

Did you know **National Indigenous Peoples Day** is coming soon? Can you remember what day this is celebrated on?

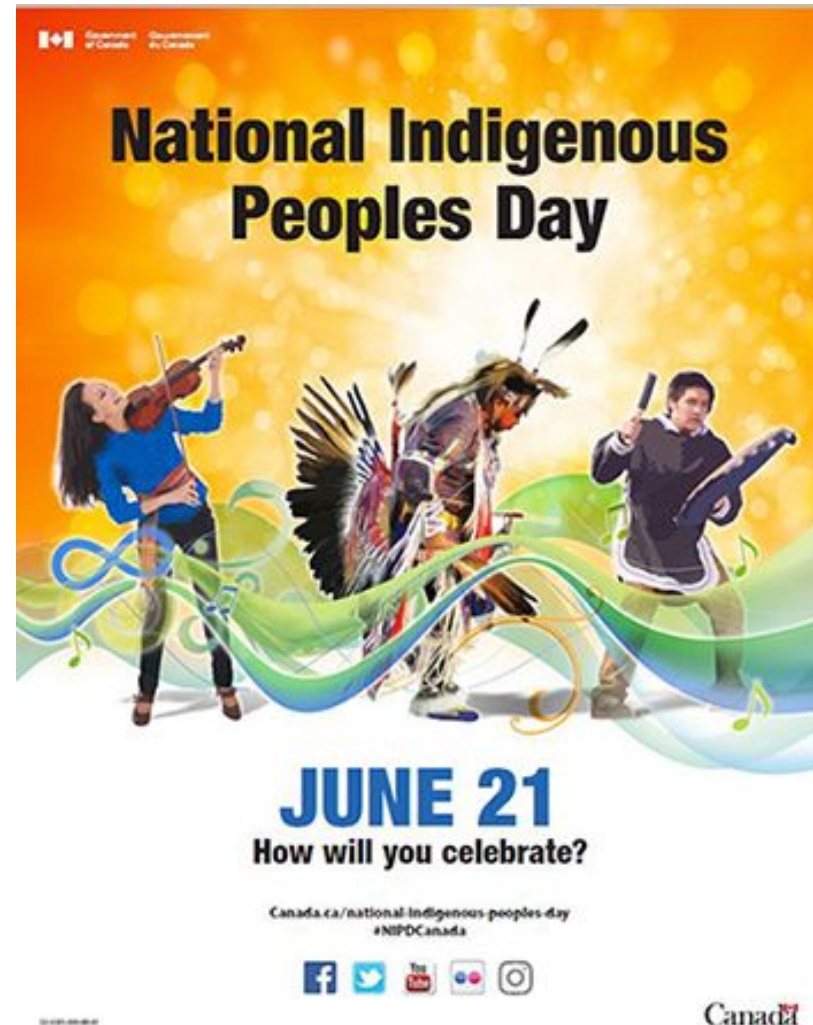
The answer is on the next slide.

[This video](#) gives you a hint :).

[Click Here](#) to hear Miss Adams for the whole lesson.

# Happy National Indigenous Peoples Day!

National Indigenous Peoples  
Day is celebrated each year on  
**June 21st.**



# What is National Indigenous Peoples day?

In 1996, the Governor General of Canada, Roméo LeBlanc, proclaimed it National Aboriginal Day! It's an opportunity for everyone to celebrate the cultural richness and contributions of First Nations, Inuit, and Métis peoples.

In 2017, the Prime Minister announced the day would be renamed National Indigenous Peoples Day.

***Have you ever participated in a National Indigenous Day event at your school? With your family?***

[Click Here](#) to see how one elementary school celebrated the day!



# Who are the Indigenous People?

Indigenous people are people with **First Nations, Inuit or Métis ancestry**. All have unique traditions and valuable teachings to share.

June 21st is a good day to take the time to take part in an Indigenous day celebration and/or learn about Canada's Indigenous people.

