Healthy Activities in Light of COVID-19

~Recommendations from Indigenous communities and partners in the Great Lakes area~
Always follow local protocols to keep Elders, community members and communities safe

Crafts, Beading
Storytelling
Trapping
Ice fishing
Snowshoeing
Tobogganig
Cross country skiing
Skating
Walking

Sugar bush
Planting seeds
Garden set up
Seed swap programs
Harvesting birch bark
Trapping
Fishing
Foraging

Fishing
Swimming
Gardening/harvesting
Pow Wow
Spending time on the water

Hunting
Fishing
Harvest
-Wild rice
-Gardens
-Medicine
-Canning

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