

# First Nations Education Explorations

LOVE is one of the Seven Sacred Teachings; it is represented by the Eagle. Love is to feel and give complete kindness for all things around you. The Eagle was chosen to represent love because it is the bird who can fly the highest and able to send our thoughts to creator.

## K-2

Love is a word we can say to our family and friends. Love is also something we can show to our family and friends and all parts of nature around us. Read "You Hold Me Up" by Monique Gray Smith, or use the read along here, ["You Hold Me Up" by Monique Gray Smith and Danielle Daniel - YouTube](#)

**Task:** Think of ways in which you show love. Use those ideas to create your own book on how you hold people up, leave room to illustrate your book as well.

## 3-5

Powwow is a ceremony many Indigenous people participate in. Before the Dab and Tik Tok dances, Powwow dances were going on for thousands of years. There are many types of dances, each dance representing something specific. It is said that Powwow dancers dance as an offer of healing to all in need. They dance for those who can't or those who are not ready to dance.

**Task:** Try to follow the foot work on Powwow Sweat and get your blood pumping! You'll find different Powwow Sweat videos here, [POWWOW SWEAT: WARM UP - YouTube](#)

## 6-8

Indigenous people use the natural world around them to create beautiful works of art. One such item is porcupine quills.



Carie McBain Beaded Creations



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Tara Francis, title: Butterfly Quill Art

**Task:** Create your own porcupine quill work.

Items needed: Cardboard, white glue and/or glue gun, pencil, scissors, jute rope or raffia, toothpicks, acrylic paint.

Choose a simple pattern, such as a heart, to use as inspiration. Draw outline of your pattern on cardboard so that it is at least 8x10. Draw lines to divide your picture into sections. Cut out the outline of the whole picture. Using glue, add rope around the outline, also to cover all the lines of the segments you created in pencil, allow to dry. (if using glue gun ask permission and help from an adult)

Using white glue, fill in each section of your chosen pattern with a different directional pattern of toothpicks. Allow to dry, once dry paint the toothpicks "quills" using acrylic paint.

(adapted from EECD, Office of First Nation Education's First Nation Art Lesson Plans book)