**Land Acknowledgement Worksheet**

**Step 1**: Introduce yourself.  
What is your name, your role.

**Step 2**: What is your relationship to this land? Are you an uninvited guest, invited guest, settler etc.? Where do your ancestors come from? When and why did your ancestors come to Turtle Island (North America)?

**Step 3:** Whose territories/land are you on? Is it unceded? Is there a treaty?  
  
**Step 4**: Do you know the pronunciation of the Nations? Try reciting on your own, even in a mirror. Get comfortable with pronunciation.  
This is a good resource for BC pronunciation: <https://maps.fpcc.ca/first-nations>.

**Step 5**: What do you appreciate about the lands? How does your work connect to the land?

**Step 6**: Put it all together and practice out loud.