

School Programming

Dark Sky Workshops:

This interactive workshop dives into Cree constellation stories and legends from an Indigenous perspective on the night sky! The program is mixed beautifully with drumming and singing to parallel dark sky legends.

Medicine Wheel Meditation:

This workshop provides the medicine wheel teachings and teaches youth about mindfulness. We guide youth through the medicine wheel and its teachings, while doing a youth friendly meditation to help them connect to spiritual health!



Blanket Exercise:




This exercise takes individuals any age through Canada's history of colonialism and the impacts it has had on the Indigenous people. This exercise is interactive, using blankets and props as a visual aid. There are scripts for various age groups to ensure that anyone, no matter what age can participate in a blanket exercise! This activity creates empathy, understanding and is an amazing educational tool for all people on the issues Canada faces today.


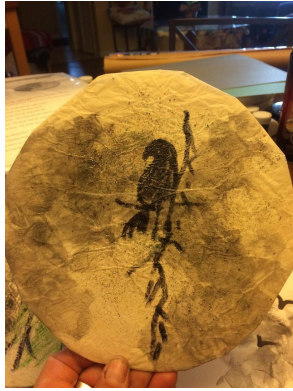

Spirit Animal Workshop:

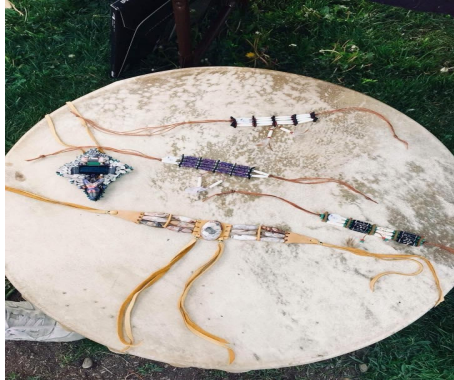


Have you ever thought you were connected to a certain animal and wanted to know more about it? Through this workshop, we guide individuals through spirit animal teachings and help individuals identify with an animal! We paint our animals on spirit rocks and learn about how spirit animals can help guide our lives and our spiritual health




Workshops begin at \$1000 a day, plus material costs and travel. This fee includes prep and consultation prior. Please reach out if you are a not for profit, youth organization or Indigenous-owned organization. Tiered pricing can be offered and I can work within

<p>Loom beading Grade 1-5 (1 hour)</p> <p>Grade 6-12 (2 hours)</p> <p>Teacher PD -lanyards 4 hours</p>		<p>Using recyclable materials such as egg cartons, we make looms and teach the traditional style of beading. Participants get to take their beaded bracelets home! This workshop is great for Grade 1-Grade 5</p> <p>Real looms can be used for grade 6-12</p>
<p>Dream Catchers Grade 6-12 (2 hours)</p>		<p>Have you ever wondered about the story behind the dream catcher and its teachings? Through this workshop we create our own dream catchers, learning about weaving techniques, decorating and the story of the dream catcher. Recommended for grades 6 and up!</p>

<p>Turtle Island craft Grade 1 - 3 (1 hour)</p>		<p>Before humans existed, the world was all water. Through this fun workshop, we teach the Cree creation story, talking about how Turtle Island (North America) came to be! Participants get to make their own turtle island to take home to remember the story!</p>
<p>Smudge and Feather teachings Grade 6-12 (1 hour)</p>		<p>This workshop goes through the eagle feather teachings and smudging. Learn about the four sacred medicines and the smudging ceremony, while making your very own smudge feather to take home! Recommended for grades 6 and up!</p>
<p>Quill boxes and cards Grade 1 - 5</p>		<p>Have you ever heard about porcupine quilling? This workshop guides participants through the craft of porcupine, using toothpicks and dyes! Participants get to take home their own quill box or card!</p>

<p>Dark sky medallions Grade 1 - 5 (1 hour)</p>		<p>During the dark sky workshop, we make medallions based off of Cree constellation stories! Learn about the stories of the constellations from the Cree people and make your own medallion to remember the stories!</p>
<p>13 Cree moon phase craft Grade 3-6 (1 hour)</p>		<p>The Cree calendar has 13 different moon phases- each phase having its own unique name and story! During this workshop we teach about the moon from the Cree perspective and make some of the Cree moon phases on large hoops!</p>
<p>Breastplates Grade 2-5 (1 hour) Grade 6-12 (2 hours)</p>		<p>This fun crafting workshop makes breastplates with individuals that they can take home! How fun to have your own regalia!</p>

