

INDIGENOUS WAY OF LIFE RESOURCE LIST FOR PARENTS: GRADE 2

During this time of self-isolation, physical distancing, and working from home, the Indigenous Way of Life department would like to share a comprehensive list of ideas for parents working with their children (Grade 2) to learn about Indigenous perspectives at home.

Young children learn best through play. Here are some recommended activity time frames:

- Provide at least 45 minutes – 1 hour daily for your child to lead their own “free” play
- Provide scaffolded (parent supported) play times to include coaching, guiding, facilitating, and demonstrating learning with your child
- Include some rules-based games like hide and go seek, board games, etc.
- Allow for rest and quiet times periodically during the day – a great opportunity to share and tell stories
- Try to limit screen time to one hour per day
- Include moderate to vigorous physical activity of at least 60 minutes throughout the day

Language Arts

- [Read stories](#) with your child daily. There are many people [reading books](#) online right now – check them out and read along with your child. [Story telling](#) is the [traditional](#) method of [learning](#) for Indigenous people
- Several online eBooks are available with free two-week to one-month trial subscriptions (may require a credit card) including [Audible](#), [Epic](#), [Amazon](#), [Hoopla](#) (requires a library card), [Tumble Book Library](#)
- [Goodminds](#) has an incredible list of Indigenous books you can order online
- Check out Indigenous films and stories from the [National Film Board](#)
- Tell oral stories from your childhood, especially about your own family traditions
- [Encourage](#) your child to create their own stories. Write their stories down, record a video to share with family, or video chat with friends
- Explore First Nations stories on YouTube. Keep searching for more!
 - [Legend of Weekakayjack](#) (Cree)
 - [Ojibway Story of Creation](#)
 - [How the Raven Stole the Sun](#) (BC)
 - [Story of Northern Lights](#) (Cree)

Science (Themes: animals, solids/liquids/gasses, position and motion, air and water)

- Go for a walk to connect and observe your yard or neighbourhood. Look for different animals, or signs of animals. Remember to physically distance yourself from people (at least 6 feet!) and [wash your hands](#) when you get home. Avoid playgrounds.
 - Discuss different animals that you see in your yard/neighbourhood. Include behaviours, characteristics, needs, etc.



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- Describe ways in which Indigenous people have [traditionally helped animals](#) in Manitoba
- Observe a local waterway
- Learn about the different [stages of life](#) for people based on Medicine Wheel teachings (child, youth, adult, elder)
- Use [Canada's Food Guide](#) to categorize traditional foods (see “nutrition” below). Check out the guides in a variety of [languages](#) such as Ojibway, Cree, or Dene
 - Plan a menu using the guide that includes traditional Indigenous ingredients
- Research or observe locally found animals and their offspring (babies) (example: moose, geese, rabbits, beaver, etc.)
 - What is their appearance? How are adults and babies different? Similar?
 - How long does it take different animals, including people, to grow from babies to adulthood?
 - How do the parents care for their offspring? (choose different animals: big mammals, rodents, birds, amphibians, insects, etc.)
 - Choose one locally found animal and describe it's complete life cycle
- Describe some of the properties of traditionally used solid materials such as: wood, hide, bark, furs, soil, etc. and describe traditional applications of those solid materials
- Research traditional materials that were used to line diapers – why were they chosen?
- Research traditional methods of collecting water in the winter for Indigenous people
- Learn about [travois](#) and [Red River Carts](#) as a means of transportation. Relate these methods to [inclined planes](#) and to the [wheel and axle](#) – both types of simple machines
- Research boil water advisories in Manitoba
- Learn about traditional waterways in Manitoba. Discover how they were traditionally used as “highways” in the past by Indigenous people to get from place to place. Most records are from the [fur trade](#) era
- Learn how Indigenous women are “[water keepers](#)” and about [traditional perspectives](#) on water
- Learn about different [edible plants](#) that can be harvested from the land
- Discover [Indigenous inventions and contributions](#)
- Try some kitchen science just for fun!
 - [Kitchen Science Projects for Kids](#)
 - [Kitchen Science Experiments for Kids](#)

Social Studies (Themes: local community, communities in Canada, Canadian community)

- Write a [land acknowledgement](#) for your community with your child. What [treaty area](#) are you in?



