

2026 National Indigenous History Month Guide

Throughout June, we are called - settlers, newcomers, and Indigenous Peoples alike - to deepen our commitments through the **7Rs**: Respect, Responsibility, Reciprocity, Relevance, Reverence, Rights, and Relationship. These principles guide how we learn, how we show up, and how we build meaningful, accountable connections with Indigenous communities.

First Nations, Inuit, and Métis carry distinct languages, knowledge systems, governance structures, and innovations that continue to shape our shared future. Their stories and teachings deserve acknowledgment, preservation, and celebration. Reconciliation is not a single act; it is an ongoing relationship that asks us to move beyond symbolism and into sustained, thoughtful action. This year at Rise, we reaffirm our commitment to living the 7Rs in our work, our learning and our relationships.

Below are new ideas we want to share - opportunities for you and your family, friends and peers to watch, read, listen, subscribe, celebrate while weaving the 7R's into your life. As you participate, we encourage you to do so with humility, openness, kindness and a commitment to long-term learning.

Watch

- Beans (2020)
- Fancy Dance (2023)
- Frybread Face and Me (2023)
- Malni: Towards the Ocean, Towards the Shore (2020)
- North of North (2025)
- Prey (2022)
- Reservation Dogs (2021-2023)



Read

- A Grandmother Begins the Story – Michelle Porter
- Mind Over Matter – Jordan Tootoo
- On Wholeness: Anishinaabe Pathways to Embodiment and Collective Liberation – Quill Christie-Peters
- Seven Fallen Feathers – Tanya Talaga
- The Animal People Choose a Leader - Richard Wagamese
- We Survived the Night – Julian Brave Noisecat
- When the Pine Needles Fall – Katsi'tsakwas Ellen Gabriel, with Sean Carleton
- All the Quiet Places - Brian Thomas Isaac



Listen

Podcasts

- [Coffee With My Ma | Kaniehtiio and Kahentinetha Horn | Apple Podcasts](#)
- [Human Trauma and Climate Trauma As One | Sheila Watt-Cloutier | TEDxYYC](#)
- [MEDIA INDIGENA | Rick Harp | Apple Podcasts](#)
- [Our Native Land | Tchadas Leo | Apple Podcasts](#)
- [Settle Down | Indigenous Women Entrepreneurs Podcast | Youtube](#)

Songs

- The Motions – Natasha Fisher
- Little Dance – Neon Dreams
- Sage My Soul – Tia Wood



Subscribe

News

- [How I Managed](#) | [Karyn S. Pugliese](#) | [Substack](#)
- [Indigenous Insider](#) | [Brandi Morin](#) | [Substack](#)
- [Indiginews - Newsletter](#)
- [Inuit Art Quarterly Magazine](#)
- [SAY Magazine](#)

Art and Products

- [Indigenous Art Monthly Mail Club](#) | [Marissa Indoe](#)
- [Seasonal Discovery Box](#) | [Indigenous Box](#)



Participate and Celebrate

Alberta

- The [Banff Centre for Arts and Creativity](#) events throughout June
- The first-ever [Calgary Stampede First Nations Rodeo and Relay](#) is taking place on June 13
- Celebrations in Calgary at [Heritage Park](#) on June 20
- [Family Day and Powwow](#) at Elbow River Camp, Calgary, June 21
- Edmonton's [30th Anniversary Celebration](#) on June 21

British Columbia

- [Royal Roads University](#) celebrations in Colwood, Victoria, on June 19
- National Indigenous Peoples Day Celebration at [K'ómoks First Nation](#) on June 20
- Attend the [Turtle Island Festival](#) in Kelowna on June 21
- Celebrate in Prince George with the [Lheidli T'enneh First Nation](#) on June 21

Eastern Provinces

- [imagineNATIVE Film + Media Arts Festival](#), June 2-7 in Toronto and online June 8-14
- [Circles for Reconciliation BBQ](#) in Winnipeg, June 19
- [First Light](#) celebrations around St. John's, June 19-21
- [Summer Solstice Indigenous Festival](#) in Ottawa June 20-21
- [Town of Huntsville](#) activities on June 21-22

Weave the 7R's Into Your Life

- Plan a visit to a [local friendship centre](#) or [attend a Pow Wow](#) this summer
- Participate in a community clean-up - tend to the land that sustains you while honouring Indigenous stewards
- Look at the [Indigenous Tourism Association of Canada](#) website to plan your next outing
 - [Métis Crossing](#), in Alberta, is a must-stay!
- Purchase from First Nation, Inuit and Métis businesses year-round
 - Edmontonians - [Bernadette's](#) is a delicious restaurant and recently won an Indigenous Culinary Tourism Award
 - Calgarians - [Soopz Kitchen](#) catering and [Little Chief Restaurant](#) are irresistible
 - Online shoppers - [Fallen Feathers Lakota Creations](#), [Mino Ode Designs](#) and [Handmade & Haida](#) should be your next e-destinations
- Read this [blog post](#) and reflect on the 7Rs (Respect, Responsibility, Reciprocity, Relevance, Reverence, Rights and Relationship) in a meditation or journaling session. Consider:
 - Where are you on your journey in demonstrating the 7Rs?
 - Who comes to mind when you think of the 7Rs?
 - Why are the 7Rs important?
 - What intention can you make to move forward in a good way with one of the 7R's?

