

Resources for Children and Youth During COVID-19: May 4, 2020

Here's another list of fun / educational resources for children/youth to access online. This list has been put together by Nature United's On-the-Land Programs Coordinator, who supports our youth / emerging leaders work. As always, please remember that these resources have been developed in a variety of places and have not all been reviewed in great depth. Links to these resources are simply offered here so you can judge if some may be useful for you to use, and if so, in what context. Any feedback about these resources is certainly welcome so we know whether to share them with others in the future. We hope you enjoy the list below!

1. [Museum of Anthropology – MOA From Home](#): Art has always been the balm for difficult times. So, while we move through these disquieting days, we encourage you to keep art, culture and heritage in your daily life. Keep your body healthy, your mind expanding and your spirits high. Until we can welcome you back in person, here are just a few ways that you connect and learn online with us and experience #MOAFromHome.

- Follow MOA on social media ([Facebook](#), [Twitter](#) or [Instagram](#)) for daily doses of culture and delight:
- Discover nearly 50,000 objects in the [MOA Collections Online](#). Search different objects by places, peoples, cultures, categories and even time.
- Take a virtual tour of MOA's [Great Hall](#) and read about the massive carvings that fill it.
- Explore the [MOA Archives online](#), which contain historical documents and photographs related to the Museum, First Nations of the Pacific Northwest, the history of British Columbia and many other surprising gems.
- Download and print [MOA Textile Colour Cards](#), which feature patterns from textiles in the MOA Collections.
- For **teachers**: access [lesson plans](#) on topics such as territories, language and treaties; the diversity of First Nations in BC (including a mapping exercise); origin stories and the canoe; and critical media analysis.

2. [Húyat - Our Voices Our Land website](#): This is an awesome learning resource from the Heiltsuk Nation, researchers and project partners from Simon Fraser University, the University of Victoria, and Greencoast Media. Heiltsuk lives, learning, and history are intertwined with the lands and seas of their traditional territory. This website lets us explore the beauty and depth of history at Húyat, one of many important places on the Heiltsuk landscape that reflect their long-term connection to place. There are four main parts of the page: ǵvǵá (to live); núym̓ (stories); ǵísta (to learn); and díťgván̓ (people). You can also check out the táw̓ngila (tour) section which is easily accessible for elementary students. You can click on arrows to explore the area, white circles for language words, and picture circles for videos.

3. [Deep Bay Marine Field Station Facebook page](#): **Teachers** may be interested to know that Deep Bay Marine Field Station is now offering FREE virtual Zoom field trips. They are offering two of their programs (shellfish biology and amazing adaptations) virtually for interested classes, as well as story time with their touch tank critters. All programs occur on Tuesdays and Thursdays and teachers can email deepbay@viu.ca for more information or to book their class in.

4. [Canadian Network for Ocean Education \(CaNOE\)](#) – **Teacher** Resource: Thanks to Christy Wilson at DFO for sharing this one. This collection is aimed to help educators include the ocean in their practice. This website includes resources organized by grade put together by CaNOE and other organizations (e.g. Salmon Run Field Day – lesson plan appropriate for grades 1-3 for an interactive field trip focusing on intertidal zones and salmon habitat – from TeachBC).

5. [TedEd](#): Ted Talks style lessons for kids! This website has resources for students, educators and parents and includes video lessons on topics like: “Why cities need trees,” “How to eradicate a disease,” “Why some people are more altruistic than others,” “How much sleep do you actually need,” and “How to practice emotional first aid.”

6. [Youth Leadership Training from the Cowichan Estuary Nature Centre](#) (online May 8,9 with possible field work follow up): This online interactive experiential workshop focuses on inclusion, diversity and shared leadership for youth. The training will start the evening of Friday May 8th from 6 - 8 pm, and continue Saturday, May 9th from 9 am - noon and 1- 4 pm via Zoom, which allows everyone to be together as a large group and break into pairs and small groups for sharing & exercises. There'll also be breaks to eat lunch and spend some time outside in nature.

Led by Leadership and Engagement Organizing Facilitator Peter Gibbs, who has tons of both in- person and on-line facilitation experience working with young people, budding change-makers will have lots of opportunities to learn and practice leadership and team building skills to restore, defend and advocate for the natural world.

The workshop will honour First Nations perspectives and offer opportunities to learn about how our stories tap into shared values, connect us in relationships and create positive change; to build a team to create social and environmental change; and to create a "Theory of Change" and take it out into the world.

There will also be post-workshop opportunities for youth to be out in nature and put their leadership and team building skills into action on water conservation and hands-on watershed restoration projects in the Cowichan and Koksilah

Watershed - and to get volunteer credits for school once we are able to gather in groups again.