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- Research which Indigenous [communities](#), cultures and languages are from or near your [area/community/province](#).
- Research the different [Indigenous cultures](#) in Manitoba: Cree, Dene, Dakota, Ojibway, Metis, Inuit
 - [Where do they live?](#) What languages are spoken? What do traditional clothes, shelter, art, etc. look like? What are some different cultural beliefs? What other traditions and celebrations are there? Can you find traditional stories online?
 - Learn Canada's national anthem in [one](#) of the seven Indigenous languages spoken in Manitoba
 - Learn about the [spiritual connection](#) Indigenous people have with the land
- Research different places in Canada that have Indigenous names.
 - Example: Winnipeg is a Cree word meaning "muddy waters"
- Research Sharing Circles and their traditional uses for resolving conflicts
- Learn about the [7 Grandfather Teachings](#) as a set of "laws" for behaviour
- Learn about [Residential Schools](#) together
- Go on a virtual tour of the [Canadian Human Rights Museum](#)
- Visit the Canadian Museum of History [online exhibitions](#)

Visual Art

- Make weaving patterns from strips of paper to make a [basket](#)
- Create visual art that includes local animals or waterways
- Try colouring Indigenous art outlines (print then colour)
 - [Grandfather with Child](#) – Norval Morrisseau
 - [Children in the Tree of Knowledge](#) – Norval Morrisseau
 - [Haida Bear](#)
 - [Haida Raven](#)
- Explore Indigenous artworks
 - [Indigenous Arts & Stories](#)
 - [Norval Morrisseau](#)
 - [Metis art](#)
 - [Christi Belcourt beading](#)
 - [Christi Belcourt painting](#)
 - [Inuit art](#)

Music

- Listen to drumming & singing
 - [Dene hand drumming](#)
 - [Manito Ahbee Pow Wow drumming and singing](#)
 - [Nibi Water Song](#)

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- Listen to [Inuit throat singing](#)
- Listen to [Metis fiddling](#)
 - [Red River Jig](#)
- Listen to contemporary Indigenous music artists (sample links below – explore more!)
 - [A Tribe Called Red](#)
 - [DJ Shub](#)
 - [Classic Roots](#)
 - [The Jerry Cans](#)
 - [Buffy Ste. Marie & Tanya Tagaq](#)
 - [William Prince](#)

Physical Education

- Play outdoors as much as possible, remembering to physically distance from people who do not live in your house, avoid public play structures, [wash your hands](#) with soap when you get home
- Invent games that include movements of local animals (moose, deer, salamander, frog, goose, duck, loon, fish, etc.)
- Try some [Indigenous games](#) from all over Canada – several are for small groups (pdf)
- Enjoy [Inuit games](#) – harder than they look!
- Have some fun trying traditional dancing!
 - [Jigging](#)
 - [Pow Wow Sweat](#) – Instructional videos
 - [Chicken Dance](#)
 - [Crow Hop](#)
 - [Women’s Traditional](#)
 - [Men’s Fancy](#)
 - [Jingle Dress Steps](#)
 - [Double Beat](#)

Nutrition

- Try [baking](#) or [frying](#) bannock with your child. Serve with home-made [freezer jam](#) using berries or [maple butter](#)
- Try Manitoba traditional foods. Ensure you are following Manitoba regulations and local Indigenous protocols for harvesting. Some foods may be found at your local grocery store. Try cooking a meal together
 - [Hunting guide](#) (pdf)
 - [Fishing guide](#) (pdf)
 - Fish: pickerel, jack, perch, whitefish, burbot, trout, etc.



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- Big game: moose, caribou, deer, elk, buffalo, etc.
- Small game: beaver, muskrat, rabbit, etc.
- Birds: Geese, ducks, grouse, etc.
- [Plants](#): berries, wild asparagus, etc.
- Use [Canada's Food Guide](#) to categorize traditional foods (above). Check out the guides in a variety of [languages](#) such as Ojibway, Cree, or Dene

Health & Wellness

- Explore the [Medicine Wheel Teachings](#) – try activities from each quadrant daily
 - East/Mental: work on mentally challenging games and activities like puzzles
 - South/Physical: include at least [60 minutes of moderate to vigorous activity](#)
 - West/Emotional: practice [de-stressing](#) activities such as [mindful breathing](#)
 - North/Spiritual: connect with friends and family on the phone or video, continue to enjoy your family's spiritual practices
- Learn how to [smudge](#) (pdf)
- Learn the [7 Grandfather Teachings](#) and discuss these values as a family. How can these values help your family and friends work well together in different situations?
- Discuss [traditional Cree roles](#) men, women, and children had. How does this compare to your family's roles?

Math

- Use objects collected from outdoors (like rocks, sticks, leaves, etc.), popcorn, or dried beans (traditional foods from Turtle Island) to create or identifying patterns, counting, comparing quantities, and sorting objects
- Bake with your child – Baking is the ultimate in developing measuring skills. Try traditional bannock (above), muffins, cake, cookies, or your favourite family recipes!
- Counting to 100 in [Cree](#), [Ojibway](#) (1-10) ([11-100](#)),
- [Cree story](#) of counting to 100
- Create a [beading pattern for a loom](#) that demonstrates a repeating pattern
- Days of the week in [Cree](#), [Ojibway](#)
- There are 13 "[months](#)" of the year rather than 12

Indigenous Languages

- Keewatinook Okimakanak Board of Education language apps on Apple App Store or Google Play (Oji-Cree, Cree, Ojibway)
- [Cree Literacy Network](#)
- [Ojibwe.net](#)

