

Mnogedu - nīpin - Nīpin (Summer) Home-based Activities

Complete these activities with your family this summer! Record yourselves (with pictures or videos) and tag #cheekaydawn on FaceBook, Instagram, or Twitter for your chance to win!



CAMP OUT

Camp out with your family! There are so many activities you can do on a camp out!

- ☐ **Setup camp.** What do you need in your camp? What are needs and what are 'wants'? What would a camp 175 years ago look like vs today?
- ☐ **How to build a fire.** What does it take to make a great fire? What fire is best for cooking? For warmth? What type of wood burns the hottest? The slowest? What type makes the most ashes/sparks?
- ☐ **Cook outdoors.** Chef up a meal with your family! [Try bannock on stick](#)
- ☐ **Star gazing** – Relearning The Star Stories Of Indigenous Peoples – Wilfred Buck Podcast - <https://soundcloud.com/scifri/ways-of-knowing-written-in-the-stars>
- ☐ **Use your vocal cords.** Bring out the hand drum sing songs, tell stories and laugh.



HARVESTING

Summer and Fall are great times to prepare for the winter by harvesting and preserving medicine and food. What can you find on your nation?

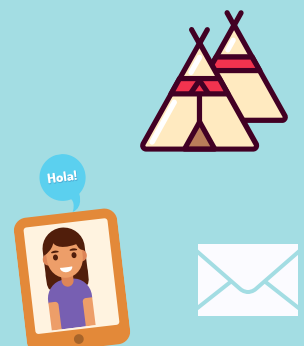
- ☐ **Find:** Summer and Fall are great times to prepare for the winter by harvesting and preserving medicine and food. What can you find on your nation?
- ☐ **Communicate:** with a local knowledge about what medicines are found on your nation
- ☐ **Investigate:** what is the local protocol for collecting medicines? For preserving food? [Here](#) is a list to get you started!
- ☐ **Discover:** walk or hike around your nation to see what you can find
- ☐ **Learn:** what is the cree/Saulteau/Nakota name for sage, sweetgrass, turnips, different berries, etc.
- ☐ **Share:** Did you gather enough to share with elders and others in your community who might need help?



CEREMONIES AND FAMILY TRADITIONS



Powwows and community feasts may be cancelled, but what other (safe) ways can you find to connect with your community and family?

- ☐ **Attend a ceremony.** Sun dances are typically held in the summertime, what other ceremonies happen on your nation in the summer?
- ☐ **Connect with family.** Traditionally, summertime was used to reconnect with at summer gathering grounds. Is there someone you are missing? Write a letter, postcard or make send them a video of what you are doing to enjoy your summer.
- ☐ **Build your language skills.** Challenge your family and friends to learn a new cree/Saulteaux/Nakota phrase each week. Make a video to share!
- ☐ **Dry meat.** Dry meat is used in some ceremonies and is also used a source of protein. Ask a local knowledge keeper to help you prepare meat to be dried or smoked. How is it used in your community now and in the past?
- ☐ **No luck.** What you can't find in your community do you have friends or family in other communities that you can trade with?



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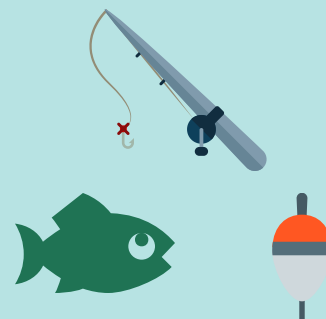
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GO FISH

Where can you find fish near you? What kind of fish are available? Get your hooks and lines set and find the catch of the day!

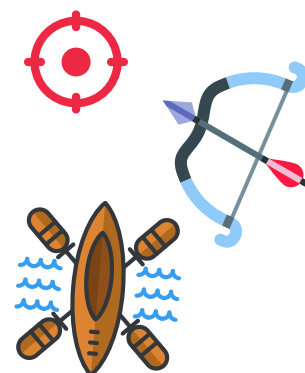
- ☐ **Fishing spots.** See if you can get a local angler to share their favourite spots! How deep are fish this time of the year? How do you pick a good spot?
- ☐ **Fish identification.** What type of fish can you catch on your nation? In Treaty 4 Territory? In Saskatchewan? How can you tell fish apart? Which are good to eat? In your Nation's language, find out the different names for fish (i.e. walleye, pike, suckers, etc.).
- ☐ **Fishing nets.** Does anyone on your nation set nets? What upkeep is needed? How and where are they set? How often are they checked? What are nets made of today and in the past?
- ☐ **Cleaning fish.** What parts of the fish are edible? Investigate what other uses of fish parts. In past, how were all parts of the fish used? Challenge: See who can fillet their fish the fastest!
- ☐ **Fish drying and smoking.** Have you ever tried dried fish? Smoked fish? Have you ever tried making it? Why would your ancestors use this process? **Ask a local knowledge keeper to show you how to build a smoker or dry fish and try it for yourself!**



TRADITIONAL SPORTS

Canoe races, archery competitions, double ball matches and lacrosse games!

- ☐ **Get out on the water!** Paddle around to find aquatic plants and animals. Or challenge your family or friends to a canoe race! Time yourself and see if you can get a better time.
- ☐ **Archery is a great skill to have.** Challenge yourself and your friends and family to hit targets (many schools & rec committees have equipment, check with your community!). How were bows and arrows traditionally constructed? How did it differ by area? How do you say archery in your language? Bow? Arrow?
- ☐ **Double ball.** Try your hand at this traditional game. Is there someone in your community that can teach you the rules, help you sew a double ball and make the sticks? Need directions? [Look here!](#)
- ☐ **Lacrosse** is great way to burn off energy and have fun with your friends and family. Play a game with your crew! Check out [5 Cool Facts about the Indigenous Origins of Lacrosse](#).
- ☐ **Looking for more games to keep active and have fun?** Check out these: [Indigenous Games](#).



CULTURAL ARTS

Birch bark, reeds, quill work, fish scale art!

- ☐ **Investigate:** Within your nation, what are considered 'cultural arts'? Who are the local knowledge keepers that can talk about your nation's arts? Are there any designs/colours of significance that your community has connections to? Is there a process to teach the youth about natural materials for forms of expression?
- ☐ **Birch bark** can be used for baskets, canoes, artwork and many other things. Are there birch trees on your nation? What are the traditional uses of birch and its bark on your nation? Can't find birch bark - try using carbon paper to make birch bark biting art. [Here](#) is a birch biting math lesson.
- ☐ **Reeds** mats were used in dwelling for ground covering and warmth. Where can you find reeds on your nation? Is there a knowledge keeper that can teach you how to harvest, prepare and weave the reeds? Try making a small mat!
- ☐ **Quill work.** Gathering and preparing porcupine quills to be used in art and adornment can be done in the spring to fall when the quills are further from their dens.
- ☐ **Fish Scale Art.** Involves creating designs out of individually placed fish scales, bones, and vertebrae. It is delicate work that takes great patience and care. Ask a local knowledge keeper to show you how to process and work with fish scales to create masterpieces!

