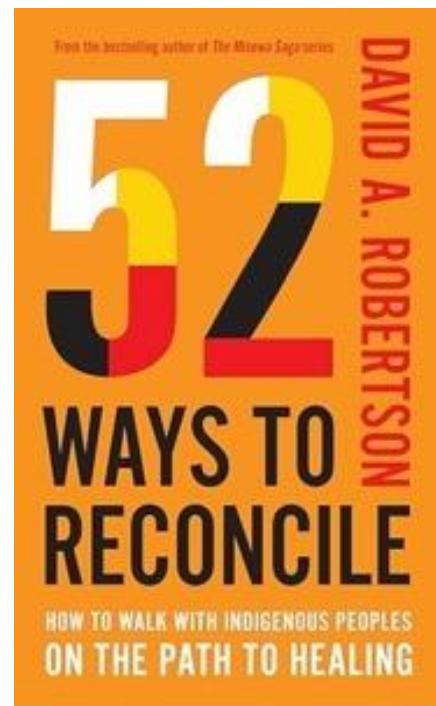


Photo credit: David A. Robertson's Facebook Post



Reference: Robertson, D. (2025). *52 ways to reconcile: how to walk with Indigenous peoples on the path to healing* (Hardcover edition.). McClelland & Stewart.

52 Ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing

Reflection Guide

Developed by Janice Desroches (she/her)
Co-founder of Chapters for Change <https://www.chapters4change.com/>

“52 Ways to Reconcile is an accessible, friendly guide for non-Indigenous people eager to learn, or Indigenous people eager to do more in our collective effort towards reconciliation, as people, and as a country.” (Robertson, 2025).

“For reconciliation to work, we need everybody, and we need everybody to be passionate about it.” (Robertson, 2025, p. 2)

“Reconciliation is an action...It is a Canadian issue...Just remember that we’re walking together every step of the way.” (Robertson, 2025, p. 4-6)

A Message to All Canadians,

Chapters4Change's 2026 theme is **Growth & Reconciliation**. Beginning **January 1, 2026**, our community will walk together through **David A. Robertson**'s powerful and practical book, **52 Ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing**. Each week, we will engage in **one reconciliation action**—52 small, meaningful steps that guide us toward stronger, healthier, and more respectful relationships between Indigenous and non-Indigenous peoples.

We invite all Canadians to **order copies of the book** (for yourself, and to share with others) and to **download and print this reflection guide** to record your reflections as you move through the weekly actions.

In the words of David A. Robertson (2025):

“For reconciliation to work, we need everybody, and we need everybody to be passionate about it.” (p. 2)

“Reconciliation is an action...It is a Canadian issue...Just remember that we’re walking together every step of the way.” (pp. 4–6)

Let us walk together—step by step—through learning, growth, and action toward reconciliation.

♥ The Chapters4Change Team



Table of Contents

<u>A Message to All Canadians</u>	2
<u>Week # 1</u> : Host a Movie Night.....	5
<u>Week # 2</u> : Start an Indigenous Book Club.....	6-7
<u>Week # 3</u> : Engage with Indigenous Social Media.....	8
<u>Week # 4</u> : Learn the Difference between Cultural Appropriation and Cultural Appreciation.	9-10
<u>Week # 5</u> : Research Indigenous Place Names.....	11
<u>Week # 6</u> : Write a Land Acknowledgment.....	12
<u>Week # 7</u> : Check Your Idioms.....	13
<u>Week # 8</u> : Start a Second Book in Your Indigenous Book Club.....	14-15
<u>Week # 9</u> : Support an Indigenous Musician.....	16
<u>Week # 10</u> : Support the Renaming of Colonial Memorializations.....	17
<u>Week # 11</u> : Learn Everyday Words in Indigenous Languages.....	18
<u>Week # 12</u> : Support Indigenous Athletes.....	19
<u>Week # 13</u> : Educate Yourself about the Sixties Scoop.....	20
<u>Week # 14</u> : Volunteer Your Time.....	21
<u>Week # 15</u> : Help Fund Indigenous Education.....	22
<u>Week # 16</u> : Read Indigenous Comics.....	23
<u>Week # 17</u> : Support an Indigenous Business.....	24
<u>Week # 18</u> : Watch an Indigenous Television Show.....	25
<u>Week # 19</u> : Honour an Indigenous World View.....	26
<u>Week # 20</u> : Support Indigenous Tourism.....	27
<u>Week # 21</u> : Mentor Indigenous Youth.....	28
<u>Week # 22</u> : Learn the History of the Potlatch Ceremony.....	29
<u>Week # 23</u> : View the Sky through an Indigenous Lens.....	30
<u>Week # 24</u> : Recognize Indigenous Innovation.....	31
<u>Week # 25</u> : Celebrate National Indigenous Peoples Day.....	32
<u>Week # 26</u> : Take Part in a Smudge and Learn about Sacred Medicines.....	33
<u>Week # 27</u> : Donate to Support Survivors and Families.....	34
<u>Week # 28</u> : Create, and Take, Your Own Action.....	35
<u>Week # 29</u> : Learn about Indigenous Approaches to Land Stewardship.....	36

