



Nation Builder Engagement

During these unprecedented times Treaty Education Alliance continues to support the growth of our Nation Builders. It's important to take time to be grateful, acknowledge where we are at, and to know this journey will teach us about ourselves. Think about how these key questions can guide you moving forward.

Where do I come from?

PreK - Grade 3

What seasonal activities or traditions do you and your family practice? Draw a picture of your family participating in these traditions. Choose one tradition and write down the steps from start to finish in order.



Grade 4 - Grade 9

What seasonal activities or traditions do you and your family practice? Find out where these traditions come from. Create an informational pamphlet on the different traditions in your family to share with a friend.

Where am I going?

PreK - Grade 3

Learn a new skill! Learn how to cook your favourite meal. Learn to sew, bead, do the laundry or the dishes. What skill can you learn today that you will use the rest of your life?



Grade 4 - Grade 9

Being a Nation Builder means being a lifelong learner. Make a list of 10 things you want to learn about in your lifetime? Which of these can you start learning about today?

Why am I here?

PreK - Grade 3

Write a letter to your teacher about something you would like to learn about when you get back to school. Make sure to include why it's important to you and your community.



Grade 4 - Grade 9

Make a plan about how you can use your passions in your life? Can it be a business? Do you need to volunteer somewhere? How can your passions be a driving force in your future? What do you need to do first? Take the first step.

Who am I?

PreK - Grade 3

Create a family adventure. If you could go anywhere in Saskatchewan, when restrictions are lifted, where would you go? Plan out the route to get there and the activities you will do once you are there. How many days/nights would you go for?



Grade 4 - Grade 9

Create a map of your community. Include the buildings that are the most meaningful to you and the buildings are critical to your community. Why are these places important to you? What buildings are they? What impact do these places have on your community?

How do I feel?

PreK - Grade 3

Create a grateful wheel. Trace your hand and then write all the things in your life you are grateful for on the inside. Try and fill your hand with the people and things you're the most grateful for.



Grade 4 - Grade 9

Create a gratitude journal. Spend 10 minutes each day compiling a list of 3 things that put you in a good mood. These can be big or very small things that happened to you in your day. Take this time to recognize your feelings.

What can I do ?

PreK - Grade 3

Learn a new physical activity! Play catch with a family member, learn to throw a frisbee, hit a baseball, play soccer/lacrosse, or set up a bowling game outside.



Grade 4 - Grade 9

Create a 20 minute circuit to get your heart rate up. Use your body weight and common household items to get stronger. Include exercises like burpees, jumping jacks, high knees, squats, sprints, arm circles, ect.