



Indigenous Peoples Of Canada



Activity Guide

*This week's activities are in honour of the Indigenous Peoples of Canada.
See the guide below and have fun!*

Monday June 22

Get Learning!

Tuesday June 23

Get Creative!

Wednesday June 24

Get Cooking!

Thursday June 25

Get Active!

Friday June 26

Get Puzzled!

The above suggestions are just that, suggestions. Feel free to mix it up! Our Committee came up with tons of other ideas; read on to learn more! Regardless of what you get up to, send your pictures to dormsby@clsm.on.ca for us to share!

Indigenous Peoples of Canada Week

We, as fellow citizens and residents of Canada, are called to recognize and value Indigenous Peoples of Canada for the importance of the past and ongoing contributions these three distinct groups have made. Inuit, Metis and First Nations people have always helped us to have a deeper understanding and connection to our land, communities and families. In 1996, the Government of Canada declared June 21st (the day of the summer solstice) to be a day of celebration and recognized as Indigenous Peoples Day across the country.

This week the Activities Committee invites everyone to learn about and celebrate the heritage, culture and customs of Indigenous people of Canada through fun and engaging activities. A special thank you to the Metis Nation of Ontario for providing us with some wonderful activities to enjoy and to the District of Muskoka for providing a list of the following First Nations communities in Muskoka:

“Through extensive research, and to better inform engagement efforts, the District identified the following Indigenous communities as having traditional ties or ongoing interests in the lands that encompass Muskoka:

- Wahta Mohawks
- Moose Deer Point First Nation
- Beausoleil Island First Nation
- Chippewas of Mnjikaning (Rama) First Nation
- Wasauksing First Nation
- Huron-Wendat First Nation
- Georgina Island First Nation
- Moon River Métis Council

If you are interested in reading more, a recent article in *Muskoka Reflections Magazine* by John Clink, District Chair can be found in this week's attachments.

Aboriginal Canada 101:

Canada's Indigenous population is made up of Inuit, Métis, and some 634 different First Nations. In 2011, National Household Survey data showed that 1,400,685 people had an Aboriginal identity, representing 4.3% of the total Canadian population. *(See below for updated statistics from the 2016 posted on the Government of Canada website)*

Just as European countries have different languages, beliefs and cultures, and have often been at war with one another, so too has First Nations history often been violent. However, their cultures and communities date back thousands of years, with societies based around restorative justice, respect to the land, responsibility to the community, and consumption based on need.

Total population by Aboriginal identity and Registered or Treaty Indian status, Canada, 2016		
Aboriginal identity	Number	Percent (%)
Total – Population by Aboriginal identity	34,460,065	100.0
Aboriginal identity	1,673,780	4.9
Single Aboriginal response	1,629,800	4.7
First Nations (North American Indian) single identity	977,235	2.8
First Nations single identity (Registered or Treaty Indian)	744,855	2.2
First Nations single identity (not a Registered or Treaty Indian)	232,380	0.7
Métis single identity	587,545	1.7
Inuk (Inuit) single identity	65,025	0.2
Multiple Aboriginal identities	21,305	0.1
Aboriginal identities not included elsewhere	22,670	0.1
Non-Aboriginal identity	32,786,280	95.1

Source: *adventure.com* article on “The Resurgence of First Nation’s Cuisine” (Nikki Bayley)

Monday – Get Crafty!

1. Watch these great videos from tvokids.com! These are just a few but you can find many more by following any of these links:

- a. Graclyn shares about her Metis culture and her love of dance
<https://www.tvokids.com/school-age/ravens-quest-gr-1-3-social-studies/videos/marissa>
- b. Morgan shows how she creates some beautiful traditional Metis beadwork
<https://www.tvokids.com/school-age/ravens-quest-gr-1-3-social-studies/videos/morgan>
- c. Waskwaabiish from Waterford, Ontario demonstrates a traditional smoke dance and helps his mom prepare to teach others how to make moccasins
<https://www.tvokids.com/school-age/ravens-quest-gr-1-3-social-studies/videos/waskwaabiish>

2. The Traditional Medicine Wheel:

- Consider the 4 areas of your wheel: the emotional, physical, spiritual and mental realms. As you take time to colour each section of the wheel, think about what brings you into balance in each of the areas.
<https://www.ictinc.ca/blog/what-is-an-indigenous-medicine-wheel>

3. 7 Grandfather Teachings:

- The following video on YouTube gives a simple overview of the 7 Grandfather teachings on Truth, Respect, Bravery, Honesty, Humility, Love, and Wisdom. The very end talks briefly about the college who created this video. Print out any or all of the posters on the 7 teachings in our resource files for this week and reflect on the teachings and what they mean to you.
<https://www.youtube.com/watch?v=T6npaRlpqIQ>

4. Powwows:

- Have you ever been to a powwow? What did you experience? What did you enjoy the most? If you haven't, watch this video from about the 1:45 point on to find out what it's all about:
<https://www.youtube.com/watch?v=V0KImr-ewaE>
- Unfortunately this summer, due to the COVID outbreak, many Powwows throughout Canada have been cancelled. Enjoy this video from a few years ago at the Odawa Powwow as well as reflections on the young man's experience.
<https://www.youtube.com/watch?v=755HZydxL3w>

Tuesday – Get Creative!

1. Dreamcatchers

- Follow either of these links to learn how to make your own dream catcher!
<https://www.youtube.com/watch?v=PGpiHxooTo>
<https://www.youtube.com/watch?v=Z6zZepqpxQk>

2. Birch Bark Canoes

- See attachment!

3. Metis Nation of Ontario Colouring Book

- http://www.metisnation.org/media/653154/3-m%C3%A9tis-way-of-life-colouring-book_biling-edits.pdf

4. Metis Dot Art

- See attachment!
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Wednesday – Get Cooking!



1. Bannock Bread

- Recipe in attachments!

2. Barbeque Chicken Fry-Bread Tacos

- <https://www.foodnetwork.ca/shows/great-canadian-cookbook/recipe/barbecue-chicken-fry-bread-tacos/19937/>

3. Homemade Jerky

- <https://www.foodnetwork.ca/recipe/homemade-jerky/18048/>

4. Salmon Soup

- Recipe in attachments!

5. Prepare some Oatmeal (Mush) for breakfast and add your favourite fresh berries!

6. Learn about “Ricing” with Marissa and make your own delicious Wild Rice Pudding:

- <https://www.tvokids.com/school-age/ravens-quest-gr-1-3-social-studies/videos/marissa>
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Thursday – Get Active!

1. Nature Scavenger Hunt

- See attachment!

2. Dance!

- Whether it's to the beat of drums or to the sound of a fiddle, turn on some music and get moving this week!
- Search Spotify for “Powwow/Round Dance Songs” Playlist

- Metis Fiddle Music Playlist on YouTube
<https://www.youtube.com/watch?v=q8-Ca51RLZo&list=PLGh3ul6bd4HyX2FZdGkXtpO0K5WFnZu0>
- Learn the “Red River Jig”
<https://www.youtube.com/watch?v=O4LhpRlaYSY>

3. Métis Songs and Spoons Activity

- See attachment!

Friday – Get Playing!

The following games and puzzles were acquired from the Government of Canada website and the Metis Nation of Ontario. We have included copies of all in the resource section for this week. Let us know what kinds of word puzzles you enjoy doing.

- Metis Voyageur Facts and Word Find
- Cruncher Game
- Secret Spiral Guide
- Mystery Message Guide

ENJOY!