<u>Week # 30:</u> Learn Indigenous History Concerning Agriculture.....	37
<u>Week # 31:</u> Learn About Traditional Indigenous Governance and Political Structures.....	38
<u>Week # 32:</u> Visit a Cultural Center.....	39
<u>Week # 33:</u> Visit a Local Indigenous Restaurant.....	40
<u>Week # 34:</u> Attend a Powwow.....	41
<u>Week # 35:</u> Attend a Demonstration or Gathering.....	42
<u>Week # 36:</u> Laughter is Medicine- Enjoy Indigenous Humour.....	43
<u>Week # 37:</u> Watch Survivor Video Testimony.....	44
<u>Week # 38:</u> Make Time for Quiet Reflection.....	45
<u>Week # 39:</u> Go Even Further on the National Day for Truth and Reconciliation.....	46
<u>Week # 40:</u> Wear on Orange Shirt on Orange Shirt Day.....	47
<u>Week # 41:</u> On the Matter of Accountability.....	48
<u>Week # 42:</u> Read the Truth and Reconciliation Commission of Canada's Final Report.....	49-50
<u>Week # 43:</u> Talk to Your Kids About a Hard History.....	51-52
<u>Week # 44:</u> Advocate for Our Freedom to Read.....	53
<u>Week # 45:</u> Make some Bannock.....	54
<u>Week # 46:</u> Don't Ask Indigenous People to Do the Work.....	55
<u>Week # 47:</u> Check Your Judgement.....	56
<u>Week # 48:</u> Speak Up/Speak Out.....	57
<u>Week # 49:</u> Binge an Indigenous Podcast.....	58
<u>Week # 50:</u> Be a Teacher.....	59
<u>Week # 51:</u> Understand Your Privilege.....	60
<u>Week # 52:</u> Share This Book.....	61
<u>Progress Chart</u>	62-63
<u>Ekosani/Thank You!</u>	64-65

Week # 1: Host a Movie Night

“Throw on the popcorn, make yourself comfortable, and pick an Indigenous movie...Just make sure that real, live Indigenous people were in control of the creative process.”

(Robertson, 2025, p. 10-11)

David's Suggested Films for Further Learning: p. 226

Movie Night Film: _____

Reflections:

