages young readers to identify with different creatures. The poem that flows throughout the book demonstrates that we all have something special within all of us.

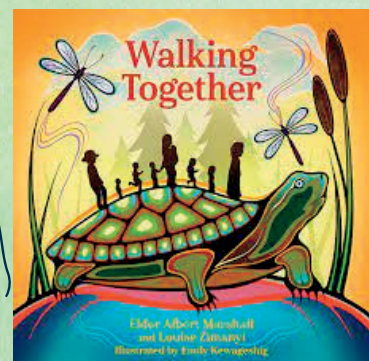


SOMETIMES I FEEL LIKE A FOX
Danielle Daniel

Walking Together (2023) Elder Dr. Albert D. Marshall

Elder Dr. Albert D. Marshall is from the Moose Clan of the Mi'kmaw Nation, Eskasoni First Nation, in Unama'ki-Cape Breton, Nova Scotia.

Walking Together is a poetic celebration grounded in Etuaptmumk (Two-Eyed Seeing) that weaves together the strengths of Indigenous and non-Indigenous ways of knowing. The story explores respectful, reciprocal, responsible relationships between the land, water, plants, animals, and humans.



A Day With Yayah (2017) Nicola I. Campbell

Nicola I. Campbell is an author from Nl̓eʔkepmx, Syilx, and Métis from British Columbia; her stories weave cultural and land-based teachings.

A Day With Yayah is a story sharing the special relationship that is built when a child learns from their Elders. It centers around an Indigenous family out on the land picking herbs and the Grandmother passing down her knowledge.



Primary (4-7)

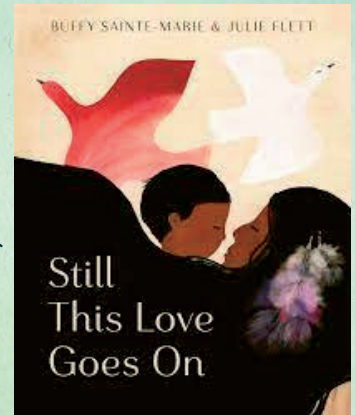


Still This Love Goes On (2022)

Buffy Sainte-Marie

Buffy Sainte-Marie is an Indigenous Canadian-American singer, songwriter, musician, composer, visual artist, educator, and social activist from Piapot Cree Nation in Saskatchewan. She is the First Indigenous North American person to receive an Oscar.

Still This Love Goes On is a story based on the lyrics from Buffy Sainte-Marie's song of the same name. It features detailed illustrations that paint a detailed image of the Cree worldview. It fosters a message of love for community and land.

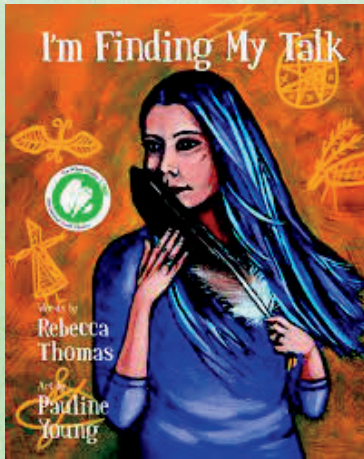


I'm Finding My Talk (2019)

Rebecca Thomas

Rebecca Thomas is a Mi'kmaw woman registered with Lennox Island First Nation and lives in K'ijipuktuk, Mi'kma'ki. She is the daughter of a residential school survivor.

I'm Finding My Talk is based on a poem written in response to Rita Joe's iconic poem *I Lost My Talk*. It is an honest reflection on the process of working through the destructive effects of colonialism by participating in cultural connections. This book offers the opportunity to show the journey one takes when rediscovering their community and culture.

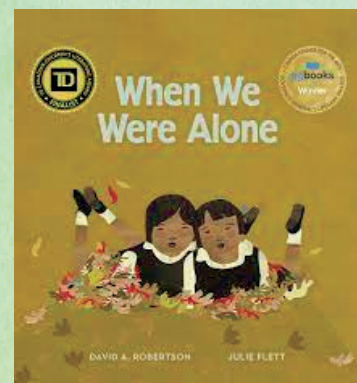


When We Were Alone (2017)

David A. Robertson

David A. Robertson is a member of the Norway House Cree Nation and has published over 25 books across a variety of genres.

When We Were Alone is a story about finding the strength to push forward when everything is against you. It follows a young girl asking her grandmother questions to learn more about her past. The grandmother shares her experience of a time when she was unable to make her own decisions and how she got through it.

