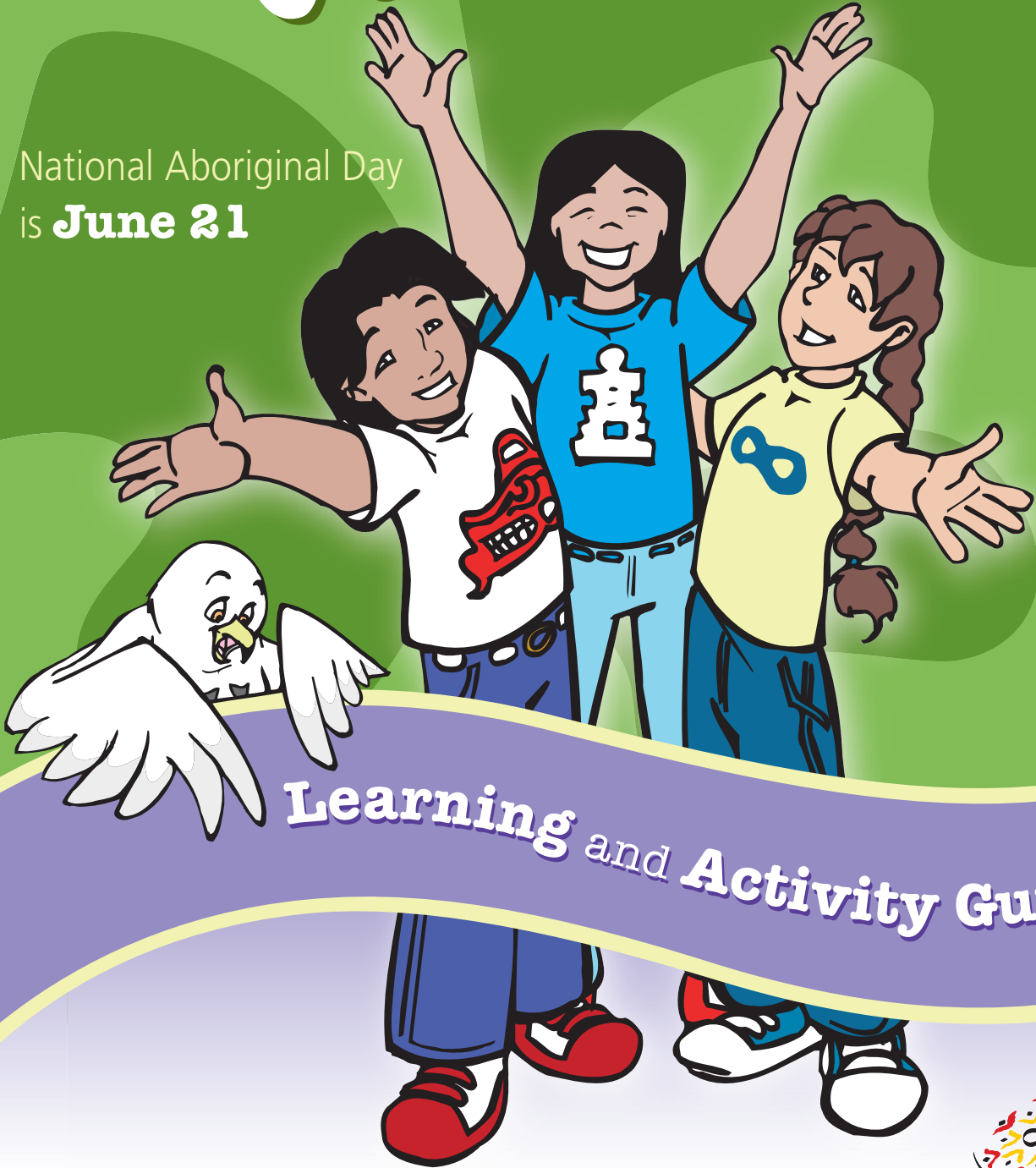


Share in the Celebration!

National Aboriginal Day
is **June 21**



Learning and Activity Guide



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada



Published under the authority of the Minister of Indian Affairs and Northern Development
Ottawa, 2007

QS-6154-010-EE-A2

Catalogue No. R2-137/2007E

ISBN 978-0-662-45818-0

© Minister of Public Works and Government Services Canada

To obtain more copies of this publication, please contact:
Publications and Public Enquiries

Room 1415

10 Wellington Street, Ottawa, Ontario K1A 0H4

Tel: 1-800-567-9604

Fax: (819) 953-3017

E-mail address: infopubs@ainc-inac.gc.ca

www.ainc-inac.gc.ca

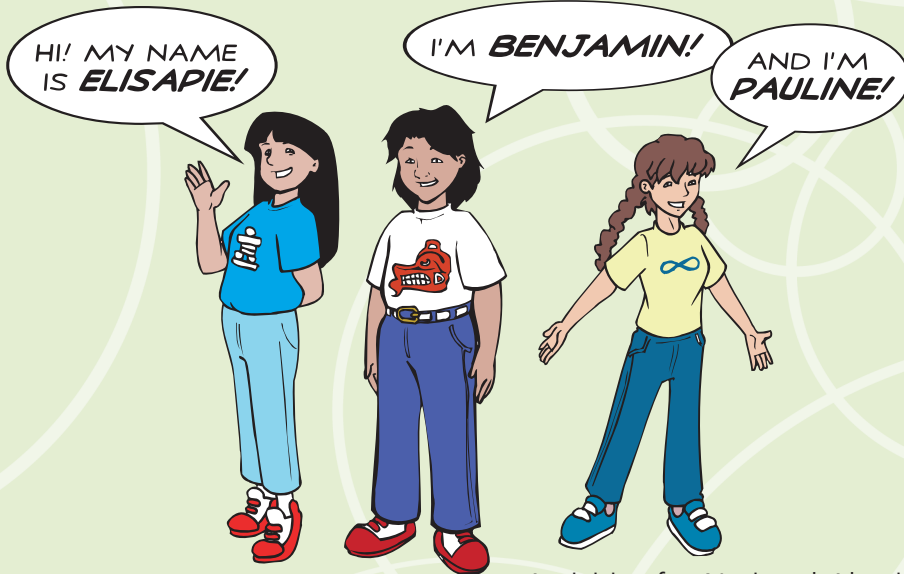
Research: Orihwa Inc., Wendake, Quebec

Cette publication peut aussi être obtenue en français sous le titre :
Journée nationale des Autochtones — Guide d'apprentissage et d'activités



**Please visit, Kids' Stop at:
www.ainc-inac.gc.ca/KS/**

COME CELEBRATE NATIONAL ABORIGINAL DAY!



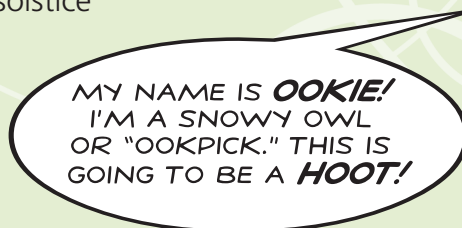
June 21

On June 21, you and all your friends are invited to a very special celebration! That date, the first day of summer, has been chosen as **National Aboriginal Day**. It's an opportunity for everyone to celebrate the cultural richness and contributions of **First Nations, Inuit, and Métis** peoples.

Why June 21? Well, on that day, for centuries, many of the first inhabitants would celebrate the arrival of the warm weather and the pleasures of the summer solstice. The summer solstice is the day of the year with the longest light. It is a day with spiritual significance for many people and is a good time to celebrate Aboriginal people and cultures.

