



TORTOISE TASKS

Rules are at the bottom
of this document

2022

1	Clean up a public park or beach that needs it due to garbage. Take before and after photos	109	Play a board game with a stranger
2	Take an indigenous elder for lunch	110	Go down a slide
3	*Attend an event at a Friendship Centre	111	Learn something new
4	Go skinny dipping	112	Travel to a new city
5	Find a waterfall and feel the mist on your face	113	Play Frisbee Golf
6	Go fishing	114	Challenge someone to an arm wrestle
7	Research residential schools in Canada – Write a poem about it	115	Try a type of food you've never had before
8	Tell someone you love them in a unique way	116	Volunteer at a friendship center
9	*Participate in a smudging ceremony	117	Try a new game
10	Meditate for 15 minutes somewhere outside	118	Put on a superhero costume and go out in public
11	Learn the seven Grandfather Teachings – Make art out of your understanding	119	Visit a totem pole
12	Build a fire from scratch	120	Attend an indigenous run event
13	Learn about the medicine wheel – Paint or draw an image of it	121	Make a cedar wreath
14	Watch and listen while a powwow drum group performs	122	Create some pottery
15	Research no drinking water on reserves – write a poem about it	123	Have a pillow fight
16	Enable yourself to compost your food scraps	124	Go out in nature and cover yourself head to toe in mud
17	Whichever gender you identify least with, dress up as spectacularly as you can to represent it and go out to eat at a restaurant	125	Replace a single use item with something reusable and commit to using it for at least 1 month
18	Make a garden and fill it with at least 3 plants	126	Apologize to someone with a grand gesture
19	Donate your old jackets and winter wear to an adult shelter or youth home	127	Play a game of Paper Clip assassin at work or school

20	Pledge to stop using single use water bottles for a year	128	Play capture the flag
21	Reconnect with an old friend	129	*Participate in a smudging ceremony
22	Watch a salmon run	130	*Partake in a sweat lodge
23	Plant a tree	131	Spend time at an elderly home and talk to at least 1 resident for 20 minutes
24	Put on a superhero costume and go out in public	132	Read someone's palm and tell them their future while looking them deep in their eyes
25	Visit a totem pole	133	Breakdance to one full song
26	Attend an indigenous run event	134	Swap clothes with a stranger for 10 minutes
27	Research the Indian Act and what it means to have status, make an educational poster about it	135	High five as many different people as you can in 60 seconds
28	Make a snow fort	136	Draw someone a portrait
29	Use chalk and draw hopscotch on sidewalk	137	Gather people around you and tell two jokes
30	Support an indigenous artist	138	Play a song and start a conga line of at least 8 people in public
31	Use your vegetable scraps to make a soup or stew	139	Get 3 people to line up. Smell their feet. Rank from best to worst
32	Eat an Indian Taco	140	Start a dance party in public. Minimum 5 people must dance to full song
33	Buy clothing from an indigenous owned and operated company	141	Use your tongue to spell your first name on someone's hand after getting their consent
34	Go for a hike	142	Stand in the corner of the room in a public place and silently do the Macarena for 2 minutes
35	Try a new activity	143	Serenade a stranger
36	Paint an eagle	144	Challenge someone to a staring contest
37	Go in an elevator and press the button for every floor. Stand silently and face the corner.	145	Clean a family member, friend, or mentor's house

38	Bike to work or to an event	146	Howl like a coyote for 15 seconds in public
39	Participate in a Polar Bear swim	147	Write and perform a poem about lack of drinking water for indigenous people
40	Take someone on a date and spoil them	148	Plant a tree
41	Call someone you haven't spoken to in a while and check in on their mental health	149	*Spend some time with an indigenous elder
42	Pick Berries	150	Learn a word in one of Canada's indigenous languages
43	*Do some indigenous beadwork	151	Read a book about the true history of indigenous people on Turtle Island
44	Chop some wood	152	Make a post dedicated to Turtle Island NFT
45	Meditate for 10 minutes outside	153	Dance to the Halluci Nation's music
46	Take a dog for a walk	154	Make a dream catcher
47	Put on a funny costume and go out in public	155	Attend a Powwow
48	Play a prank on a friend	156	Go out in nature and cover yourself head to toe in mud
49	Try a new sport	157	Play twister
50	Go to a concert	158	Take an indigenous elder for lunch
51	Volunteer at a homeless shelter	159	*Attend an event at a friendship centre
52	Take a kid into the forest and explain to them a story about how fairies come out at midnight	160	Spend time at an elderly home and talk to at least 1 resident for 20 minutes
53	Give a handmade gift to someone for no reason	161	Try intermittent fasting for 3 days
54	Take a child on an adventure	162	Visit a totem pole
55	Build a tree fort	163	Put on superhero costume and go out in public
56	Sponsor a child in need	164	Read Happy City by Charles Montgomery
57	Volunteer for minimum one day at a soup kitchen	165	Attend an indigenous run event