<p>Choker necklaces</p> <p>Grade 2-5 (1 hour)</p> <p>Grade 6-12 (2 hours)</p>		<p>This craft workshop takes individuals through the process of making their own choker necklace! Recommended for grades 3 and up!</p>
<p>Beaded lanyards</p> <p>Grade 3-12 (1 hour)</p>		<p>This craft workshop takes individuals through the process of making their own beaded lanyard! We also go through different colors and their meanings to Cree people!</p>
<p>Medicine wheels</p> <p>Grade 3-6 (1 hour)</p> <p>Grade 7-12 (2 hours)</p>		<p>Learn about what the medicine wheel means to the Cree people! The medicine wheel is a huge part of Indigenous identity and has many teachings! Through this workshop, participants are taken through the medicine wheel teachings and then get to make their own medicine wheel in whatever way they interpret its teachings! Recommended for grades 3 and up!</p>

<p>Applique beading bookmarks</p> <p>Grade 2-6 (1 hour) Grade 7-12 (2 hours)</p>		<p>Learn how to applique bead! We make appliqué-beaded bookmarks for individuals to take home! We learn about patterning, designing, color teachings and leathers!</p>
<p>Miniature drums</p> <p>Grade 3-6 (1-2 hours)</p>		<p>Learn about the drum teachings and make your own cute drum to take home! Learn about rawhide, the drum teachings and about Indigenous music! Recommended for grades 3 and up!</p>
<p>Tipi making</p> <p>Grade 2-6 (1 hour)</p>		<p>Did you know that the Cree tipi has 13 different poles and that each pole has a different teaching? Through this workshop, we make our very own miniature tipi's and learn about the teachings of the tipi!</p>

<p>Medicine pouches</p> <p>Grade 4-12 (2 hours)</p>		<p>Learn about the different sacred medicines and medicine pouches! This workshop takes individuals through basic leather work and they leave with their own medicine pouch</p>
<p>Miniature moccasins</p> <p>Grade 2-5 (1 hour)</p>		<p>This fun craft takes us through the stories of maskisina (moccasins!). Participants get to make and decorate their own cute pair of paper moccasins, learning about beading, caribou tufting and leather work!</p>
<p>Edible crafts (Best used for Playschool- Grade 2) -1 hour</p>		

Cookie tipi and tipi teachings



Learn about the tipi pole teachings through this fun, delicious workshop! Tipis are edible!

Cookie Inuksuk's and Turtle Island cookies



Learn about inuksuk's and the story of Turtle island while making your own tasty, frosty cookie inuksuk or turtle island cookie!

Cookie moccasins



Learn about moccasins and get to make your own yummy, edible moccasin cookie!

Long Session Workshops (3-5 sessions needed)

Loom beaded belts



This 5-7 session workshop takes individuals through the process of designing, and beading their own belts on a loom! Recommended for grades 7 and up.

<p>Moccasins</p>		<p>This fun 2 session workshop takes individuals through working with leather, beads, and fur! Individuals learn how to make a custom fit moccasin and learn about the teachings! Recommended for grades 8-12</p>
<p>Fur mittens</p>		<p>This 2 session workshop takes individuals through making their own custom fur mittens! Recommended for grades 8-12</p>
<p>Large breast plates</p>		<p>This 3 session (1/2 day) workshop takes individuals through creating, designing and making their own large breast plate! Recommended for grades 6-12</p>

<p>Basic leather medicine bags</p>		<p>This fun 2 session (½ day)workshop takes individuals through making medicine bags! They will learn the basics of leather and fur work along the way Grade 8-12</p>
<p>Caribous tufting</p>		<p>This 1 session (½ day)workshop takes individuals through the traditional art of caribou tufting! Individuals will learn how to make caribou tufting pictures which can be framed Grades 8-12</p>

Beaded Hats



This 4 session workshop takes individuals through making their own beaded baseball cap!
Recommended for grades 8-12

Teacher sessions

We offer a series of workshops and Indigenous Awareness training for teachers and practitioners as well. We come in and work with care providers to help develop an indigenous awareness and how to incorporate cultural sensitivity into their practice. Any of the above workshops can be altered to be adult friendly, as well as the following workshops are also provided:

- Sensitivity Training
- Eagle Feather Teachings
- Constellation Stories
- Spirit Animal Mediation
- Medicine Wheel teachings
- Moccasin Workshops
- Blanket Exercise