

Resources for Children and Youth National Indigenous Peoples Day and Month

Teachings on Respect and Care for Children

Lesson plan is appropriate for all ages

Resources needed: paper, pencil crayons, scissors, tape, Bible, screen and wifi access to show video.

Biblical Story

Read aloud Matthew 19:13-19

Discussion questions:

How did Jesus treat the children? How did the disciples treat the children? What is respect? What does it mean to show respect for others? How do we show love? How do we love our neighbours as ourselves? What does Jesus teach you in this story?

Accompanying song: Jesus loves me

Traditional Teaching for Children on Respect with Elder Carolyn Moar

“When we take, we only take what we need”

Watch this 4 min. video about the traditional teaching of Respect by Elder Carolyn Moar

Video: <https://www.youtube.com/watch?v=ESACBUujrGg>

This video provides a traditional teaching on the **Buffalo** and **respect** by Elder Carolyn Moar. The video also shows a **traditional dancer** Waawaate Fobister, of the Manitoba Theatre for Young People.¹ Indigenous dancing can be ceremonial and a deep form of respect and expression of love for the Creator and Creation. Every Indigenous Nation and community have their own ceremonies and cultural

¹ More about the Manitoba Theatre for Young People: All of the work of Manitoba Theatre for Young People begins in our home at The Forks, on Treaty 1 Territory and in the National Homeland of the Red River Métis. We live and work on the lands of the Anishinaabeg, Anishinewuk, Dakota Oyate, Denesuline, Nehothowuk, Inuit and Métis peoples. We keep in our minds and in our hearts all the Indigenous children and their families who have been hurt because of broken promises and bad actions. We will travel together on a journey of reconciliation in all that we do. <https://mty.ca/>

expressions of prayer. You can learn more about different dance styles here: <https://tworowtimes.com/arts-and-culture/pow-wow-arts-and-culture/pow-wow-dance-styles-explained/>

Learn more about Indigenous **Regalia**: “Regalia is definitely not a costume. A costume is something you wear when you dress up and pretend to be someone or something else – like for Halloween. But regalia represents not only the dancer’s personality but also their history, family and culture.” <https://www.cbc.ca/kids/articles/do-you-know-what-regalia-is>

Discussion Questions about Respect and Traditional Teaching on the Buffalo:

How did the Buffalo’s life take care of the people? How does this teach us about respect? What animals or plants does your family eat most often? How can we show respect for the land that sustains our life? How can we show respect for our Creator God?

Teaching moment: Indigenous culture, dances, spiritual traditions, and languages were banned by the government of Canada for over 100 years. Indigenous culture and spirituality were illegal until 1951. Canada forced Indigenous children to attend institutions far away from their loving parents and families and would punish them if they spoke their languages or practice their culture. This was part of the idea that people from Europe and European Christianity and culture were superior to everyone else in the world. This idea is very harmful and is *not* rooted in respect or love of neighbour.

Indigenous Peoples continued to practice their cultures and pass down their languages despite this being so difficult under persecution- now Indigenous cultures no longer have to hide and are vibrant. It is important for us to respect Indigenous traditions and cultures, and all people. What did you learn about respect today?

Art Activity:

What is a symbol from your daily life or your culture that can remind you of respect and loving your neighbour as yourself? Draw this symbol and create a collage together on the wall of your church to remind everyone about respect.

Plant a Heart Garden at your Parish: Honouring Memories, Planting Dreams

The First Nations Child and Family Caring Society invites all people to plant heart gardens in the month of June, to honour children lost to the Residential School system, to honour Survivors and their families, and support the legacy of Truth and Reconciliation Commission.

Gardens require our ongoing care, attention, and commitment in order to flourish and grow beautifully- just like the process of reconciliation.

Visit this [resource](#) to learn how to plant a Heart Garden as a child and youth activity, register it on their website, and connect youth to the 94 Calls to Action.

<https://fncaringsociety.com/honouring-memories-planting-dreams>

Participating in Honouring Memories, Planting Dreams

Bring your commitment into your heart garden by writing your goal on the back of your paper heart or by saying it aloud while planting.

If you're planting flowers, you can also plant flowers that represent the area of action your goal speaks to. The chart below may inspire you. We made an effort to choose non-invasive heirloom varieties and colours that support pollinators like bees. For more guidance on planting a pollinator-friendly garden, check out this [website](#).

Area of Action	Kinds of Flowers
Child Welfare	White flowers like yarrow, blueberries, blackberries, & raspberries
Education	Blue flowers like forget-me-nots, blue cornflower, & borage
Language and Culture	Purple or violet flowers like asters, crocus, heliotrope, heather, chive, lupines, catmint, & lavender
Health	Yellow flowers like sunflowers, goldenrods, black-eyed Susans, squash, & pumpkin
Justice	Pink flowers like foxglove, coneflower, pink cornflower, cosmos, & sedum

Children and Youth Resources on the 94 Calls to Action

Watch the following video created by CBC Kids and then follow the conversation guide.

Age appropriate educational video for children, explaining where the 94 Calls to Action come from. This video explains what truth and reconciliation means: <https://www.cbc.ca/kidsnews/post/watch-heard-about-the-94-calls-to-action-heres-what-they-are>

Being a Good Friend and Neighbour: How to be an Ally: <https://www.cbc.ca/kidsnews/post/its-national-indigenous-peoples-day-heres-how-to-be-an-ally>

94 Calls to Action in youth-friendly language: <https://fncaringsociety.com/sites/default/files/2023-05/Spirit%20Bear%27s%20Guide%20to%20the%20Truth%20and%20Reconciliation%20Commission%27s%20Calls%20to%20Action%20.pdf>