

INDIGENOUS WAY OF LIFE RESOURCE LIST FOR PARENTS: KINDERGARTEN

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 (Kindergarten) 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 kindergarten aged 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
- Limit screen time to one hour per day and
- Include moderate to vigorous physical activity to 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 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)

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Science (Themes: trees, colours, paper)

- Go for a walk around your yard or neighbourhood. Remember to physically distance yourself from people and wash your hands when you get home!
 - Discuss different colours that you see in your yard
 - [Collect birch bark](#) (be careful not to hurt the tree) to use as paper or try [birch bark biting](#)
- Learn about different [edible plants](#) that can be harvested from the land
- Discover [Indigenous inventions and contributions](#)
- Try some kitchen science!
 - [Kitchen Science Projects for Kids](#)
 - [Kitchen Science Experiments for Kids](#)

Social Studies (Themes: Me, the People around Me, the World around Me)

- Learn about [Residential Schools](#) together (World)
- Go on a virtual tour of the [Canadian Human Rights Museum](#) (World)
- Visit the Canadian Museum of History [online exhibitions](#) (World)
- Spend time connecting with family members and talking about traditions that are important to your family (People)
- Create an artwork that demonstrates individuality including: physical, mental, emotional, spiritual (Me)
- Search the internet to learn about Ojibway, Cree, Metis, and Inuit cultures (World & People)
- Learn stories about Turtle Island (World)

Visual Art

- Make weaving patterns from strips of paper to make a [basket](#)
- 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](#)

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Music

- Listen to drumming & singing
 - [Dene hand drumming](#)
 - [Manito Ahbee Pow Wow drumming and singing](#)
 - [Nibi Water Song](#)
- Listen to [Inuit throat singing](#)
- Listen to [Metis fiddling](#)
 - [Red River Jig](#)
- Listen to contemporary Indigenous music artists
 - [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
- 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](#)

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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.
 - Big game: moose, caribou, deer, elk, buffalo, etc.
 - Small game: beaver, muskrat, rabbit,
 - [Plants](#): berries, wild asparagus, etc.

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 about the [7 Grandfather Teachings](#)
- Learn how to [smudge](#) (pdf)

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 10 in [Cree](#) ([number song](#)), [Ojibway](#), [Dene](#)

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](#)