

Minute for Right Relations
Have a Heart Day
February 13, 2025

Have a Heart Day

Did you know that Have a Heart Day has been celebrated every year since 2012? Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely with their families, get a good education, be healthy, and feel proud of who they are.

Have a Heart Day takes place on February 13, 2025. You are invited to take action to remind the government that all children in Canada deserve safe schools, clean water, and access to quality, culturally safe services no matter where they live or who they are!

In lieu of an in-person Have a Heart Day event this year, the Caring Society is holding a VIRTUAL screening and panel discussion of [*My Voice Matters: Changing the World Through Child and Youth Activism*](#), and you're invited!

In this film, young people who participated in the Caring Society's social justice-based reconciliation campaigns in elementary and secondary school look back on how their experiences of standing up for equity for First Nations children impacted them. They speak brilliantly to how practicing loving justice for First Nations children can change all our lives for the better.

Join us on February 13 from 1:00pm-2:00pm ET! To access the event, please join using this Zoom link: <https://us06web.zoom.us/j/83140596790> (no registration needed).

Don't forget to check out www.haveaheartday.ca for plenty of free ways that you can get involved to help advocate for love and fairness for First Nations kids. Here are a few ideas that you can do in your own Community of Faith or in your own homes.

Snow Bear Activity

Get outside, and show your support! Start by learning why we celebrate Have a Heart Day, and then get outside to create your own snow bears with signs or messages in support of equity for First Nations children.

Have a Heart – Send a Valentine

Send a Valentine's Day card or letter supporting Have a Heart Day to the Prime Minister and your Member of Parliament. Create your own card or letter or get creative using the letter or colouring pages found here <https://fncaringsociety.com/have-a-heart>

Get Cooking

Bake some **Have a Heart Day** cookies with your group, or family. Find Spirit Bear's Bearcipe cards here https://fncaringsociety.com/sites/default/files/38363_sb_recipe_cards_v3f_0.pdf

*Adapted from resources by First Nations Child & Family Caring Society
On behalf of the Canadian Shield Regional Council Right Relations Resource Team
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