



Activity	Description	Program
Opening		
Game	<p>Hand Shadow Games</p> <p>Hand shadow games were a source of diversion and enjoyment in many First Nations communities. Children could be amused, or amuse themselves at length, trying to create different shadows with their hands. Skilled hand shadow-makers helped children begin the important process of identifying animal and bird shapes and silhouettes. Knowledge of these shapes and silhouettes was an important asset for hunters.</p> <p>Have students experiment using their hands to create different shapes on a wall or screen. Have a class discussion about the importance of animal shapes in hand shadow games for some First Nations.</p> <p>From: The Learning Circle: Classroom Activities on First Nations in Canada - ages 4 to 7</p> <p>Researched and written by Harvey McCue and Associates for Aboriginal Affairs and Northern Development Canada.</p>	Aboriginal People in Canada
Craft	<p>Metis Flag</p> <p>The meaning: The white infinity symbol on the flag represents the faith that the Métis culture shall live on forever.^[1] It can also be perceived as two conjoined circles, standing for the unity of two cultures, Aboriginal First Nations and European (primarily French).^[1] The flag can still be seen in areas in Manitoba, and other traditional Métis territories such as Batoche and other settlements in Saskatchewan and Alberta, and northern Ontario.</p> <p>From: http://en.wikipedia.org/wiki/M%C3%A9tis_flag</p> <p>You'll need:</p> <p>Blue construction paper, white yarn, glue</p> <p>What to do:</p> <p>Give each girl a piece of the paper as well as a piece of yarn. Have them lay the yarn out till they get the symbol the size and shape necessary and then glue it down in place. They now have their own flag.</p>	 <p>Aboriginal People in Canada</p>

	<p>You could also do this in miniature and then laminate it so it could become a hat craft.</p>	
Story	<p>At the end of this meeting plan there is the story of “ The Granddaughter who was eaten by the big fish”</p> <p>There is a link to download it as an audio version as well if you prefer to play the story for the girls.</p> <p>From: The Learning Circle: Classroom Activities on First Nations in Canada - ages 4 to 7</p> <p>Researched and written by Harvey McCue and Associates for Aboriginal Affairs and Northern Development Canada.</p> <p>www.aadnc-aandc.gc.ca/eng/1316530132377/1316530184659#un6</p>	Aboriginal People in Canada
Craft/game	<p>Iyaga Game</p>  <p><u>Source</u></p> <p>Inuit children from Repulse Bay, Nunavut play a game they call Iyaga. A hollow piece of bone is attached to another piece of bone by a sinew cord. The bone that's shaped like a stick is held in the hand and the hollow bone is tossed in the air. The player must catch the hollow bone on the stick.</p> <p><i>Materials</i></p> <ul style="list-style-type: none"> • toilet roll, or other cardboard roll, about 4 inches long • art supplies to decorate your game (optional) • a sharpened pencil • string, wool or cord, about 17 inches long • unsharpened pencil 	Aboriginal People in Canada

Instructions



Source
Materials needed for iyaga game



Source
Step 1. Paint and decorate the cardboard roll.



Source
Step 2. Pierce a hole in the roll using a sharp pencil.



Source
Step 3. Thread the string through the hole and make a knot on the end, inside the roll. Tie the other end of the string around the unsharpened pencil and make a knot.



Source
You are now ready to play the game. With the roll over the end of the pencil, toss the roll in the air. Try to catch it on the pencil. Good luck and keep practicing!

From: www.collectionscanada.gc.ca/settlement/kids/021013-1810-e.html

Songs	<p>My Paddle (Canoe Song) <i>(source: "Girl Guide Songbook, Vol. 1", Girl Guides Association, 198.)</i></p> <p>My paddle's keen and bright Flashing with silver Follow the wild goose flight Dip, dip and swing Dip, dip and swing her back Flashing with silver Swift as the wild goose flies Dip, dip and swing</p>	
Closing		