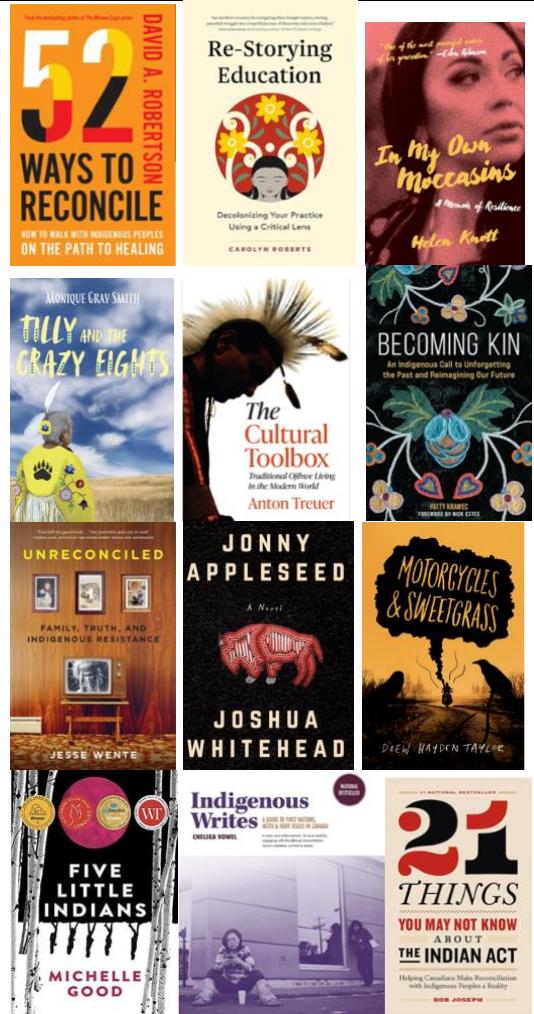
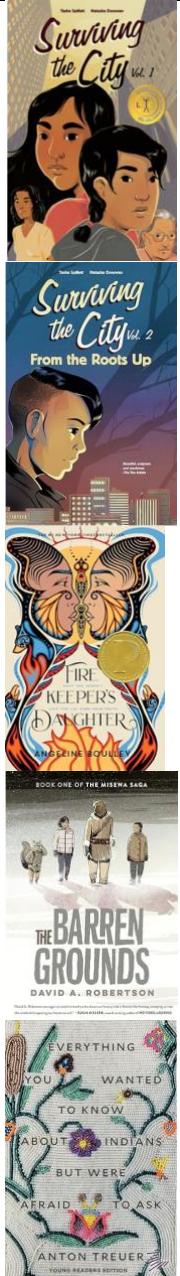
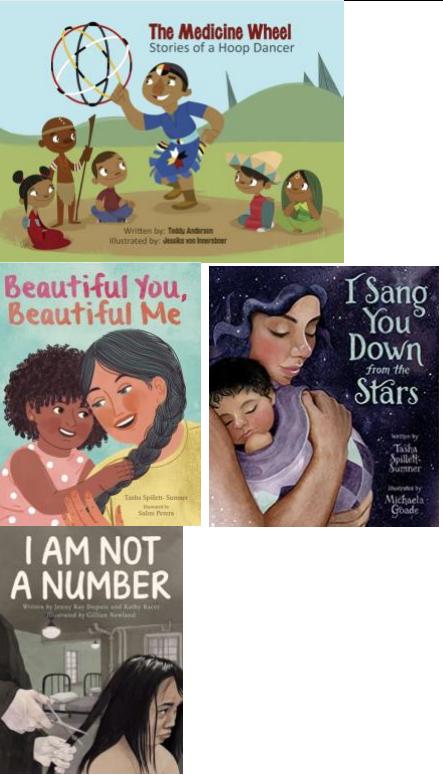
Week # 2: Start an Indigenous Book Club

“There are so many books out there right now about Indigenous people, by Indigenous people. And those are the criteria for this book club.”

(Robertson, 2025, p. 12)

David's Suggested Books: p. 224-225

Chapters4Change Book Club Recommendations with Educational Resources

Adult Readers	YA Readers	Kids
		

Book Club Selection #1: _____

Reflections:

Week # 3: Engage with Indigenous Social Media

“We can’t always sit across from one another and share stories, so connecting online is an opportunity that we should take advantage of.”

(Robertson, 2025, p. 19)

Indigenous Social Media: _____

Reflections:

Week # 4: Learn the Difference between Cultural Appropriation and Cultural Appreciation

“Healing requires us to listen to, learn from, and understand each other. When you know better
you do better”
(Robertson, 2025, p. 22)

Define **Cultural Appropriation** & Provide Examples/Reflections:

Define **Cultural Appreciation** & Provide Examples/Reflections:

Week # 5: Research Indigenous Place Names

“One of the joys of being in nature is the connection to place.”

(Robertson, 2025, p. 24)

What is the history of the place names, lakes, and rivers of your area? Who are the knowledge keepers and speakers you can connect with to learn from?