Activities for National Aboriginal Day are organized across Canada every year. You can take part by getting in touch with an Aboriginal community or a local Aboriginal organization, or by organizing your own activities with your relatives and friends. For more information about the day's activities, you can visit the Indian and Northern Affairs Canada website at www.ainc-inac.gc.ca and look in the **"Culture & History"** section.

National Aboriginal Day is for all Canadians, so share in the celebration!



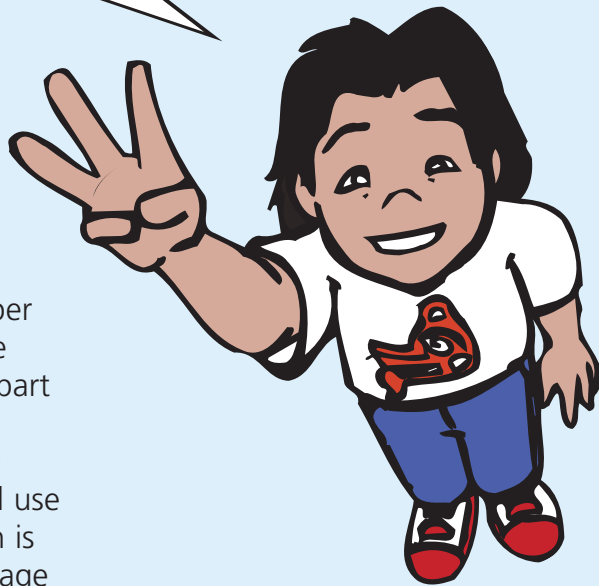
OUR CULTURE — AN ABORIGINAL WAY OF LIFE

Did you know that not all Aboriginal people are the same?

THERE ARE THREE GROUPS: **FIRST NATIONS, INUIT AND MÉTIS.**

Our **culture** is reflected in our way of life, and we like to celebrate the heritage given to us by our ancestors.

Aboriginal languages are made up of **several** language families. Each language family includes a number of related languages. For example, the **Beaver** and **Tahltan** languages are part of the great **Athabaskan** language family. If we wanted to refer to all the First Nations in Algonquian, we would use the word "**anicinabec.**" Algonquian is another of the many Aboriginal language families.



MANY MÉTIS SPEAK **MICHIF!**

MANY INUIT SPEAK **INUKTITUT!**



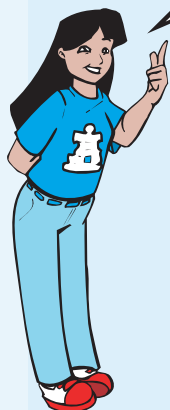
Today, **culture** is the key to **our pride**. Aboriginal languages, history and culture are taught by our families, our **Elders** and our **teachers**. In 1999, the first Aboriginal television network in the world was launched. The **APTN** or **Aboriginal Peoples Television Network**, has given Aboriginal people like us a great opportunity to share our stories on television with the rest of the country on a regular basis. For all Canadians, this network is like a window looking out onto the incredibly diverse world of Aboriginal peoples in Canada and other countries.

From Oujé Bougoumou to Batoche

Aboriginal people are **dynamic** and **creative**. A great number of our achievements are a source of pride to all Canadians.

FOR EXAMPLE, IT WAS ABORIGINAL PEOPLE WHO INSPIRED CANADA'S **TWO NATIONAL SPORTS**.

ICE HOCKEY IS CANADA'S NATIONAL WINTER SPORT.



AND **LACROSSE** IS ITS NATIONAL SUMMER SPORT.



In Quebec, the **Cree** community of Oujé-Bougoumou received an international award from the United Nations for its circular-shaped village. This village is recognized around the world for its original design, which is exactly suited to the needs and culture of the Oujé-Bougoumou Cree.

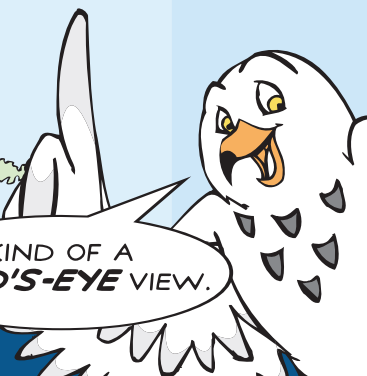
On Vancouver Island, the village of the **Cowichan First Nation** is a tourist attraction that contains a world-class conference centre. The village and the centre host a series of fascinating activities all year round. This village is a beautiful, colourful place that attracts visitors for a wide variety of entertaining and educational activities.

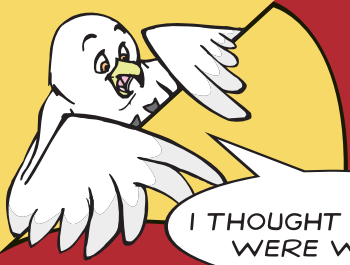
During the **Back to Batoche** cultural festival held every year in Saskatchewan, the **Métis** celebrate their traditions with many events, including the "**Métis Voyageur Games**." Inspired by traditional Métis work and leisure activities, the competitions include carrying a 245 kg bag, tomahawk throwing, firing a sling-shot, and fiddle and dance competitions.

On April 1, 1999, all of Canada celebrated the creation of **Nunavut**, Canada's third territory. The word Nunavut means "our land" in **Inuktitut**.



KIND OF A **BIRD'S-EYE** VIEW.





I THOUGHT **OWLS** WERE WISE!

MEDICINE FROM NATURE

For thousands of years there was a natural system of medicine in our land. It was the first inhabitants who perfected that system based on their knowledge of trees and plants.

The valuable knowledge we had of plants and natural medicines enabled us to cure many illnesses. Did you know that it was **First Nations** people who **cured the scurvy** of the first Europeans to arrive here? The First Nations knew that this illness was not an infection, but the result of poor nutrition (a shortage of vitamin C in the diet).

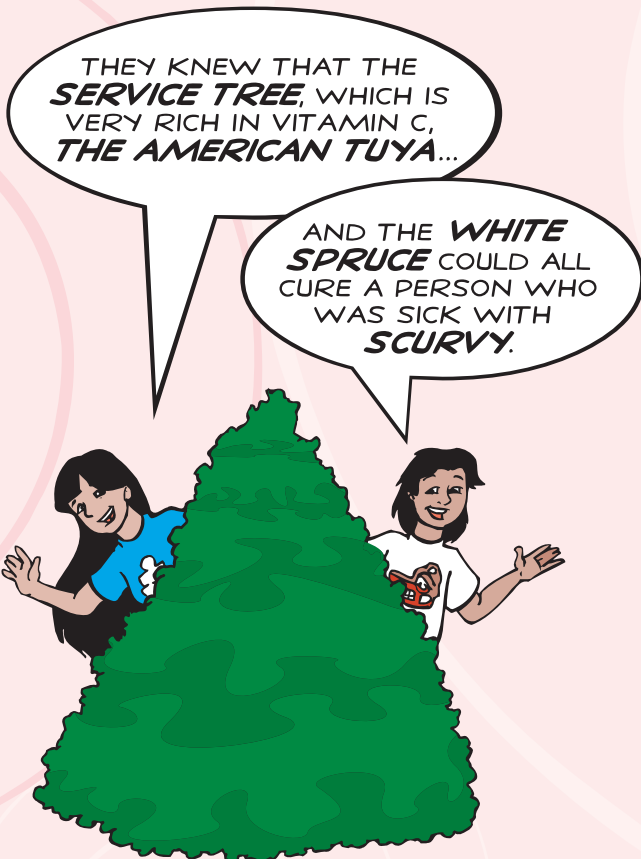
The **sarsaparilla plant**, well known to the **Algonquin** people, has amazing properties. It nourishes and purifies the blood and strengthens the whole body. It can also be used to treat rheumatism and skin diseases.

