



Minute for Right Relations (M4RR): February 2026

Have a Heart Day - February 14, 2026

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 at home, get a good education, be healthy, and be proud of who they are.

The Caring Society (fncaringsociety.com) hosts an event in Ottawa every year for kids to show support for First Nations kids.

You are invited to “Have A Heart” too.

The Caring Society has given the Canadian Shield Regional Council permission to use the pictures and text of the books “Spirit Bear Spirit Bear and Children Make History” and “Spirit Bear Honouring Memories, Planting Dreams” in service, including in livestreams, to educate about Jordan’s Principal.

The e-books are available for free on the Caring Society website <https://fncaringsociety.com/spirit-bear/books-learning-guides> and for purchase at numerous bookstores.

A learning guide with reflections, activities, and puzzles is available here https://fncaringsociety.com/sites/default/files/book_1_learning_guide_-_2020.pdf It is ready-made for your Sunday school or for those with curiosity.

Find resources such as posters, more activity sheets, videos, and sample letters to government officials here <https://fncaringsociety.com/events/have-heart-day>

By raising our voices and by our actions, all of us can make a difference. Here are some things you can do:

- Send a letter or valentine to the Prime Minister and your local MP demanding fair and equal service to Indigenous children in care. No stamp required!
- Learn the importance of culturally based education for First Nations children, and learn more about Indigenous Peoples in Canada.
- Place red hearts on stakes in your garden and share with others why you are doing that.

- Donate to The Mission and Service Fund which provides funding through its Healing Fund and Justice and Reconciliation Fund for Indigenous led programs and for non-Indigenous education and actions.
- After learning about why we celebrate Have a Heart Day, go outside and build a snow bear! You can add signs or messages in support of equity for First Nations children.
- Bake some Have a Heart Day cookies with your group, or family and share with them why you baked them!
- Spread the word: Post your photos of your Have a Heart Day letter, cookies, snow bear or however you choose to celebrate on social media! Use the hashtag #HaveAHeartDay

In February, Have A Heart!