Reflections:

Week # 6: Write a Land Acknowledgment

“A land acknowledgement should look at the historical caretakers of the land...acknowledge who is still here today...(and) ways that you can make meaningful connections, to create partnerships built on mutual respect and understanding.”

(Robertson, 2025, p. 29)

Review:

- **Example Land Acknowledgment on p. 30.**
 - <https://www.chapters4change.com/take-action>
 - https://www.chapters4change.com/_files/ugd/153cb3_aa22feac8d114c7fa414f9f93556bc_a9.pdf

Personal Land Acknowledgement:

Week # 7: Check Your Idioms

“Reconciliation means we shoulder the burden of change together, and do not leave the weight on the shoulders of Indigenous people.”

(Robertson, 2025, p. 35)

Reflections:

Week # 8: Start a Second Book in Your Indigenous Book Club

“Memoir brings the reader into the author’s life.”
(Robertson, 2025, p. 38)

David's Suggested Books: p. 224-225

Chapters4Change Book Club Picks for 2026

Book Club Selection #2: _____

Reflections:

Week # 9: Support an Indigenous Musician

“The more support we provide, the better opportunities for new, emerging, and established musicians to do their work, pursue their dreams, and spread their message.”

(Robertson, 2025, p. 42)

Indigenous Musician: _____

Reflections:

Week # 10: Support the Renaming of colonial Memorializations

“Are there memorializations in your area that are begging for a re-examination?”
(Robertson, 2025, p. 46)

Memorialization:

Reflections:

Week # 11: Learn Everyday Words in Indigenous Languages

“If you lose the language, you lose the culture”
(Robertson, 2025, p. 35)

Indigenous communities close to where you live:	Keywords:

Week # 12: Support Indigenous Athletes

“Find a sport, find a team, find a tournament that is mostly, if not all, Indigenous, and go cheer them on.”

(Robertson, 2025, p. 57)

Sport/Team/Tournament: _____

Reflections:

Week # 13: Educate Yourself about the Sixties Scoop

“Take some time to research the system at large, and the Sixties Scoop specifically, to develop an articulate and broad understanding.”

(Robertson, 2025, p. 61)

Reflections:

Week # 14: Volunteer Your Time

“Preform a search of Indigenous organizations or events close to you, reach out to them, and find out what opportunities there are to offer your time through volunteerism.”

(Robertson, 2025, p. 65)

Indigenous Organizations: _____

Reflections:

Week # 15: Help Fund Indigenous Education

“Donate...Every dollar counts...find ways to raise money that can be donated to support Indigenous education.”
(Robertson, 2025, p. 69)

Reflections:

Week # 16: Read Indigenous Comics

“Comics engage the imagination more actively...Read Indigenous comics and/or graphic novels.”

(Robertson, 2025, p. 73-74)

David's Suggested Graphic Novels: p. 225

Chapters4Change Suggested Readings:

<https://www.chapters4change.com/post/march-2022-young-readers>

<https://www.chapters4change.com/post/april-2022-young-readers>

Comic/Graphic Novel: _____

Reflections:

Week # 17: Support an Indigenous Business

“Indigenous businesses can be found almost everywhere, in almost every industry. They not only provide valuable services and high-quality products, they also elevate the visibility of successful Indigenous people.”

Indigenous Business:

Reflections:

Week # 18: Watch an Indigenous Television Show

“What we want are television shows that entertain and educate in good ways. Where stories are controlled by Indigenous people.”

(Robertson, 2025, p. 81)

Indigenous Television Show: _____

Reflections:

Week # 19: Honour an Indigenous World View

“Honouring...is to hold something in high regard, to look upon it with respect and admiration...A worldview generally is a collection of values and beliefs, attitudes, and stories.”
(Robertson, 2025, p. 83-84)

Indigenous Worldview: _____

Reflections:

Week # 20: Support Indigenous Tourism

“The goal is to provide an opportunity for Canadians and visitors to Canada to see the world through an Indigenous lens.”
(Robertson, 2025, p. 92)

Experience Near You to Enjoy and Learn From:

Reflections:

Week # 21: Mentor Indigenous Youth

“Becoming a mentor to Indigenous youth is a rewarding experience and a meaningful, significant part of your reconciliation journey.”