[Click Here](#) to see what different Indigenous People across Canada have to say about being Indigenous.



# Why is it Celebrated on June 21st each year?

Why June 21?

For centuries, many of the Indigenous populations would celebrate the arrival of the warm weather and acknowledge the **summer solstice**.

The **summer solstice** is the day of the year that has the longest light.

It is a day with spiritual significance for many people and is a good time to celebrate Indigenous peoples and cultures.



# Can I attend a National Indigenous Peoples Day celebration even if I am NOT Indigenous?

# YES!!

National Indigenous Peoples Day is for all Canadians, so please join in and share in the celebration.



[Click Here](#) to see a video of a past Indigenous Day celebration.

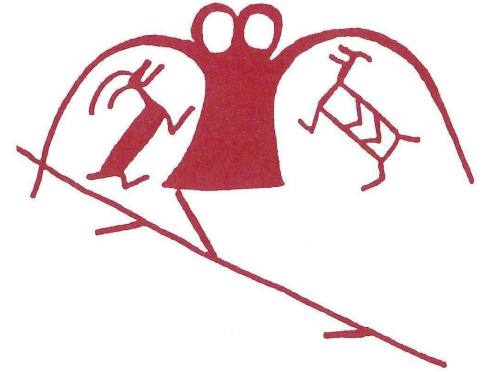
***How can you tell this video is an older video?***

# Did you know . . . ?

Miss Adams is Indigenous and is a member of the [Nlaka'pamux Nation](#) (in the interior of BC).

For a few years now Miss Adams has been sharing her First Nations culture with many students in the Sooke School District for National Indigenous Peoples Day.

Over the next few slides are some of her teachings she likes to share for National Indigenous Peoples Day.



# Miss Adams' Traditional Regalia:

When I was a young girl I attended a lot of [powwows](#).

I had different regalias that I would wear for the different types of dances I would do.

The three styles of dances I would do were:

- Fancy Shawl
- Jingle Dress
- Women's Traditional





# Fancy Shawl Regalia:

Fancy shawl dancers mimic butterflies emerging from a cocoon.



## Regalia:

Shawl

Yoke/Vest

Skirt

Leggings

Moccasins

# Jingle Dress Regalia:

Jingle dancers are the healers and pray for those in need.



## Regalia:

Dress

Scarf

Belt

Jingles

Leggings

Moccasins



# Women's Traditional Regalia:

Women's traditional move their feet slowly to massage the earth.



This regalia was made special for me when I was a young girl. The lady who designed it made it so that I could wear it as I grew (I can still wear it today). This regalia is made from Buckskin. Traditional regalia can also be made from different brightly coloured fabric like the Fancy and Jingle regalia.

I don't have a current photo of this regalia because this dress is at home at my parents house in Lytton. This photo was taken when I was in grade 2. :)

# Do you want to try a Powwow Dance?

Powwow dancing can be a lot of fun and a great workout!

Check out this [youtube channel](#) that shows how to do each style of dance and will get your body moving for a fun workout!



# Important to know . . .

Not all Indigenous people participate in powwows and powwow dances.

The “powwow” dances, songs and regalia is actually a more modern celebration. Indigenous people adapted and learned from each other about the powwow after European people made contact.

The first powwows started around the 1800s.

Powwows also originated in central Canada (Alberta and Saskatchewan), however, they now happen all over Canada and the USA (especially in the summertime).

# Summer Solstice Indigenous Festival (Virtual Edition):

DID YOU KNOW . . . June is also **National Indigenous History Month!**

All month long leading up to National Indigenous Day, there will be virtual events you and your family can “tune” in to, to experience Indigenous music and dance performances (including a virtual competition Pow Wow), participate in Indigenous art and culinary workshops, learn from elder teachings and much more!



[Click Here](#) to learn more about this virtual event and explore what interactive programming is available for the whole family!