Aboriginal people also used **witch hazel** for its beneficial effects on the skin. We now find this plant used in a number of products such as creams, soaps and aftershave lotions.

The fir, pine and spruce trees that you are familiar with were used against coughs and to clear out the respiratory passages.

Aboriginal people also made a **powder from moss** to soothe skin irritations, especially the ones babies are prone to. This powder can still be found in pharmacies today; it is used to dry out wounds.

There are many other medicinal resources in nature that have not been mentioned here.



THEY KNEW THAT THE **SERVICE TREE**, WHICH IS VERY RICH IN VITAMIN C, **THE AMERICAN TUYA...**

AND THE **WHITE SPRUCE** COULD ALL CURE A PERSON WHO WAS SICK WITH **SCURVY**.



DO **YOU** KNOW ANY OF THEM?

CRUNCHERS

Add colour to the Cruncher!

The cruncher is a fun colouring activity and will help children to learn more about **First Nations, Métis** and **Inuit** peoples in Canada.

1 The word "toboggan" comes from an Algonquian word that means:
 a) a slippery fish
 b) a sled made of skins
 c) a windy day
 For answer go to number 7

2 National Aboriginal Day is a celebration:
 a) only for Aboriginal people
 b) for all Canadians to enjoy
 c) only for kids
 For answer go to number 6

3 True or False? The word "Aboriginal" is used to describe Inuit, Métis and First Nations people.
 For answer go to number 5

4 The "Red River" Jig is:
 a) a swimming competition
 b) a famous Métis dance
 c) a large boat
 For answer go to number 8

5 True or False? There are 23 Nations lived in the area we now know as Alberta before Europeans arrived?
 a) 1
 b) 57
 c) 9
 For answer go to 2

6 How many different First Nations lived in the area we now know as Alberta before Europeans arrived?
 a) 1
 b) 57
 c) 9
 For answer go to 2

7 True or False? The plural of "inuksuk" is "inuksuit".
 For answer go to 1

8 True or False? Totem poles are carved by all First Nations peoples in Canada.
 For answer go to 4

9 answer to question 1
 b) a sled made of skins

1 answer to question 4
 b) a famous Métis dance

2 answer to question 6
 c) 9

3 answer to question 5
 False. There are over 50!

4 answer to question 8
 False. Only 6 west coast First Nations carve totem poles.

5 answer to question 3
 True

6 answer to question 2
 b) for all Canadians to enjoy

7 answer to question 1
 b) a sled made of skins

8 answer to question 4
 b) a famous Métis dance

9 answer to question 1
 b) a sled made of skins

Medicine Wheel

Canada

Journée nationale des Aboriginal Autochtones Day
June 21

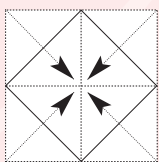
CRUNCHERS

A FUN FAST-FACTS GAME ABOUT ABORIGINAL PEOPLE IN CANADA!

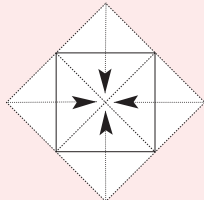
Instructions for folding a Cruncher:

- 1. ILLUSTRATIONS FACING DOWN** – Fold all four corners together so that they meet in the middle of the paper, crease firmly and leave them there. (See fig.1)
- 2. FLIP OVER** – Again fold all four corners together so that they meet in the centre of the paper, give a good crease and leave them there. (See fig.2)
- 3.** Fold in half in one direction, then in half in the other direction. (See fig.3)
- 4. FINISH** – Stick your thumbs and first two fingers into the four pockets on the bottom of the cruncher and start crunching.

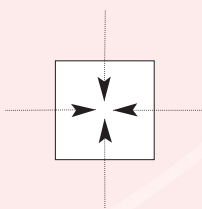
1. Face down



2. Flip over



3. Fold in Half



HOW TO PLAY THE GAME

1. Spell out your name, or count out the numbers of letters in your name, at the same time as you open and close your cruncher.
2. Choose a number from one of the Aboriginal illustrations from one of the inside triangles.
3. Count out the number you've chosen from the inside triangles, at the same time as you open and close your cruncher.
4. Again, choose a number from one of the Aboriginal illustrations from the inside triangles, but this time peek under the flap and read the question at the top.
5. The sentence under the question will tell you where to go to find the answer. Go there and see if you answered right! If not, see what you learned.
6. Go cruncher crazy and repeat the steps as many times as you want!

To download additional copies, visit www.ainc-inac.gc.ca/KS/

'THE GREAT FESTIVAL OF LIGHT'

The huge valleys in the land stretched as far as the eye could see. This day was a very special day. The creatures of the land, as well as the people, were getting ready to celebrate the **Great Festival of Light**.

Walking along the winding road that led to the great gathering, three animals were talking about the performances they were going to put on.

Gawe, an **old black bear** with a crusty personality, was making extravagant boasts about his immense strength. He had promised his two friends a spectacular act that would make the most of his strength and imposing bulk. As for **Satiwa**, the **chatty fisher**, he had prepared some acrobatic turns that nobody had ever seen before. In fact, he was determined to show the other animals that he was the fastest, most clever and most skillful animal in the valley. For his part, **Tiyo**, the **silver hawk**, had prepared an incredible aerial routine. With his prowess at high-level aerobatics and breathtaking spiral dives, he planned to show his friends that he was the best hunter in the land.

Our friends had prepared their performances to mark the arrival of the **summer solstice** on that lovely **June 21**. For all the forest dwellers, that day was the most important one of the year. It was the beginning of summer and the reawakening of everything that was beautiful in nature. The snow had vanished; some of the flowers were already exquisitely scented; the sun had cast its soft rays on the hills and made the enchanted rivers sparkle. All the animals were hurrying to celebrate the longest day of the year. Our friend Gawe, the bear, had been celebrating the end of his period of hibernation. After sleeping all winter, he could now finally feast on the fresh, juicy fruits of the field. For Satiwa, the fisher, it meant recovering his brown summer coat and being able to play again in the green meadows as he searched for new prey. Tiyo, the hawk, would be especially cheerful as he strutted in front of the local females in search of a partner.





Suddenly, while the friends were talking, they saw in the distance **Anouk**, a strong-minded dog who had been living in the village with the humans. Anouk was descended from a long, proud line of **sled dogs**.

Anouk was also going to the celebration of the summer solstice. This year, he had the privilege of attending the event in the company of his trainer, **Elisapie**. After the usual greetings, Gawe asked him why people were accompanying him to their celebration. The humans, after all, had nothing to celebrate! They didn't hibernate all winter, and they certainly didn't change their fur with the arrival of summer! The three friends just couldn't understand it. They thought the human race had nothing to rejoice in. For the animals, June 21 was an opportunity to celebrate their differences as well as their special characteristics, but humans were all alike! What could those **beings who walked on two legs** have to celebrate?

Anouk was surprised. He told his three friends: "Humans are not all alike. There are major differences between them."

"No," answered Tiyo, "I know them well and they all seem the same to me. Humans have neither feathers, nor scales, nor antlers. They're all the same size. They cannot fly like the eagle or the swallow. They all just walk. I tell you, they're all alike."

"You're right, Tiyo," added Gawe. "I've seen quite a few in my day and they're all alike. What do they have to celebrate on this day of the summer solstice? They're not like us animals. Take, **Ahona, the goose**, for instance — she's just returned from a long trip to the south where she spent the winter."

"And **Nultam, the fox** — he's coming to show his new summer pelt."