(Robertson, 2025, p. 95)

Mentee: _____

Reflections:

Week # 22: Learn the History of the Potlatch Ceremony

“To learn more, pick up *Potlatch as Pedagogy: Learning Through Ceremony*.”
(Robertson, 2025, p. 101)

Reflections:

Week # 23: View the Sky through an Indigenous Lens

“Look up at the sky, trace constellations in your mind, and connect them to stories that you have learned.... (because) the connectivity inherent in stories, shows us how things can be.”
(Robertson, 2025, p. 106)

Constellations: _____

Reflections:

Week # 24: Recognize Indigenous Innovation

“Do a deep dive into Indigenous innovation.”
(Robertson, 2025, p. 109)

Indigenous Innovation: _____

Reflections:

Week # 25: Celebrate National Indigenous Peoples Day

National Indigenous Peoples Day is “a day to celebrate and recognize Indigenous people, cultures, communities, and contributions in Canada, both in the past and today.”
(Robertson, 2025, p. 111)

Reflections:

Week # 26: Take Part in a Smudge and Learn about Sacred Medicines

“I believe that the healing and cleansing smudging provides can be cross-cultural. It doesn't only work for Indigenous people.”
(Robertson, 2025, p. 119)

Reflections:

Week # 27: Donate to Support Survivors and Families

“Donating to an organization that supports Survivors is definitely a great example of an action you can take.”
(Robertson, 2025, p. 122-123)

Organization: _____

Reflections:

Week # 28: Create, and Take, Your Own Action

“Think of your own action. Write it down...and then **carry out your action.**”
(Robertson, 2025, p. 125)

Action: _____

Reflections:

Week # 29: Learn about Indigenous Approaches to Land Stewardship

“Learning about our traditional approaches will help you, and as you incorporate some teachings into being a better steward, it will help others.”
(Robertson, 2025, p. 129)

Reflections:

Week # 30: Learn Indigenous History Concerning Agriculture

“Reconciliation is about more than just trauma. It is also a celebration of culture and of stories that cross and connect different communities.”
(Robertson, 2025, p. 132)

Reflections:

Week # 31: Learn About Traditional Indigenous Governance and Political Structures

“Take some time to research traditional approaches to governance by Indigenous cultures.”
(Robertson, 2025, p. 136)

Traditional Approach to Indigenous Governance:

Reflections:

Week # 32: Visit a Cultural Center

“Add a cultural centre near you to the calendar, and spend some time engaging and learning.”
(Robertson, 2025, p. 141)

Cultural Centre: _____

Reflections:

Week # 33: Visit a Local Indigenous Restaurant

“No matter where you are, I am going to assume that, not too far away, there will be a place to enjoy Indigenous cuisine.”
(Robertson, 2025, p. 144)

Indigenous Restaurant: _____

Reflections:

Week # 34: Attend a Powwow

“Today, powwows are acts of reclamation that help maintain connections to traditions, songs, regalia, and community. And you’re welcome to join in!”

(Robertson, 2025, p. 145)

Reflections:

Week # 35: Attend a Demonstration or Gathering

“It is not just Indigenous people at these gatherings, at these protests, at these demonstrations. It is everybody. People from every walk of life.”

(Robertson, 2025, p. 150)

Demonstration/Gathering: _____

Reflections:

Week # 36: Laughter is Medicine- Enjoy Indigenous Humour

“While you laugh, if you dig below the surface, you can learn, too, and maybe it can motivate you in some way. This week, give it an hour or two and spend time with our comedy.”
(Robertson, 2025, p. 155)

Reflections:

Week # 37: Watch Survivor Video Testimony

“Get online and seek out documented residential school experiences told by the Survivors of those experiences.”

(Robertson, 2025, p. 157)

Reflections:

Week # 38: Make Time for Quiet Reflection

“Quiet reflection... requires work and emotional engagement... a small investment of time and money for what I believe is a transformative experience.”

(Robertson, 2025, p. 160)

Reflections:

Week # 39: Go Even Further on the National Day for Truth and Reconciliation

“During the week of the National Day of Truth and Reconciliation, participate in at least one activity. It's a chance to be in a community, to be an ally, and to motivate yourself to do more.”