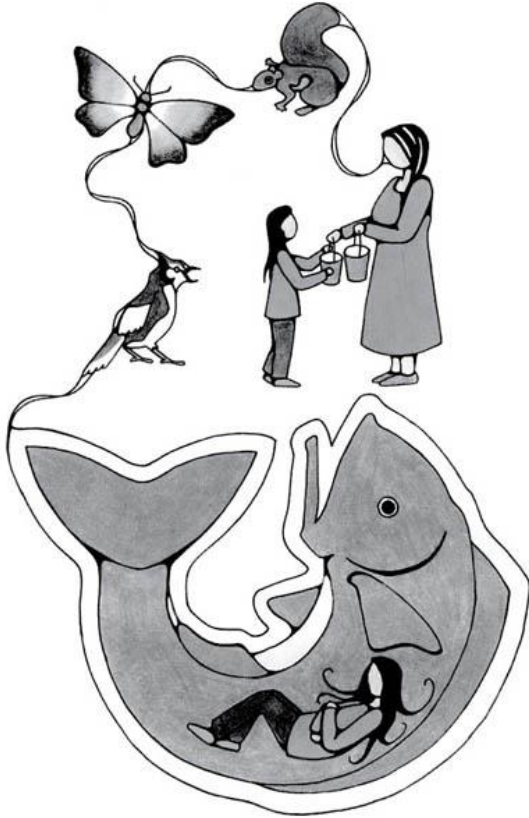
Cree Story — The Granddaughter who was Eaten by a Big Fish

Listen to this story (6:16')

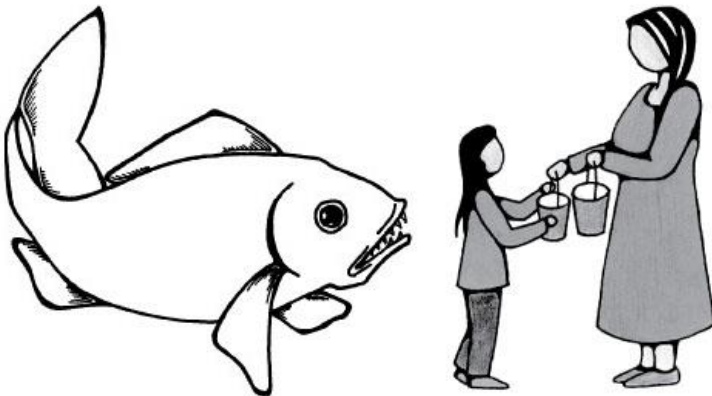
[Download this story](#) (mp3, 5.8 Mb)

To download the file for use on a portable device, (e.g. iPod, BlackBerry), right click on the link above and select "Save Target As".

You may read the story to students, play the audio version, or tell it from memory. Should you decide to tell the story, read it over a few times to get a general sense of the plot. Try a practice run of telling it out loud. The actual words of the story are not as important as the general concepts and characters.



The Granddaughter who was Eaten by a Big Fish



This is a story about Gookum (Cree word for "grandmother") and her mischievous granddaughter, Beulah. Beulah was a very curious little girl. She was always wandering off from the camp, looking for adventures. Gookum was always telling her to listen. One day, Gookum asked Beulah to get some water from the lake so she could make soup.

"Whatever you do, don't go swimming in the lake alone," said Gookum.

"Why not?" asked Beulah.

"Because there is a giant fish in that lake, and he will catch you and swallow you up if you swim too far."

"Eeeeya, Gookum. I'm not afraid of a big fish."

So, Beulah went off to collect the water. Oh, it was a nice warm day. The sun shone brightly.