"And **Kasahu, the stag** — he'll surely want to display his new antlers."

"What could **humans** possibly have of interest to show each other and to talk about?"

“But look here, friends!” Anouk said.
“People really are very different, just as we are! Even if their bodies are quite similar, it is what they have **inside** that makes each one of them **unique**.”

Satiwa, who, for once, hadn’t played the chatterbox, now took the opportunity to contradict Anouk. “We animals are really all alike on the inside. For us the most important thing is to survive. Aren’t people just like us?” he declared.

“No,” Anouk was quick to answer.
“They may share some of our priorities, but they experience and learn things very differently.”

“Take my trainer, for example. She’s Inuit from the Great North. She has always lived in the Arctic and she knows better than anyone how to adapt to the cold and hardships of winter.”

“One day, she came across two friends — **Benjamin**, a young Haida boy, and **Pauline**, a young Métis girl. Benjamin came from the West. He knew very little of winter and snow. He lived right by the sea. The sea had brought him a different kind of knowledge from that of Elisapie. Unlike her, he had never done any ice fishing! He had never traveled by sled.”

“Also, their beliefs were different, as were their customs, their traditions and their languages. As for Pauline, a Métis from the Plains, she was a young girl who was very proud of the heritage that came from her Aboriginal and European ancestors. Among them were **coureurs de bois, guides, interpreters, fishermen and explorers**.”

“The humans will also be celebrating their differences while thanking Mother Earth for bringing forth living creatures in such variety.”

The friends stood there open-mouthed for a few long minutes. Then they thanked Anouk for telling them about human beings, and wished him a pleasant journey. They could never have guessed that human beings were, like themselves, **alike and different at the same time**.

From that day on, all the animals would know that human beings also need to come together to celebrate. And the animals felt all the joy that humans would experience in celebrating the summer solstice, also known as **National Aboriginal Day**.



SUMMER SOLSTICE SEQUEL

What will our friends do **next year**, when they celebrate the summer solstice again? Use your imagination and write a sequel to the story you've just read.

Before you throw yourself into the creation of your story, answer these **five questions**. They may help you compose your sequel.

1. Name the characters in the story.
2. What day are the animals celebrating?
3. Why is this the most important day of the year?
4. Are the animals the only creatures to celebrate this day? Who else is having a celebration?
5. What do the animals learn about people? What do we celebrate on this day?



Now make up a **sequel** to this story. Imagine what will happen the following year. Will any **new** people or animals join in the celebration?



MYSTERY MESSAGE!

- 1) One of the **national sports** of Canada that was inspired by games played by the First Nations (6 letters)

16 5 11 1 18



- 2) A language of the **Inuit** (9 letters)

14 8 4 9 14 9 4 9

- 3) A language of the **Métis** (6 letters)

3 14 11 16 14

- 4) Word by which the Algonquins refer to **all Aboriginal people** (10 letters)

10 8 14 11 14 8 10 2 1 11

- 5) Languages belonging to the **Athabaskan** language family (7 letters and 6 letters)

9 10 16 6 9 10 8 AND 2 1 10 1 17

- 6) Mi'qmaq word for **"That which makes foam"** (15 letters)

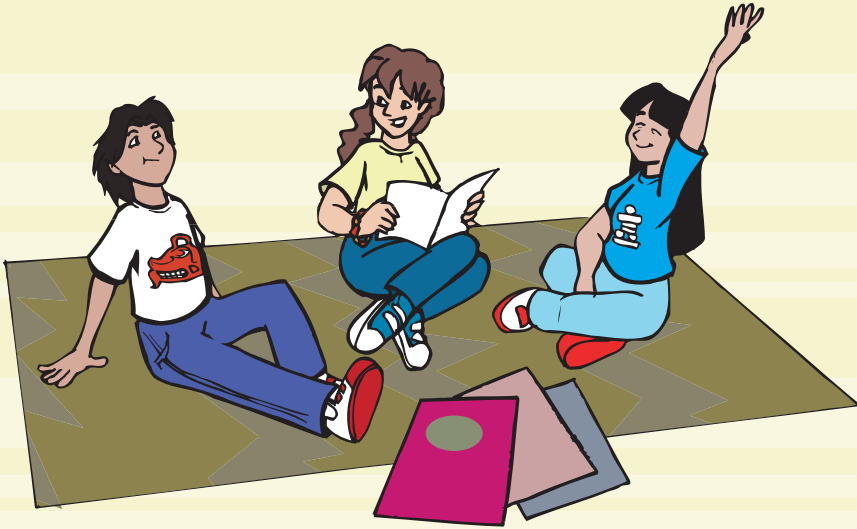
3 5 5 7 4 22 5 2 5 5 21 1

- 7) Inuktitut word for **"It is cold"** (12 letters)

5 14 4 15 10 8 10 17 9 4 17

(ANSWERS ON PAGE 31)

Do You Know The Answer?



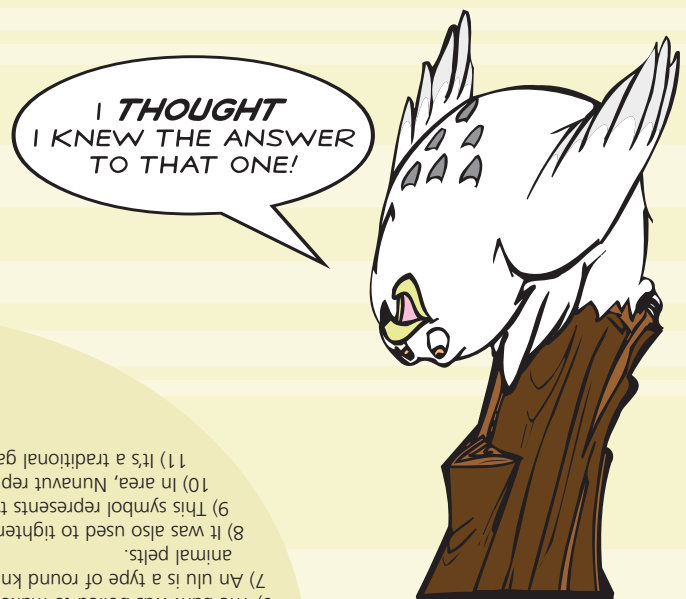
Ask a relative or a friend these questions just to see what they say. When you know the right answer, see if you can explain what the thing is or what it's used for.

1. Can you name a **game** Aboriginal people invented?
 - a. Video games
 - b. Puzzles
 - c. The cup and ball game
2. What is **"pemmican"**?
 - a. A witch's mask
 - b. A product made from dried meat, dried berries and fat prepared by the Métis
 - c. A canned apple dessert
3. What would the purpose of a **tortoiseshell rattle** be?
 - a. To amuse restless children
 - b. To beat time for songs and dances
 - c. To communicate in a code like Morse
4. What is **"bannock"**?
 - a. A little basket for provisions
 - b. A big onion that makes you cry
 - c. A traditional bread among Aboriginal people
5. Can you name a **traditional dance** of the Métis?
 - a. The Canadian salsa
 - b. The Red River Jig
 - c. The Ojibway bourrée
6. What was the bark of **white willow** used for?
 - a. Soothing fevers
 - b. Making bird cages
 - c. As a kind of cardboard for handicrafts
7. In your opinion, what is an **"ulu"**?
 - a. An Inuit hat
 - b. A bracelet of coloured and braided yarn
 - c. A knife used by Inuit women

8. What could you do with the strips of animal skin called **"babiche"** in Mi'qmaq?
- Do the lacing in the centre of snowshoes
 - Make hair for giant dolls
 - Cover the floor of tents
9. What do we see on the national flag of the Métis that symbolizes **the union** of two cultures?
- A beaver
 - Stars
 - The infinity symbol