(Robertson, 2025, p. 163)

Activity: _____

Reflections:

Week # 40: Wear on Orange Shirt on Orange Shirt Day

“Make sure you know two things before you buy: first, where the money you spend on the shirt is going, and second, who was involved in its creation.”

(Robertson, 2025, p. 166)

Reflections:

Week # 41: On the Matter of Accountability

“Maybe it's not an election year; maybe it is. If it is, ensure that issues pertaining to Indigenous people and communities are relevant election issues, and not just used for political posturing and then quickly forgotten.”

(Robertson, 2025, p. 170)

Reflections:

Week # 42: Read the Truth and Reconciliation Commission of Canada's Final Report

“The TRC's Final Report, including its Calls to Action, is a vital contribution to completing the work of reconciliation in the long term, so the change we make will be both profound and sustainable.”

(Robertson, 2025, p. 175)

Visit: <https://nctr.ca/publications-and-reports/reports/>

David's Suggested Reports for Further Learning

- Report of the Aboriginal Justice Inquiry of Manitoba (1991)
 - Final Report of the Truth and Reconciliation Commission (2015)
 - Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls (2019)

Reflections:

Week # 43: Talk to Your Kids About a Hard History

“There is a wealth of literature on Indian residential schools by Indigenous writers. Give kids books... read those books with them, and create opportunities to have pre- and post-conversations to decompress and break down the content.”

(Robertson, 2025, p. 179)

David's Suggested Books for Further Learning: Books for Children (p. 226)

Chapters4Change Young Reader Book Selections

<https://www.chapters4change.com/post/march-april-2023-young-readers>

<https://www.chapters4change.com/post/january-february-2023-young-readers>

<https://www.chapters4change.com/post/july-august-2022-young-readers>

<https://www.chapters4change.com/post/september-2021-young-readers>

<https://www.chapters4change.com/post/august-2021-young-readers>

Reflections:

Week # 44: Advocate for Our Freedom to Read

“Books and stories are some of the most important and lasting ways we can learn about each other. Within the context of reconciliation, they are beacons.”

(Robertson, 2025, p. 184)

Example: <https://www.chapters4change.com/post/a-call-to-action-for-educational-institutions-stop-censorship-and-stand-up-for-change>

Action: _____

Reflections:

Week # 45: Make some Bannock

“Even though we have come to think of bannock as being synonymous with Indigenous cuisine... it should be a reminder of how Indigenous people had their ways of life changed due to colonization, including our diet.”
(Robertson, 2025, p. 186-187)

Bannock Recipe: <https://canadianfoodfocus.org/recipes/jodis-best-bannock/>

Reflections:

Week # 46: Don't Ask Indigenous People to Do the Work

“This is Canadian history, and these are Canadian issues. If you are Canadian, reconciliation is a shared responsibility.”

(Robertson, 2025, p. 191)

Reflections:

Week # 47: Check Your Judgement

“If we’re going to do this and do it right, we need to change the way we think and the way we see each other. We need to talk, listen, and support one another.”

(Robertson, 2025, p. 197)

Reflections:

Week # 48: Speak Up/Speak Out

“I don’t want non-Indigenous people to fight our battles for us... But the reality is that we cannot do it on our own. We need support. Not to have somebody fight for us but to have somebody fight *with* us, and that’s a vital distinction.”

(Robertson, 2025, p. 198-199)

Reflections:

Week # 49: Binge an Indigenous Podcast

Audio-based storytelling “calls back to our traditional ways of living while at the same time embracing newer forms of storytelling. it's the best of both worlds.”

(Robertson, 2025, p. 203)

Podcast: _____

Reflections:

Week # 50: Be a Teacher

“If you've listened and learned in a good way you have a lot to offer... Be a teacher... You cannot blame somebody for their ignorance if you make no effort to correct it. To educate.”

