

## IQ PRINCIPLE REFLECTION

**Tunnganarniq:** Fostering good spirits by being open, welcoming and inclusive.

Let's take a few moments to settle in, relax your shoulders and take a few slow deep breaths.

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?

Reflect on some of these interactions and consider how you might foster spaces like this for yourself and others.

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.