10. **Nunavut** is...
- An Inuit territory
 - A space base
 - A violent hurricane

11. Who does **"throat singing"**?
- The Métis
 - Inuit
 - First Nations



- 1 (c); 2 (b); 3 (b); 4 (c); 5 (b); 6 (a); 7 (c); 8 (a); 9 (c); 10 (a); 11 (b).
- This toy consists of a little pointed stick and a ball with a hole in it. The ball is attached to the stick by a string, and the idea is to try to catch the ball on the end of the stick.
 - This made it possible to preserve this food much longer.
 - It was used as a musical instrument, a little like a flute or a drum.
 - This was based on a type of Scottish bread cooked like a pancake that was brought to Canada by fur traders.
 - This dance is usually accompanied by fiddle music.
 - The bark was boiled to make a tea.
 - An ulu is a type of round knife used by Inuit women to prepare food and clean animal pelts.
 - It was also used to tighten drum skins.
 - This symbol represents two cultures joined for eternity.
 - In area, Nunavut represents about 20 per cent of Canada's territory.
 - It's a traditional game; to win, you have to be the last to laugh!

THE ANSWERS

THE KAYAK AND TRAVOIS GAME

Do you know what a **travois** is? It's a sledge consisting of a net or platform supported by two poles on either side. The poles are attached on one end to an animal; at the other end, the platform drags on the ground. A **kayak** is a light, narrow Inuit watercraft that has a closed-in deck; it is propelled by a double-bladed paddle.

In this game, you are invited to a National Aboriginal Day celebration. The travois will **help you get there faster** but the kayak will **bring you back down**. When you land on a space with a true statement about Aboriginal people, you ride the travois upwards to get to the celebration faster (and get to eat more bannock!). If you land on a false statement, the kayak will bring you downwards (and you might miss the Red River Jig!).

To play, you'll need a token for each player and two dice. Throw the two dice and subtract the smallest number obtained from the largest. Example: let's say you throw a 6 and a 4 ($6-4=2$); you would then advance two spaces. If you get a double, a 5 and a 5 for example, you add the two dice ($5+5=10$). You then advance the number of spaces according to the total obtained. If you arrive on a space where a travois starts, you must read the sentence written in the space and move upwards until the travois ends. Then, wait for your next turn. If you land on a space where a kayak starts, you must move downwards to the space where it ends and wait for your next turn.

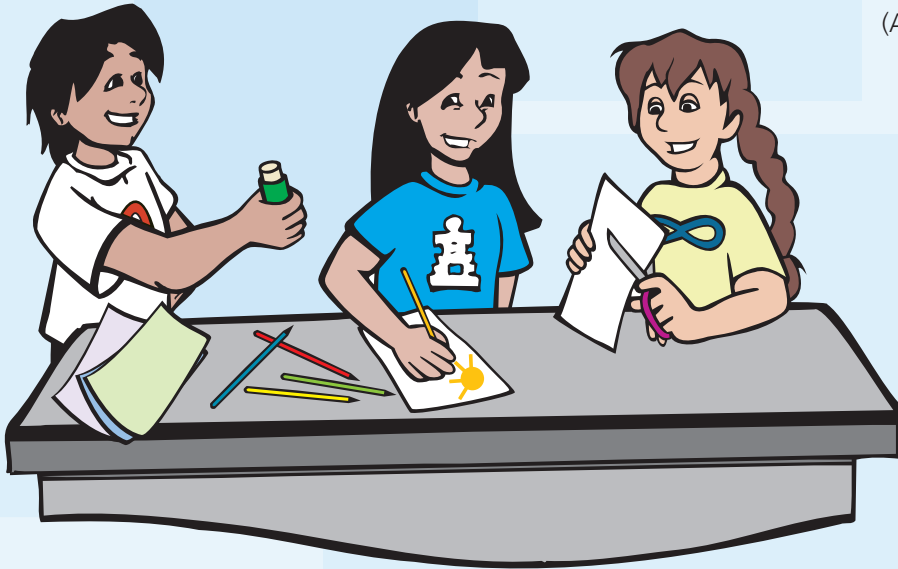




<p>21</p>	<p>20</p>	<p>19</p>	<p>18</p>	<p>17</p>	<p>TRUE</p>
<p>ONLY ABORIGINAL PEOPLE CELEBRATE NATIONAL ABORIGINAL DAY</p>	<p>20</p>	<p>19</p>	<p>18</p>	<p>17</p>	<p>TRUE</p>
<p>14</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>TRUE</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>TRUE</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>14</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>
<p>13</p>	<p>15</p>	<p>12</p>	<p>11</p>	<p>10</p>	<p>TRUE</p>

SPOT THE

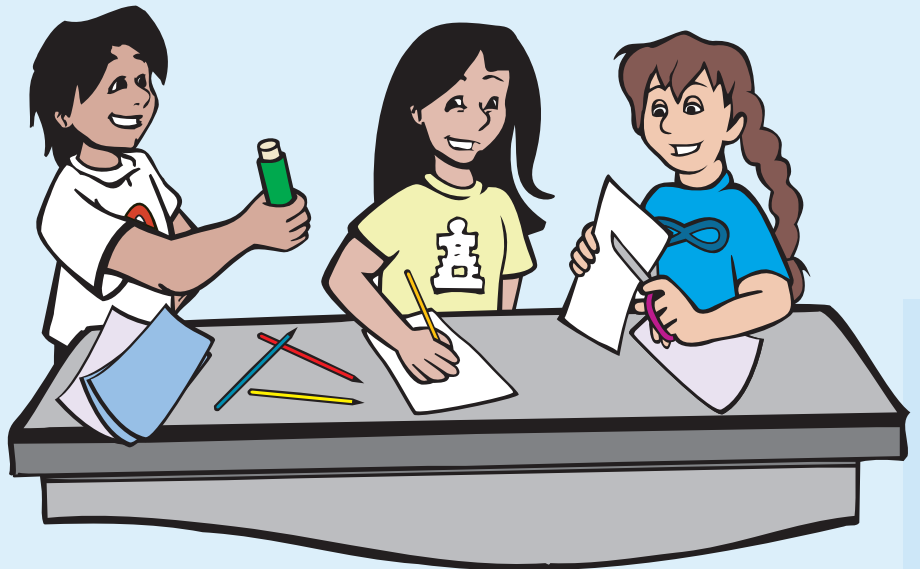
(ANSWERS ON PAGE 31)



SPOT

8

DIFFERENCES!



DIFFERENCES



National *nationale des*
Aboriginal *Autochtones*
Day

SPOT
8
DIFFERENCES!



National *nationale des*
Aboriginal *Autochtones*
Day

A-MAZE-ING ADVENTURE FOR PAULINE, BENJAMIN AND ELISAPIE

Join Pauline, Benjamin and Elisapie as they find their way to the National Aboriginal Day potluck.

Benjamin will bring a **wild rice casserole**, **three sisters soup** (corn, beans, squash) and **maple syrup**.

Pauline has promised to bring **bannock**, **cranberries** and **bullet soup**.

Elisapie wants to share **muktuk** (whale blubber), **arctic char** and **seal** with her friends.

See you at the celebration!

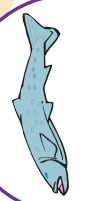
INSTRUCTIONS:

HELP EACH CHARACTER COLLECT THE THREE ITEMS THAT THEY ARE RESPONSIBLE FOR BRINGING TO THE POTLUCK. WORK YOUR WAY THROUGH THE MAZE BEGINNING AT EACH CHARACTER'S STARTING POINT.