(Robertson, 2025, p. 210)

Reflections:

Week # 51: Understand Your Privilege

“You have the capacity to create meaningful change. Part of that capacity comes from privilege.”
(Robertson, 2025, p. 215)

Reflections:

Week # 52: Share This Book

“If you find there is value in the pages of this book... Share it.”
(Robertson, 2025, p. 217)

Reflections:

Progress Chart

52

Ways to Reconcile

David Robertson (2025) invites us to approach the book as “**an activity book**,” noting: “There is something here that you can do every week for an entire year that will contribute to fixing the mess that has been made. These actions are (mostly) not in any specific order. **You can do any of them at any time**, at your leisure, remembering that some of them are tied to particular days.” (p. 6)

Directions:

Each week, choose an activity—read, act, and reflect. Keep track of your progress by checking off the actions you take!

1) HOST A MOVIE NIGHT	2) START AN INDIGENOUS BOOK CLUB	3) ENGAGE WITH INDIGENOUS SOCIAL MEDIA	4) LEARN THE DIFFERENCE BETWEEN CULTURAL APPROPRIATION AND CULTURAL APPRECIATION	5) RESEARCH INDIGENOUS PLACE NAMES
6) WRITE A LAND ACKNOWLEDGMENT	7) CHECK YOUR IDIOMS	8) START A SECOND BOOK IN YOUR INDIGENOUS BOOK CLUB	9) SUPPORT AN INDIGENOUS MUSICIAN	10) SUPPORT THE RENAMING OF COLONIAL MEMORIALIZATIONS
11) LEARN EVERYDAY WORDS IN INDIGENOUS LANGUAGES	12) SUPPORT INDIGENOUS ATHLETES	13) EDUCATE YOURSELF ABOUT THE SIXTIES SCOOP	14) VOLUNTEER YOUR TIME	15) HELP FUND INDIGENOUS EDUCATION
16) READ INDIGENOUS COMICS	17) SUPPORT AN INDIGENOUS BUSINESS	18) WATCH AN INDIGENOUS TELEVISION SHOW	19) HONOUR AN INDIGENOUS WORLD VIEW	20) SUPPORT INDIGENOUS TOURISM
21) MENTOR INDIGENOUS YOUTH	22) LEARN THE HISTORY OF THE POTLATCH CEREMONY	23) VIEW THE SKY THROUGH AN INDIGENOUS LENS	24) RECOGNIZE INDIGENOUS INNOVATION	25) CELEBRATE NATIONAL INDIGENOUS PEOPLES DAY