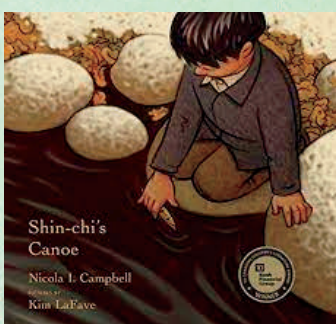


Shin-Chi's Canoe (2008)

Nicola I. Campbell

Shin-Chi's Canoe won the 2009 TD Canadian Children's Literature Award and the 2008 Governor General's Literary Award for illustration.

Shin-Chi's Canoe is a story about a brother and sister sent to a residential school and the separation from their culture they experience. Shin-Chi finds comfort with a little cedar canoe and the dream of returning home like the salmon. The children both find peace and strength by connecting to Mother Earth and the water. The story acknowledges the residential school system's devastating events while highlighting Indigenous children's strength and resiliency.



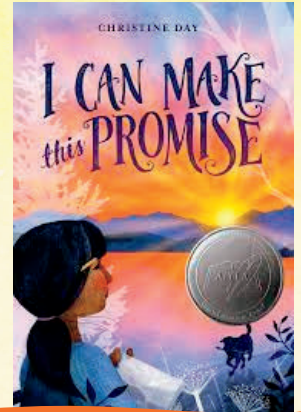
Tweens (8-12)



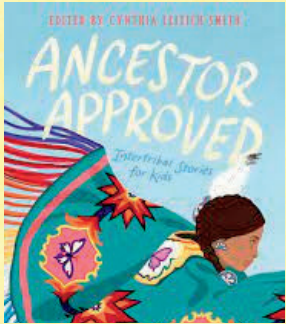
I Can Make This Promise (2019) Christine Day

Christine Day is a citizen of the Upper Skagit Indian Tribe and lives with her family in the Pacific Northwest. *I Can Make This Promise* won best book of the year from NPR, as well as a Charlotte Huck Award Honor Book and an American Indian Youth Literature Award Honor Book.

I Can Make This Promise is a story of a girl on a mission to uncover family secrets and build connections to her own Indigenous identity. When the girl learns that a white couple adopted her mother, she becomes curious about her own connections to her heritage.



Ancestor Approved (2021) Cynthia L Smith



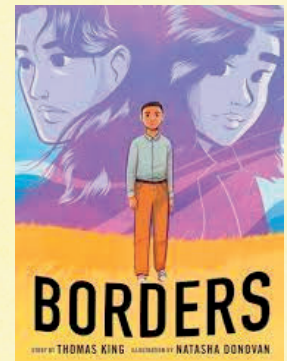
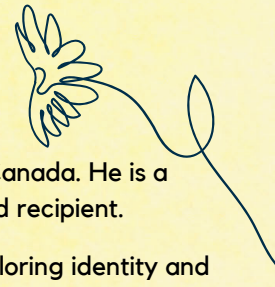
Cynthia L Smith is a citizen of the Muscogee Nation and lives in Austin, Texas, which is Jumanos, Nʌmənʌn (Comanche), Sana, and Tonkawa ancestral land.

Ancestor Approved: Intertribal Stories for Kids is a collection of stories from both new and veteran Indigenous authors. The stories feature a blend of the underlying themes of hope, joy, resilience, the strength of community, and Native pride.

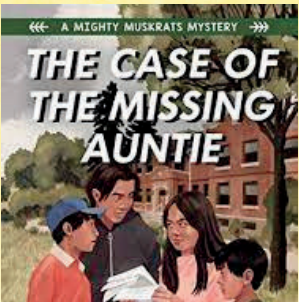
Borders (2021) Thomas King

Thomas King is of German, Greek and Cherokee descent and lives in Ontario, Canada. He is a Member of the Order of Canada and a National Aboriginal Achievement Award recipient.

Borders is a graphic novel adaptation of one of Thomas King's short stories exploring identity and belonging themes. This story highlights the significance of a nation's physical border versus that of an Indigenous perspective. It follows a boy and his mother being asked a question about citizenship and the limbo between nations.



The Case of the Missing Auntie: (2020) Michael Hutchinson



Michael Hutchinson is a member of the Misipawistik Cree Nation, north of Winnipeg.

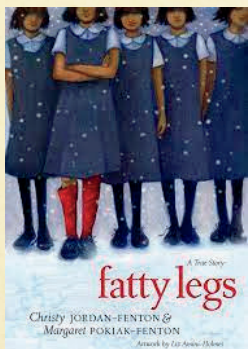
The Case of the Missing Auntie is the second book in the *Mighty Muskrats Mystery* series and features the group visiting an Exhibition fair in the city. The Muskrats find their next mystery to solve when Chickadee learns that Grandpa's missing sister was adopted without permission many years ago.

