



BACKGROUNDER

About this time...

National Indigenous History Month ([June](#)), and National Indigenous Peoples Day ([June 21st](#)) are additional opportunities to learn about First Nation, Métis and Inuit contributions! Our Board, and many schools have held amazing events over the years - and this year - we want to celebrate with you **virtually!!**

About these resources...

These resources and suggested activities can be used anytime during the school year to support integration in meeting Ontario Curriculum Expectations. Special thanks to the [Indigenous Diabetes Health Circle](#) for sharing the work they carry out with families and communities across the province.

Beginning with prayer...

As the sun comes up to begin the longest day of the year, June 21st, also known as the Summer Solstice - many will begin by offering prayers for all our relations, all of Creation - healing for us and for our Mother the Earth who is also healing at this time. Please feel free to use [Creator of All People](#), or offer a prayer of your own as this day begins - at this time - with blessings for ALL. You are also invited to celebrate the rich cultures across our region by offering a prayer in a language of your choice!!!

For added fun...

Before you begin, answer the [4 Question QUIZ](#) to test your knowledge. With social distancing in mind - be safe, be determined, and have fun! And, if you can't get out to enjoy nature - [bring nature indoors!](#)

FIRST NATION

Indigenous Diabetes Health Circle - Isolation Wellness (click image to play video)



ACTIVITY

Check out the Indigenous Diabetes Health Circle [Family Activity Sheet](#) for easy and fun activities to further support well-being...

- Mental
- Emotional
- Physical
- Spiritual

MÉTIS

History of the Métis Jig Dance (click image to play video)

ACTIVITY

- Try some of these dance steps as you watch the video



- Time how long you can jig before getting tired (as health permits or time someone who wants to give this a try)
- Share dances and meaning of steps or movement - that are part of your own cultural heritage
- Have fun!!!!

INUIT

ACTIVITY

How to Build an Igloo (click image to play video)



- Make your own igloo inspired creation at home
- Use blankets or pillows to make an igloo you can crawl inside
- Use craft items to make an igloo to paint and decorate
- Make an [igloo cake](#) or your own favourite family recipe. Be safe in the kitchen with adult supervision as necessary (and don't forget to share!)

MIIGWECH, NAKURMIK, MERCI, THANK YOU!

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