



# ABORIGINAL WAYS OF KNOWING AND BEING



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Learning is connected to land,  
culture, and spirit.

**We—the two-legged,  
four-legged, finned and  
feathered, plants and rocks  
—are all related.**

**We must always practice  
reciprocity through acts of  
giving and receiving.**

Learning honours our  
Ancestors, Elders, Knowledge  
Keepers and Descendents.

**It respects and embraces  
ceremony, protocol, and  
teachings that are connected to  
the sacred medicines including  
tobacco, cedar, sage, and  
sweetgrass.**

**Important teachings emerge  
through stories.**

Learning involves developing  
relationships, respecting  
distinct cultures, and honouring  
the perspective of others in our  
communities.

**The deepest learning takes  
place through lived experience.  
It requires exploring our  
identities, learning from our  
mistakes, and having gratitude  
for our gifts.**

**Learning is a journey that takes  
courage, patience and humility.**

**It is about striving to become a  
better human being and living  
with balance in body, mind,  
heart and spirit.**