52

Ways to Reconcile

26) TAKE PART IN A SMUDGE AND LEARN ABOUT SACRED MEDICINES

27) DONATE TO SUPPORT SURVIVORS AND FAMILIES

28) CREATE AND TAKE YOUR OWN ACTION

29) LEARN ABOUT INDIGENOUS APPROACHES TO LAND STEWARDSHIP

30) LEARN INDIGENOUS HISTORY CONCERNING AGRICULTURE

31) LEARN ABOUT TRADITIONAL INDIGENOUS GOVERNANCE AND POLITICAL STRUCTURES

32) VISIT A CULTURAL CENTER

33) VISIT A LOCAL INDIGENOUS RESTAURANT

34) ATTEND A POWWOW

35) ATTEND A DEMONSTRATION OR GATHERING

36) LAUGHTER IS MEDICINE- ENJOY INDIGENOUS HUMOUR

37) WATCH SURVIVOR VIDEO TESTIMONY

38) MAKE TIME FOR QUIET REFLECTION

39) GO EVEN FURTHER ON THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

40) WEAR AN ORANGE SHIRT ON ORANGE SHIRT DAY

41) ON THE MATTER OF ACCOUNTABILITY

42) READ THE TRUTH AND RECONCILIATION COMMISSION OF CANADA'S FINAL REPORT

43) TALK TO YOUR KIDS ABOUT A HARD HISTORY

44) ADVOCATE FOR OUR FREEDOM TO READ

45) MAKE SOME BANNOCK

46) DONT ASK INDIGENOUS PEOPLE TO DO THE WORK

47) CHECK YOUR JUDGEMENT

48) SPEAK UP/SPEAK OUT

49) BINGE AN INDIGENOUS PODCAST

50) BE A TEACHER

51) UNDERSTAND YOUR PRIVILEGE

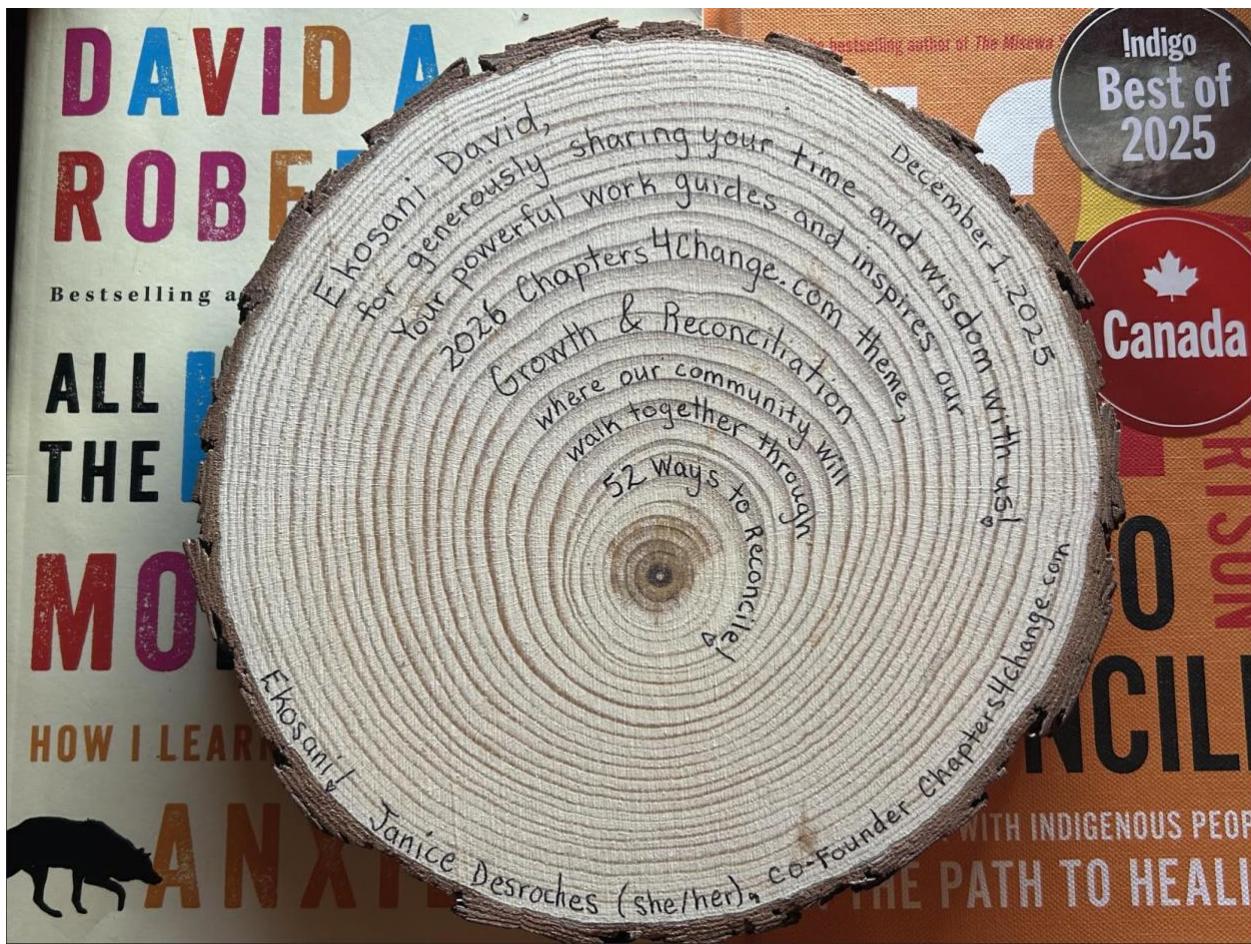
52) SHARE THIS BOOK



Ekosani/Thank You!

Ekosani to David for generously sharing his time and wisdom through *52 Ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing*. Deep gratitude to all of you who have chosen to dedicate your time and energy to this transformative learning and leadership journey. As you continue your path of learning, growing, and transforming, let us hold David's words close:





Read to Learn & Learn to Change