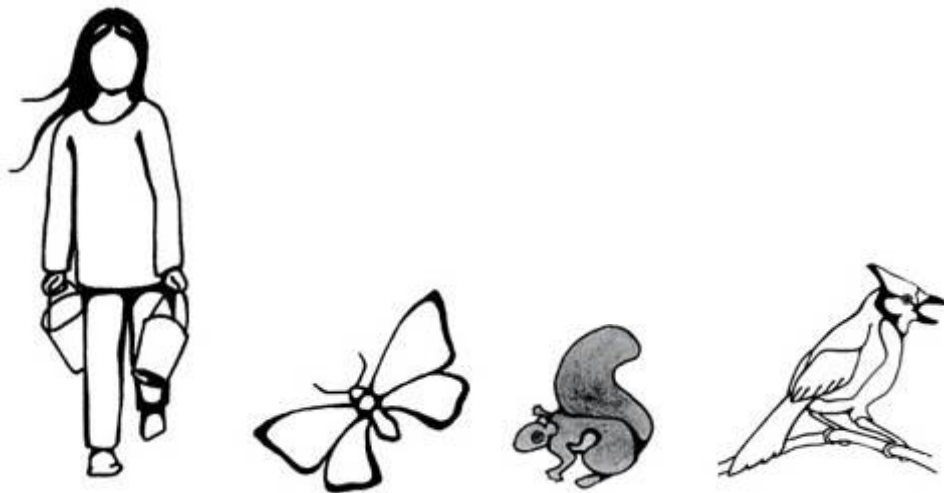
A squirrel chattered as she walked along the path.

"Go away, silly squirrel. I am busy."

A butterfly flew around the girl. She ran around in circles trying to catch the butterfly until it flew away.

"I am really hot now," Beulah said to herself.

Finally, Beulah came to the lake. She went to the big rock where Gookum had showed her to stand to get water. She dipped her buckets in the lake. They filled up quickly. Those buckets were heavy now. She had to be very careful when she carried them to the shore, they were so heavy. With a cup, she scooped out the little sticks and leaves that floated on the top. She was ready to carry them back now.



Carrying the buckets made Beulah tired. She lay down next to the water, in a nice spot on a large flat rock. The sun shone on her. She was very hot, so she took off her shirt.

A blue jay landed in a tree next to the path.

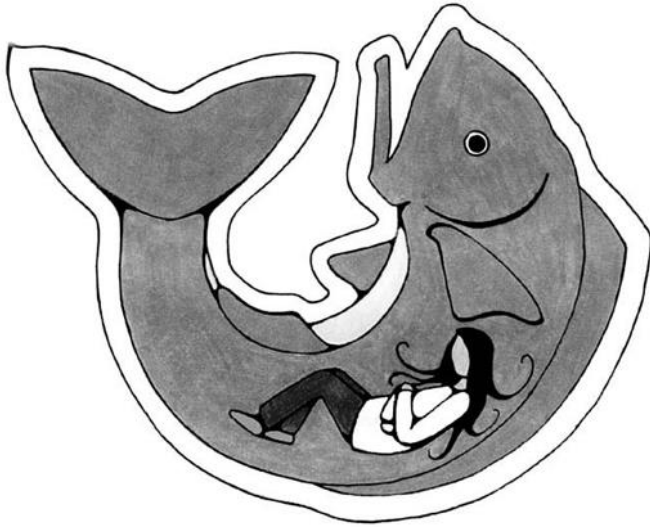
The blue jay squawked at her.

"You noisy old bird. Stop disturbing me." The blue jay flew away.

Beulah decided to have a quick swim, just to cool off before she took the water back for Gookum. She removed all of her clothes and dived in.

The water was nice and cool. Beulah was a good swimmer. She decided she would swim out as far as she could. As she swam out, Beulah saw a huge silver flash in the water. It was a great big fish, and with one gulp, it swallowed her whole! Beulah found she was trapped in the stomach of the huge fish Gookum had warned her about.

"Oh no," she cried. "I should have listened to Gookum!"



Beulah had been gone a long time. Gookum thought that she had found an adventure and forgotten to get water. There was no point in worrying about her — there were chores to be done around camp. She cut wood and made dinner. When Beulah wasn't home by night, Gookum was worried, but she knew the little girl was able to take care of herself in the woods.

The next day, Beulah still was not back. Gookum needed food, so she gathered the fishing net and went down to the lake. She caught six fish. One was a huge creature that stretched as long as her arms and more. That big fish would feed a whole family for a week.

She started cutting up all the fish. When she finally got to the big fish, she slid the knife into the belly. Beulah jumped out, very much alive.

At first, Gookum was startled, but she quickly realized it was Beulah, who was covered head to toe in slimy, sticky fish innards.

She shook her head at Beulah, and began to laugh at her. "I told you, I told you not to swim in the lake." Beulah bowed her head and said nothing. She just went to the lake to clean off all the smelly fish slime.

