

# SHKW'AM'KW'UM'S TU SYEYUTSUS IS A WAY OF SAYING: OUR WAYS OF BEING TOGETHER

**How do I pronounce these new words?**  
Scan the QR codes to listen and learn!



## SLHILHUKW' IS A WAY OF SAYING CONNECTED

- Connected, holistic, interconnected
- Belonging to something greater than ourselves
- A whole-self approach that integrates all aspects of a person's being to achieve well-being, balance and fulfillment
- We all need to feel seen, heard & valued
- Being part of a larger whole comes with responsibilities and honours connectedness
- When we belong, we share the responsibilities of caretaking and upholding values
- When we feel part of something we flourish
- Individuals are multifaceted and our mental, physical, emotional and social dimensions are interconnected
- We are all related to one another as well as to the land, all aspects of nature, past/present/future



## SHHW'A'LUQW'A' IS A WAY OF SAYING RELATIVES

- We are all family
- We are all connected, related and interdependent with one another
- We are accountable to our relationships
- Healthy relationships help us to flourish
- Relationality and kinship
- We are related to one another as well as to the land, all aspects of nature, past/present/future



## TS'I'TS'UWATUL IS A WAY OF SAYING TO HELP AND TO SUPPORT EACH OTHER

- Equity
- Each person getting what they need to succeed
- We honour and recognize the gifts each person brings
- We support that each person may do things a bit differently
- We understand that we are all on our own learning journey
- Personalization and contextualization
- Looking for strengths in those around us and working hard to see what they need
- Recognizing the diversity and dignity of Indigenous peoples and ensuring fairness by addressing historical systemic barriers
- Deeply rooted in respect, reciprocity and the interconnectedness of all life



## **XE'XE' TUMUHW** IS A WAY OF SAYING **SACRED EARTH**

- Land is central to everything
- Our responsibility is to nurture a reciprocal relationship with the earth, which carries the teachings of the ancestors
- The land is our first teacher
- Everything we need to be well, comes from the land
- When the land speaks in this territory, the land speaks hul'q'umi'num
- We take care of the land and the land takes care of us
- We are related to one another as well as to the land, all aspects of nature, past/present/future



## **'UY'SHQWALUWUN** IS A WAY OF SAYING **GOOD HEART AND GOOD MIND**

- Integrity, respect, balance
- Healthy mindset
- Showing up in a good way, with good intentions
- We approach things with both our hearts and our minds
- Heart: kindness, compassion, empathy, care and sincerity in one's intentions and actions
- Mind: clarity, wisdom and thoughtfulness in one's intentions and actions
- Self-awareness & self-reflection
- Children are the reason for being; we must show up for them, in a good way