



SPiRiT

Community Voice

Watch Métis Knowledge Keeper, Jo-Ina Young share a story titled [Ways to Carry a Métis Baby](#)

Original Voices - Language

Language is more than what we use to communicate. It is our identity. It is our ancestry. It is our legacy. Explore the many Indigenous languages that live from coast to coast to coast.

Indigenous Plant

[Arbutus Trees](#) hold special meaning to our local Indigenous peoples.
Can you find an Arbutus tree near you?

A Richard Wagamese Pause in Nature: Observational Journey

Take a moment on your next walk to come to a standstill and to notice that, while nature may also seem to be still around you, many things are in fact moving.

Record all the things you notice moving individually within the one still body of nature itself.
~ *Among Trees Observations & Inspirations*



SKY

Community Voice

[Wilfred Buck](#) shares a story about the Northern Lights.
Learn more about northern lights in a short [video](#), and an [art](#) project using chalk

Indigenous Plant

Can you find a [Grand Fir](#) in an outdoor space near you?

A Richard Wagamese Pause in Nature: Observational Journey

Find a clear place where you can either lie comfortably on the ground or where you can extend a blanket. Lie still on your back as you gaze up at the sky around you, and note or sketch things you see from this new perspective.

~*Among Trees Observations & Inspirations*



National Indigenous Day

[SD 62 Indigenous Video: One Mind, One Spirit. We believe in Equity for All](#)

[AbEd Indigenous Day GoogleSlide](#)

[Additional Information and Resources](#)

SEA

Community Voice

Listen to

[Elder Earl Claxton Jr](#)

Share a story about wanting to harvest clams with his grandfather.

Indigenous Plant

Can you spot [Eelgrass](#) next time you're by the sea? Eelgrass is nature's filter. Watch this [VIDEO](#). Can you make a filtration system for water?

FILTRATION PDF

A Richard Wagamese Pause in Nature: Observational Journey

Search for a place where the outdoors is reflected in a body of water; sketch or describe a few differences you notice between how it looks at this angle, how the water alters the colours you see, or even what has fallen down and are now floating on the water.

~ *Among Trees Observations & Inspirations*



LAND

Community Voice

Listen to

[Elder Earl Claxton Jr](#)

share important teachings surrounding Cedar.

Red and Yellow Cedar Weaving

[Watch this video](#) In this activity you will use the template below and yarn of different colours and textures to weave your own basket. [Basket Weaving Template](#)

Indigenous Plant

Look for this Indigenous Plant, [Plantain](#), in your outdoor space

A Richard Wagamese Pause in Nature: Observational Journey

Find a "sit spot" where you can be comfortable for five, ten, or even fifteen minutes. Allow yourself to feel that all is expected of you during this time is to stay still and let the outdoors live around you. After your sitting time is over, write down a handful of things you noticed or remarked. ~ *Among Trees Observations & Inspirations*