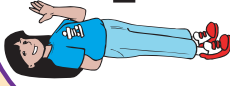




Seal



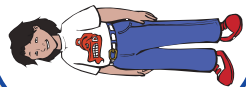
Arctic char



Elisapie starts here



Whale



Benjamin starts here



Bullet Soup



Maple Syrup



Three Sisters Soup



Cranberries



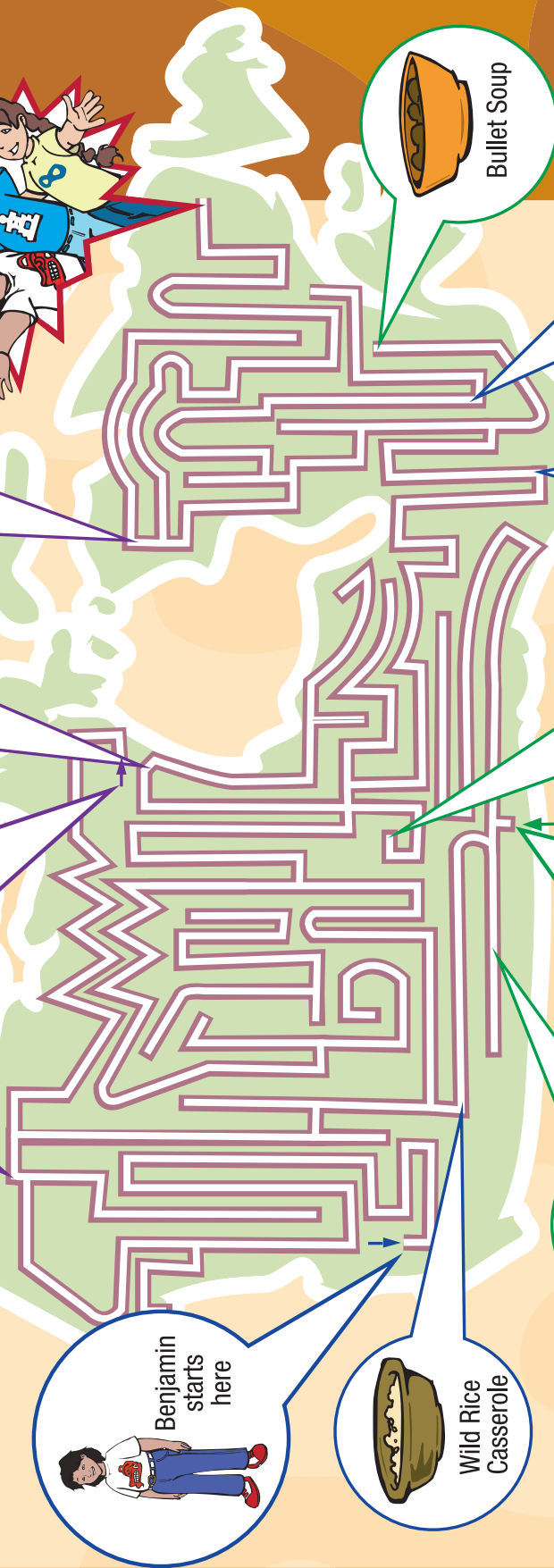
Pauline starts here



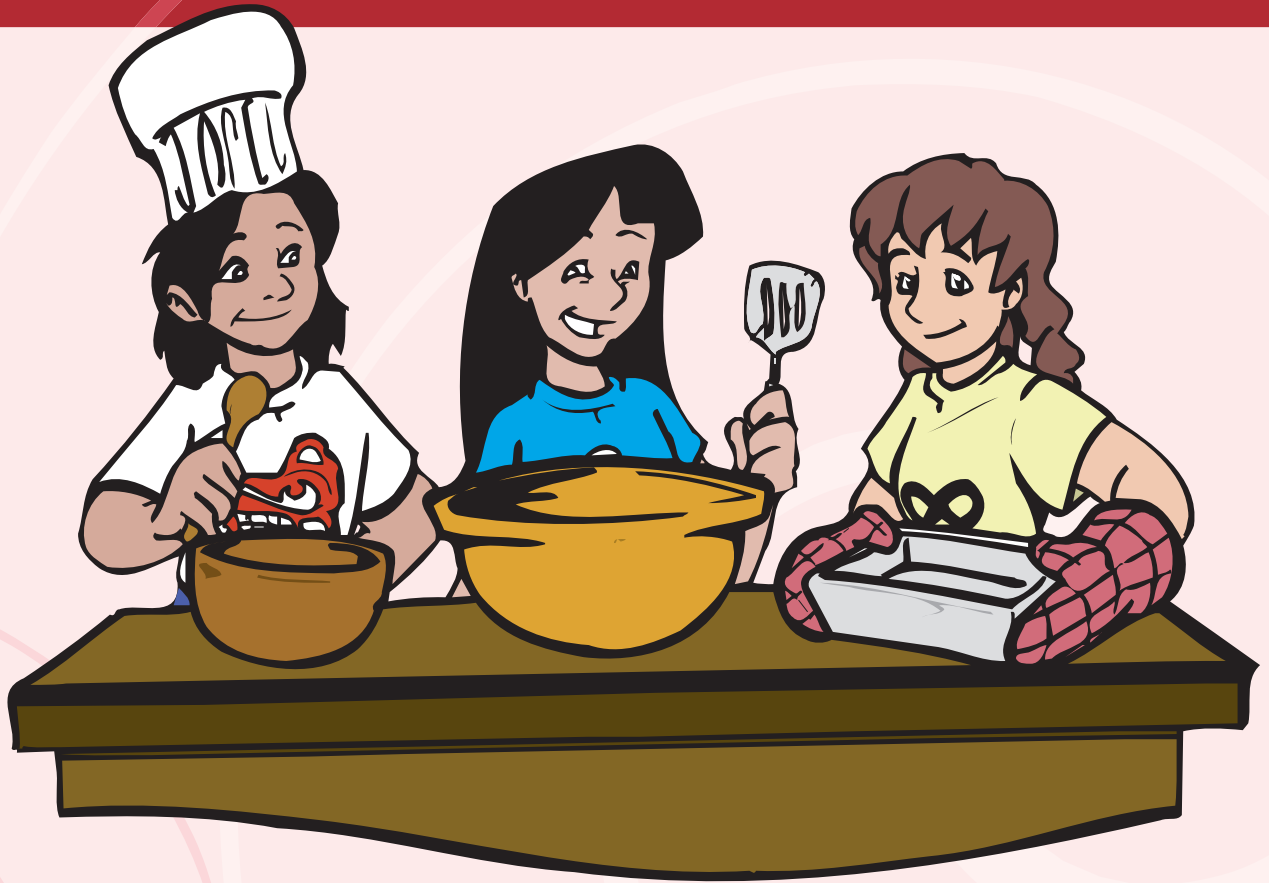
Bannock



Wild Rice Casserole



COOKING ABORIGINAL STYLE



For more than **4,000 years**, we have cultivated many different kinds of corn! For example, by the 1500s, the Iroquois were already growing **150 varieties** of corn, which were used for food and trade. This grain that we find so frequently on our plates was the **very** basis of the First Nations diet for a very long time.

Pumpkins, squash and **beans** have also been grown for a very long time in our country. We also collect small fruits like **raspberries, blueberries** and **wild cherries**.

All these foodstuffs enabled Aboriginal people to prepare some delicious dishes. On June 21, why not celebrate National Aboriginal Day by enjoying a **traditional meal**?