58	Clean up a public area outside that needs it due to garbage. Take before and after photos.	166	Attend an indigenous elder for lunch
59	Volunteer for minimum a day at an organization dedicated to helping animals	167	*Attend an event at a Friendship Centre
60	Make a secret handshake	168	Go skinny dipping
61	Tell a magical story to a child	169	Plant a tree
62	Build a sand castle	170	Clean up an outdoor area the needs it due to garbage. Take before and after photos.
63	Take a friend or lover on an adventure	171	Clean a family member or mentor's house
64	Learn what a band council is and what they do – make a poster about it	172	Attend a Powwow
65	Take an indigenous youth for lunch	173	Volunteer at a Friendship Centre
66	Sing a song in public	174	Spend time at an elderly home and talk to at least 1 resident for 20 minutes
67	Brush and braid someone's hair	175	Take an indigenous elder for lunch
68	Go paintballing	176	*Attend an event at a Friendship Centre
69	Make your bed every day for a week	177	Buy a homeless person a hot meal
70	Mow someone's lawn that isn't your own	178	Talk to an indigenous person about improvements that could be made to their community
71	Go grocery shopping for someone	179	Make a poster about 2 spirit people
72	Go to a home for the elderly and play a board or card game with a resident	180	Create and post a video about how one can reduce their waster or carbon footprint
73	Take a cat for a hike in a backpack	181	Attend an event about the Climate Crisis
74	Dance in your living room	182	Eat vegetarian for a week
75	Blow bubbles	183	Build a community garden
76	Paint your body	184	Make art out of leaves, pinecones, rocks, and/or sticks
77	Play kick the can	185	Put on a scavenger hunt

78	Go dancing at a venue	186	Switch to energy efficient light bulbs
79	Take a grandparent out on an adventure	187	Cook your mom or mentor a meal
80	Make music	188	Go shopping at a thrift store
81	Hug a stranger	189	Do your friends dishes
82	Buy a homeless person a hot drink or some water	190	Participate in a Polar Bear Dip
83	Walk to an indigenous person about improvements that could be made to their community	191	Volunteer at an animal shelter
84	Go skinny dipping	192	Learn how to prep an animal for eating after it has been caught
85	Enjoy a sauna	193	Attend a Powwow
86	*Build a teepee	194	Clean a family member or mentor's house
87	Eat a fiddlehead	195	Buy rechargeable batteries
88	Dance in the street	196	Learn how to gut a fish
89	Buy a homeless person a meal	197	Volunteer at a Friendship Centre
90	Take a photo with as many people as you can find who are born in different decades beside the inuksuk you built	198	Make a poster about Inuit People
91	Re-enact the famous Jack and Rose scene at an epic location	199	Learn how to smoke meat
92	Shake hands with the chief or mayor	200	Do your mom or Mentor's dishes
93	Volunteer at a Friendship Centre	201	Try intermittent fasting for 3 days
94	Organize a game in the outdoors	202	Make a poster about Metis People
95	Recreate a famous album cover	203	Clean a family member or mentor's house
96	Go Camping	204	Build a community garden
97	Touch, smell and listen to a tree	205	Make a poster about First Nations people
98	*Partake in a sweat lodge	206	Spend time at an elderly home and talk to at least 1 resident for 20 minutes

99	Clean up a public park or beach that needs it due to garbage. Take before and after photos	207	Put on a superhero costume and go out in public
100	Plant a tree	208	Do you mom or mentor's dishes
101	*Spend some time with an indigenous elder	209	Attend an indigenous run event
102	Learn a word in one of Canada's indigenous languages	210	Take an indigenous elder for lunch
103	Read a book about the true history of indigenous people on Turtle Island	211	*Attend an event at a Friendship Centre
104	Eat some fry bread	212	Go skinny dipping
105	Dance to The Halluci Nations music	213	Spend time at an elderly home and talk to at least 1 resident for 20 minutes
106	Make a dream catcher	214	Volunteer at a Friendship Centre
107	Attend a Powwow	215	Plant a tree
108	Clean the snow off someone else's driveway	Decorative pattern	

TORTOISE TASKS

These Rules are specifically for people trying to earn a Thunder Totem through our Discord. If you are simply here because you want to complete some Tortoise Tasks and potentially win an all-expenses paid vacation, please follow the instructions at this [link](#)

- 1) Take a photo or video of yourself completing the task, post it to Twitter and Instagram or TikTok with #TurtleIslandNFT and @TurtleIslandNFT
- 2) Complete and submit [Turtle Island Waiver](#) prior to completing tasks
- 3) No interfering with other members attempting to complete tasks
- 4) Ensure you are completing tasks with safety of yourself and others in mind
- 5) Members under 19 must have their waiver signed by a LEGAL GUARDIAN. If you are unsure about our waiver requirements please contact us before participating in the tasks or going on the any vacations
- 6) You do not need to do the tasks in order. You can pick and choose from the 215 as you wish!



THE * MEANS

You shall consult an indigenous person for protocol prior to completing a task if there is a * beside it