Coyote Tales (2017) Thomas King

Coyote Tales features two tales crafted together to reflect on a time when animals and humans still spoke to each other. The two uniquely crafted works teach lessons and demonstrate how to think and reflect, displaying the many ways to solve problems.



Fatty Legs (2010) Margaret Olemaun Pokiak-Fenton



Margaret Olemaun Pokiak-Fenton is an Inuvialuit author of children's books, story keeper, and residential school survivor.

Fatty Legs is a memoir written to introduce children to the reality of the residential school system and the focus on assimilating Indigenous peoples. The story documents the journey of a young girl who wanted to go to school to learn to read and her realization that school wasn't what she imagined it to be.

Teens



THE DALAI LAMA CENTER

The Barren Grounds (2020) David A. Robertson

David A. Robertson is a member of the Norway House Cree Nation and has published over 25 books.

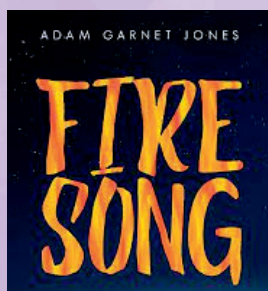
The Barren Grounds: The Misewa Saga is a story about two Indigenous children forced away from their families to a foster home in Winnipeg, Manitoba. Struggling to fit, the two children find a space in the attic that opens a portal into another realm. They learn the traditional ways to survive and embark on a dangerous mission there.



Fire Song (2018) Adam Garnet Jones

Adam Garnet Jones is a Cree and Metis Indigiqueer screenwriter, director, beadworker, and novelist.

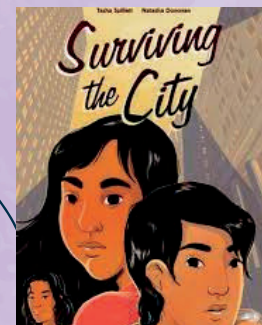
Fire Song features an Indigenous youth struggling after the suicide of his sister and the lack of support he feels from the relationships with those closest to him. When the character's dreams of University are shattered, and his mother withdraws from the world with grief, we see that difficult decisions are to be made in hopes of an optimistic future.



Surviving the City (2018) Tasha Spillett

Tasha Spillett is of Cree and Trinidadian descent who lives in Treaty 1 territory, Manitoba.

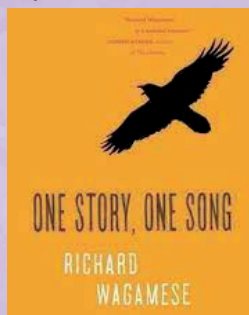
Surviving the City is about two Indigenous youths who are best friends navigating the challenges of growing up in the urban landscape. The friendship is threatened when one youth is faced with the possibility of going to a group home and being separated from her best friend. The novel explores the importance of friendship, community and cultural connections.



One Story, One Song (2018) Richard Wagamese

Richard Wagamese was an Anishinaabe Ojibwe novelist, journalist, and mentor. His works speak about socio-economic issues affecting Indigenous communities in Canada.

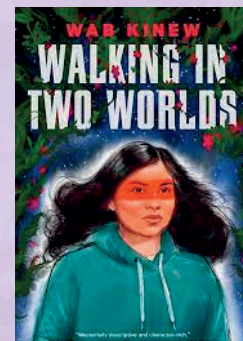
One Story, One Song is a collection of short stories that show how stories shape & empower us, and change our lives. The stories are grouped according to the 4 essential principles of the Ojibway traditional teachings: humility, trust, introspection, and wisdom.



Walking in Two Worlds (2022) Wab Kinew

Wab Kinew is originally from the Onigaming First Nation in Northwestern Ontario, and he lives in Winnipeg with his family.

Walking in Two Worlds is about a shy and self-conscious Indigenous teen who faces the stresses of being a teenager and life on the Rez. The story follows the friendship between this teen and an exchange student from China, being avid gamers living in a virtual world. Both grapple with the impacts of family challenges and community trauma.



This Place: 150 Years Retold (2019) Various Contributors

Stories by Kateri Akiwenzie-Damm, Sonny Assu, Brandon Mitchell, Rachel Qitsualik-Tinsley, Sean Qitsualik-Tinsley, David A. Robertson, Niigaanwewidam James Sinclair, Jen Storm, Richard Van Camp, Katherena Vermette and Chelsea Vowel.

This Place: 150 Years Retold is a collaborative graphic novel anthology that explores the last 150 years through the eyes of the Indigenous experience.