With an adult's help, you could try to prepare a complete meal, or maybe just your favourite recipe.

FRIED BANNOCK

A Métis recipe

Six servings

Ingredients:

3 cups (750 ml) sifted flour
1 tsp (5 ml) salt
1–2 TBsp (15–30 ml) baking powder
Water
Vegetable oil or lard

Method:

Mix half of the flour with the remaining dry ingredients. Add water until the mixture becomes thick, like paper maché paste. Add more flour until the dough feels like a soft earlobe. Heat the oil over medium-high heat until very hot but not smoking. Break off small pieces of the dough, and flatten each to the size of your palm. Place the pieces in the hot oil. Turn over after 3–4 minutes, or when golden brown. Place the bannock on a paper towel to soak up the excess grease. Serve plain or with maple syrup or blueberry jam.

GIGO-KINIGINIGE

(Salmon chowder)

A Sechelt recipe

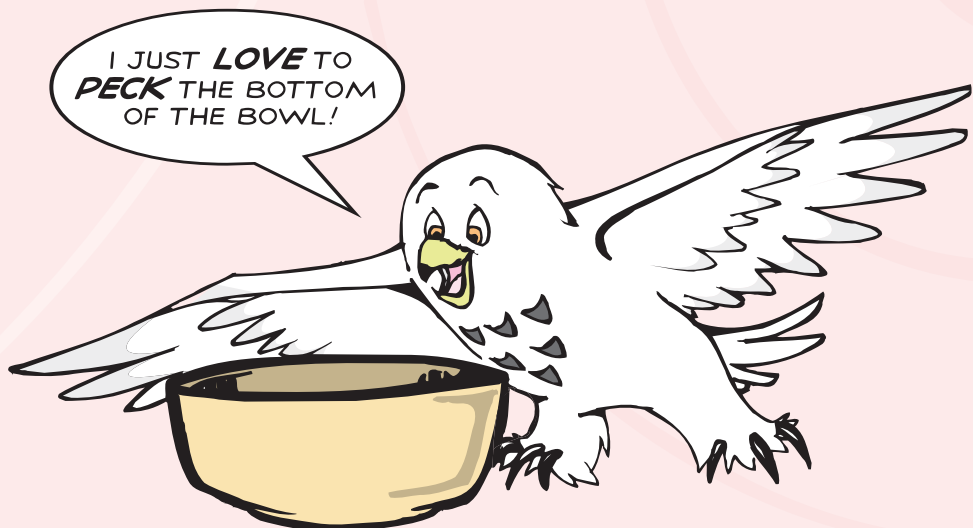
Six to eight servings

Ingredients:

4 big cattail roots diced, and cooked in butter
(The cattail roots may be replaced by 2 cups [500 ml] of chopped leeks sautéed in a bit of butter and vegetable oil and then simmered for 15 minutes.)
5 cups (1.25 L) of water
1¼ lb (675 g) of fresh salmon cut into large pieces
¼ tsp (1.25 ml) pepper
2 tsp (9 ml) sea salt

Method:

Simmer the cattail roots in water for 40 minutes. Add the other ingredients and let simmer for another 10 minutes.



BASSITAGAN

(Sunshine Soup)

A Tuscarora recipe

Six servings

Ingredients:

2½ cups (625 ml) hulled sunflower seeds
6 shallots or 4 heads of wild garlic
(with tails)
48 oz. (1.4 L) chicken broth
1 tsp (4.5 ml) sea salt

Method:

Put all the ingredients in a pot and simmer for an hour. Serve hot.

COUREUR DE BOIS

CASSEROLE

A recipe of the North Shore Métis

Four to six servings

Ingredients:

1½ to 2 lbs (700 g–1 kg) of wild game
suitable for roasting — caribou, moose,
deer or hare. (Beef may be substituted
for game meat.)
¼ lb (125 g) salted fatty lard
2 medium onions cut in pieces
2 cups (500 ml) of cold water

Make some grandfather's dough based on the bannock recipe.

Method:

Preheat the oven to 325°F (165°C).
On the stove, in an ovenproof casserole:
– melt thin slices of the salted lard;
– add the pieces of onion and brown them
slightly;
– add the piece of meat;
– add the water — it should be very cold
so that the meat retains its juice.

Cover the casserole and put in the oven.
Cook at 325°F (165°C) for half an hour,
then lower the temperature to 225°F
(110°C) and cook for between 3 to 6
hours, depending on the meat chosen.
Half an hour before the end of the
cooking time, add some sliced potatoes
and spoonfuls of dough (see the bannock
recipe) to the cooking broth all around
the meat.



OMAKAKI

(Frogs' legs)

Blackfoot recipe

Six servings

Ingredients:

6 hen's eggs or 3 duck eggs
1 cup (250 ml) corn flour or wheat flour
½ tsp (2.25 ml) salt
½ tsp (2.25 ml) freshly ground black pepper
2¼ lb (1.2 kg) frogs' legs (or chicken wings)
1 cup of sunflower oil or corn oil or melted animal fat
10 to 15 heads of wild garlic. (You could substitute green onions or ordinary garlic for the wild garlic.)

Method:

Mix the dry ingredients. Beat the eggs and add them to the dry ingredients, then mix to make a batter. Add the crushed garlic heads. Dip the frogs' legs in the mixture. Heat the oil and put the legs in it. Fry them until they are crispy.

MISHIMINI-OKONASS

(Apple sauce)

A Mohawk recipe

6 to 8 servings

Ingredients:

4 lb (1.8 kg) of washed, scrubbed apples
½ lb (225 g) maple sugar or 10 oz. maple syrup
4 cups (1L) water

Method:

Peel the apples and take out the cores. Put all the ingredients together in a pot and bring to a boil. Reduce the heat and simmer for about 50 minutes while stirring frequently. Serve on bannock.

MIND IF I *SWOOP*
BY FOR DINNER?



Braiding Beautiful Bracelets



Aboriginal people use weaving to make many great things. For instance, the Iroquois weave **corn leaves** to make **sacred masks** and the Haida weave **spruce roots** to make **baskets** and cedar bark to make **hats**. Other well-known articles are also made by weaving or braiding, such as Inuit or First Nations **snowshoes** or the traditional Métis **sash**.

By using the weaving technique explained on the next page, **you too could make beautiful things**, such as **bracelets, headbands, belts or decorations**. If you persevere, you'll pick up the technique and your weaving will become increasingly beautiful.

You'll need four strands of embroidery thread in different colours, each strand about 1 metre long. Rank the colours in whatever order appeals to you. For your first attempt, however, we suggest you stay with the order in the example: yellow, blue, green and red.



1. Tie the four strands together at one end.

2. Firmly attach the knotted end to a table with sticky tape.

3. Lay the strands out flat, side by side, in the order of colour indicated above.

4. Take the first two strands — the yellow and the blue. Make a knot with the two strands by crossing the yellow over the blue while gently pulling up the knot just enough to tighten it (tighten it enough but not too much). Repeat this step with the next strand.

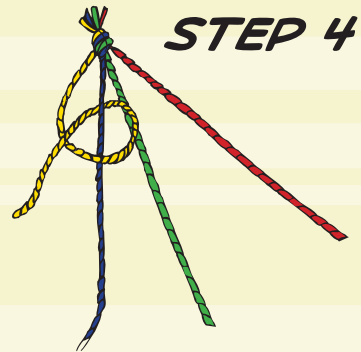
5. Taking the yellow strand again, repeat the same step (twice) with the green strand.

