

Writing Reflection

FOSTERING GOOD SPIRIT BY BEING OPEN, WELCOMING AND INCLUSIVE

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Fostering good spirits allows us to be who we are in the spaces we come into, and allows space for others to feel welcomed as they are. By being open and welcoming, Inuit remove the opportunity for shame to take up space when connecting with others.

What does fostering good spirits and being welcoming to the different people in your community mean to you? What does it look or sound like? Are there ways you might have been welcomed in a good and memorable way? What stood out to you?