Timing: Friday May 8: 6-8 pm and Saturday May 9th: 9 am-noon and 1-4 pm

REGISTER at www.cowichanyouth.eventbrite.ca

Cost: \$15 per person. We don't want cost to keep young people from attending. We have bursaries available for those in need. Email admin@cowichanestuary.ca and let us know if you need a bursary and why you'd like to attend.

7. Spirit of Suffolk Facebook Page: Phil Charles is sharing one wildlife story a day for the whole month of May. May 1st featured the late Violet Neasloss from the Kitsoo/Xai'xais Nation telling a [story](#) about the spirit bear. Phil says: "This is a very special recording of the late Violet Neasloss that I recorded in 2013, sharing a story of the White Bear, or Spirit Bear whilst I was sat with the 2013 Klemtu SEAS interns. It is shared with the greatest honor and respect, and with permission and blessing of Vernon Brown and Krista Duncan."

May 3rd featured Jess Housty from the Heiltsuk Nation telling a [story](#) about an encounter with an orca from when she was a little girl. "He cut down under the water so close to us that I could have reached out and touched the tip of his dorsal fin. I have never felt safer and more protected and more seen out on the land than I did at that moment...just this profound sense of awe and wonder and beauty and magic and the realization of what a small, interdependent being I was in this huge beautiful system that surrounded me and to always nurture it and nourished and made place for my ancestors and every generation of my people right up until my generation as a little girl on the water. And it was just such a magical moment for me of really feeling like I was part of the system, part of this place, inseparable from it. That's a wildlife encounter that's stayed with me for my whole life, something that I still think about really often just as a reminder of the importance of protecting the places and species that surround us because we are interdependent; we all do depend on each other."

8. Earth Rangers: Earth Rangers is the kids' conservation organization, committed to instilling environmental knowledge, positivity, and the confidence to take action in every child in Canada. We do this through a variety of free programming that children can participate in at school, at home, and in their communities. All of these programs are educational and engaging – but more importantly, they show children that it's not too late to help the planet, and the things we do today *will* matter tomorrow.

Families can download the Earth Rangers app and gain access to missions (e.g. build a backyard habitat, make a forest-friendly craft or protect marine animals

from pollution), adopt animals to support real-life conservation projects, explore and discover through blogs and podcasts, and earn badges.

9. BC Indigenous Youth Internship Program: the Indigenous Youth Internship Program (IYIP) job posting is now live for the cohort year 2020/2021. The Internship program is open to Indigenous youth (status, non-status, Metis and Inuit) ages 19-29 and begins in September. It is a one-year opportunity through the BC Public Service Agency where youth are supported through 9 months of work in a Ministry and 3 months of work with an Indigenous organization in BC. Any youth who may be interested can fill out an application form [here](#). The closing date is May 24, 2020.

The program is designed to support Indigenous youth in developing their leadership skills through on-the-job experience, a strong peer network, supportive colleagues, dedicated program employees and IYIP-specific activities.

There are many placements available in Ministries across the province. Some of the exciting areas you may be working in include:

- Ministry specific projects and work assignments;
- Indigenous Project Development;
- Policy analysis and development;
- Indigenous Youth engagement;
- Indigenous Community liaison;
- Event and conference coordination;
- Program delivery; and
- Communications and Community development projects.

10. Kids Help Phone: Kids Help Phone is Canada's only 24/7, national support service. They offer professional counselling and support to young people in both English and French through text, phone and live chat. Some people get a little weirded out when they hear the word "counselling." That's OK. Basically, counselling is about talking to someone who knows a lot about many different issues that young people face. Kids Help Phone thinks of counselling as a conversation with someone whom you can trust, who won't judge you, and who wants to help.

Kids Help Phone also offers a wide range of articles, tools and resources on their website to help young people through challenges or experiences they might face. Some of the articles up right now are: "13 ways to ease concerns about school during COVID-19;" "Taking care of yourself while sharing space during COVID-19;" "How to cope with social distancing during COVID-19;" "Age gap: Things to know about dating someone older;" and "Youth stories: Indigenous kids on the power of photography."

Kids Help Phone is always there for you. No matter what you want to talk about, they're ready to listen. No judgement, totally private, 24/7. Their service is

completely confidential — you don't even have to tell them your name if you don't want to.

BONUS:

* Just for fun, a super short (1 min), funny and fun YouTube video on optimism that also involves baseball 😊 Thanks to Paige at Vancouver Island University for sharing this one! <https://www.youtube.com/watch?v=KFZaCHJCKyc>

* And one more energy-lifting video: a father daughter dance party / lipsync extravaganza! Guaranteed to make you want to jump up off the couch and groove: <https://www.facebook.com/andygrammer/videos/3004272046297804/>