6. Still with the yellow strand, repeat the same step (twice) with the fourth strand, in this case the red one.

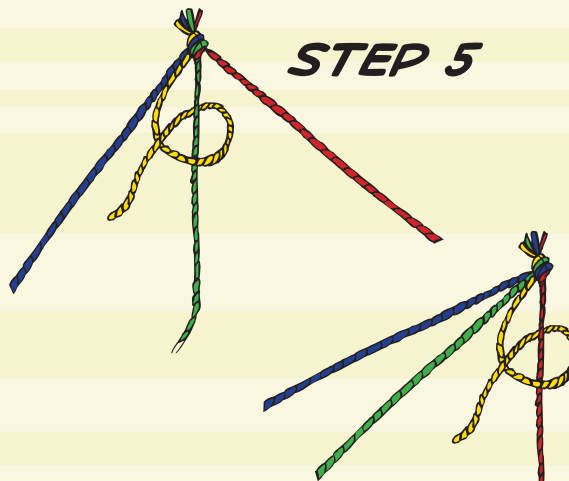
7. At this stage, you'll see that the yellow strand is now at the end (on the right) of the other three strands and that the blue strand is at the beginning, on the left.

8. Repeat steps 4–6 with the three other strands in this order: blue, green, red.

9. When all the strands have been woven and your yellow strand is back on the left, you must go through all the steps again until you get the length you want. For example, to make a bracelet 13 cm long, you will need to repeat all the steps four times. You can make necklaces, rings, belts, etc. As you weave, you can also slip one or more pearls into the middle. To make a wider piece of weaving, simply increase the number of strands.



STEP 4


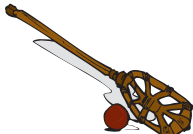


STEP 5

STEP 6



THE MIMING GAME

 BUFFALO	 FISHING	 LIGHT	 RIVER	 WHALE
 DUCK	 JIG	 TOTEM	 KAYAK	 ULU
 HARE	 CELEBRATE	 SNOWSHOES	 SALMON	 TORTOISE
 POLAR BEAR	 FIDDLE	 SNOWMOBILE	 CARIBOU	 INUKSHUK
 HUNTING	 BRACELET	 TOBOGGAN	 CANOE	 CUP AND BALL
 FOREST	 HOCKEY	 LACROSSE	 EAGLE	 WEAVING

Cut out the little squares containing the words and put them in a bag. These are the things you have to mime.

Set up two teams of two to five people each. Toss a coin to determine which team will go first. (Each of the players will take a turn miming according to the alphabetic order of the team members' first names.) **The starting player** must pull a word out of the bag and act it out in front of the two teams. The object of the game is to figure out the word as quickly

as possible. When a player figures out a word, his or her team gets a point.

Continue with the first player from the other team (according to the alphabetical order of first names). The first team to total **10 points** wins the match.

You can use other words from this book, if you like. Just add them to the ones that haven't been acted out yet, and start another match.

CHOOSE YOUR WAY TO CELEBRATE!



You and your family and friends can celebrate **National Aboriginal Day** with either **traditional or contemporary** activities. When planning your activities, we strongly suggest you get some advice from a person who is knowledgeable about Aboriginal traditions.

Here are some ideas:

- Aboriginal **guest speakers**, e.g. an Elder
- **Partner** with an on-reserve school or local Aboriginal organization
- **Arts and crafts display** or workshop
- **Learn a few words** in an Aboriginal language

- **Traditional or contemporary games**, e.g. lacrosse
- **Displays** of treaties, arts and books
- **Storytelling**
- **Dancers** and **singers**
- An essay writing and art work **contest**
- Give a **quiz** on Aboriginal history/culture
- School **Internet exchange**
- **Field trips** to significant local Aboriginal sites
- **Student exchanges**
- **Write to students** in an Aboriginal school
- **Research** on the **contributions** made by Aboriginal people to Canada
- Identify or learn about **Aboriginal heroes/heroines** in Canada
- **Aboriginal food** preparation
- Visit **Aboriginal websites**, including
www.abo-peoples.org
www.afn.ca
www.itk.ca
www.metisnation.ca
www.nafc-aboriginal.com
www.nwac-hq.org

WORD SEARCH

C	E	G	I	T	W	I	N	K	S	I	H	L	K	W
L	A	N	I	C	I	N	A	B	E	C	L	E	B	R
A	K	I	S	H	N	A	M	A	W	A	C	H	I	K
X	I	A	N	I	L	U	A	T	R	U	J	A	K	I
K	K	A	A	N	U	A	N	U	S	T	E	N	A	T
W	S	W	W	I	M	A	T	I	M	E	K	U	S	H
A	U	K	S	S	M	A	N	E	T	U	I	N	A	M
L	O	A	Y	K	I	O	N	A	L	A	B	O	R	I
A	M	D	O	U	N	A	U	K	H	S	A	T	A	N
A	I	N	O	M	G	O	N	I	T	A	R	I	I	O
M	R	A	N	I	L	U	S	T	A	G	O	O	C	H
S	I	S	N	T	K	I	N	A	U	V	I	I	T	A
S	O	H	K	I	C	I	W	A	H	S	I	P	I	L
D	A	Y	G	N	U	A	K	E	B	O	D	H	A	W
M	O	O	S	K	U	D	O	B	O	O	G	W	E	K

Anicinabec (Algonquian): All Aboriginal people

Chiniskumitin (Cree): thank you

Gitwinksihlkw (Nisga'a): people of the place of the lizard

Ikajurtaul (Inuktitut): help me

Kinauviit (Inuktitut): What's your name?

Kishnamawachik (Michif): youth

Laxkwalaams (Tsimshian): place of the wild roses

Lustagooch (Mi'qmaq): five-branched river

Mani-Utenam (Montagnais): Mary's village

Matimekush (Montagnais): little trout

Mooskudoboogwek (Mi'qmaq): that which makes foam

Natashkuan (Montagnais): where we hunt bear

Nawsyoon (Michif): nation

Onitariio (Huron): magnificent lake

Rimouski (Mi'qmaq or Malecite): land of the moose

Sandakwa (Huron): eagle

Sohkiciwahsipi (Cree): fast-flowing river

Sunaunaa (Inuktitut): What is it?

Wahdobekaung (Ojibway): where the alders grow

ANSWERS FOR “NATIONAL ABORIGINAL DAY MYSTERY MESSAGE” GAME

- 1) Hockey
- 2) Inuktitut
- 3) Michif
- 4) Anicinabec
- 5) Tahltan and Beaver
- 6) Mooskudoboogwek
- 7) Oiujanarturq

The message is:

Let's celebrate National Aboriginal Day together



ANSWERS FOR “SPOT THE DIFFERENCES” GAME

Differences in first image:

- 1) Elisapie's shirt is a different colour
- 2) Pauline's shirt is a different colour
- 3) The green pencil is gone
- 4) Elisapie's hair is different
- 5) The glue stick in Benjamin's hand is longer
- 6) There is a piece of paper under Pauline's arm
- 7) The top sheet of paper next to Benjamin is a different colour
- 8) The sun that Elisapie has drawn is gone

Differences in second image:

- 1) One of the large black spots on the drum is gone
- 2) One of the yellow “V” shapes on the drum is gone
- 3) One of the three curves of the drum is shortened
- 4) The feather on the right has less black, more yellow
- 5) The infinity symbol has a break in it at the centre
- 6) The handle on the drum is shorter
- 7) The base of the drumstick is yellow, not black
- 8) One of the red “V” shapes is yellow, not red



Draw a picture!

www.ainc-inac.gc.ca/nad/



GREAT PLACE TO **POST**
A WEBSITE, ISN'T IT? WHY
DON'T YOU **LOG** ON?



Made with recycled paper.