

# SHARE OUR PLAY

An Aboriginal Themed Tool Kit of Games, Activities,  
Crafts, Art Projects and Recipes for Children



# ACKNOWLEDGEMENTS

Recreation Nova Scotia works to ensure that all Nova Scotians have the right to enjoy accessible, high quality recreational activities. Recreation Nova Scotia has proudly produced this tool kit in coordination with the Quality Afterschool Leadership Initiative and HIGH FIVE®.

Recreation Nova Scotia is also the Authorized Provider of HIGH FIVE® in our province. HIGH FIVE® is Canada's only quality assurance standard for sport and recreation programs for children aged 6-12.

HIGH FIVE® National is a division of Parks and Recreation Ontario.

# SUPPORT

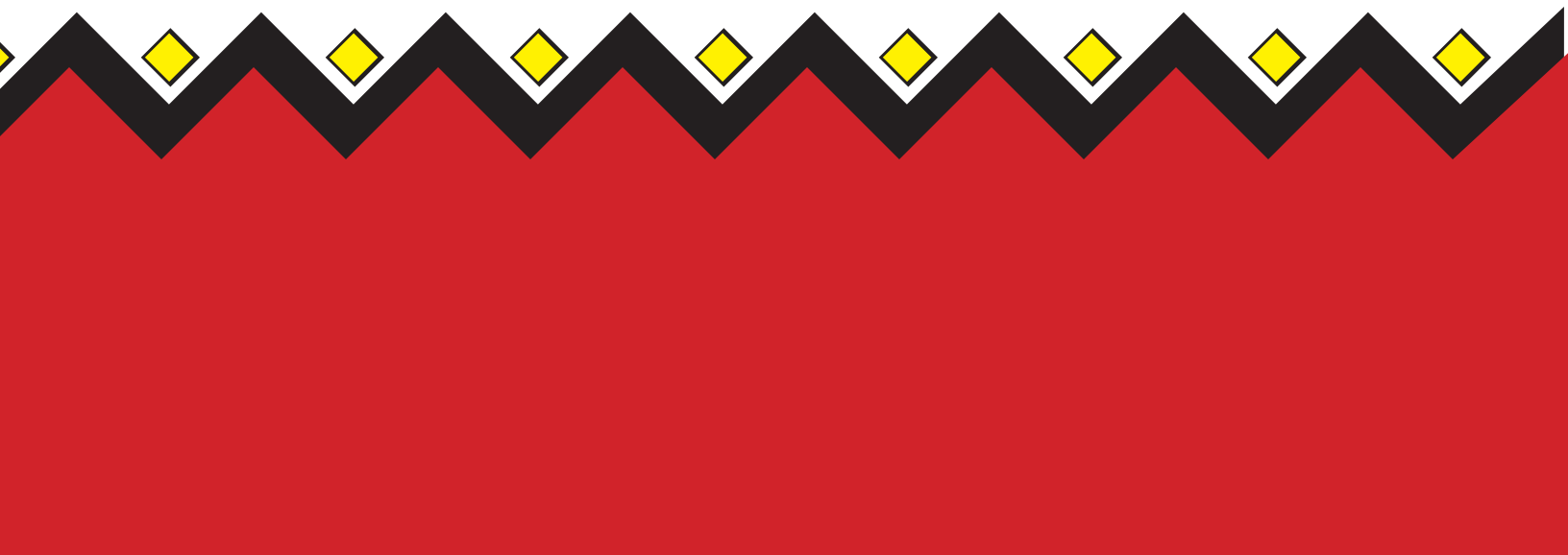
Funding for this tool kit was provided by the Nova Scotia Department of Health and Wellness and the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

# USE

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# INTRODUCTION

The Share Our Play Tool Kit provides a collection of traditional aboriginal games, activities, crafts, art projects, recipes and other information to help support frontline sport and recreation leaders in their work with children.

The goal of the Tool Kit is to provide leaders and coaches with program ideas that introduce or reconnect children to recreational activities that reflect the rich cultural heritage of our Nova Scotia First Nation communities. Through consultation with community elders in First Nation communities across Nova Scotia, Mi'kmaq cultural organizations, researchers and educators, we have compiled a wonderful collection of activities for use by leaders working with children in afterschool settings, summer day camp programs and in almost any environment where children are present.

Many of these traditional games are inclusive and non-competitive which make them ideal for children age 6 to 12 years. There are also several activities that put children in touch with nature. The Mi'kmaq people have always had a special bond with their natural environments and for many years, depended entirely upon Mother Earth for their survival. At a time in history when so many children are losing touch with the outdoors, these activities offer ideas for leaders to help children reconnect with nature. Many of the active games will also help children increase their physical activity levels while strengthening their sense of culture and tradition.

It should be noted that some of the activities have been creatively adapted to ensure the safety of children and the accessibility of materials and equipment.

As the authorized provider of HIGH FIVE® in our province, Recreation Nova Scotia strongly believes that five Principles of Healthy Child Development are essential in ALL children's programming:

- The presence of a caring adult
- The opportunity to make friends
- The opportunity to play
- The opportunity to master skills and feel successful
- The opportunity to participate

These Principles help to ensure that children have positive experiences through their participation in quality recreation and sport programs.

The greatest source of information has been the elders and knowledgeable individuals in our First Nation communities who have willingly shared their history to help create this collection of activities for children. It is recommended that you take any opportunity to have one of these elders share their knowledge, insight and personal experiences during as many of these programs as possible.

*"Aboriginal peoples" is a collective name for the original peoples of North America and their descendants. The Canadian Constitution recognizes three groups of Aboriginal people: Indians (commonly referred to as First Nations), Métis and Inuit. These are three distinct peoples with unique histories, languages, cultural practices and spiritual beliefs.*

Source: Aboriginal Affairs and Northern Development Canada  
<https://www.aadnc-aandc.gc.ca/eng/1100100019246/1100100019247>

*The majority of content for this collection has been contributed by individuals and organizations from Mi'kmaq First Nation communities in Nova Scotia.*



## PRINCIPLES

- A Caring Adult
- Friends
- Play
- Mastery
- Participation

## DESIGN GUIDELINES

- Developmentally Appropriate
- Safe
- Welcoming of Diversity and Uniqueness

# PAINTING THE MI'KMAQ FLAG

## AGE GROUP:

6 years and up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

Table space for each participant to create their piece of art

## PEOPLE AND GROUPINGS:

Divide the participants into groups to share material or have them work individually

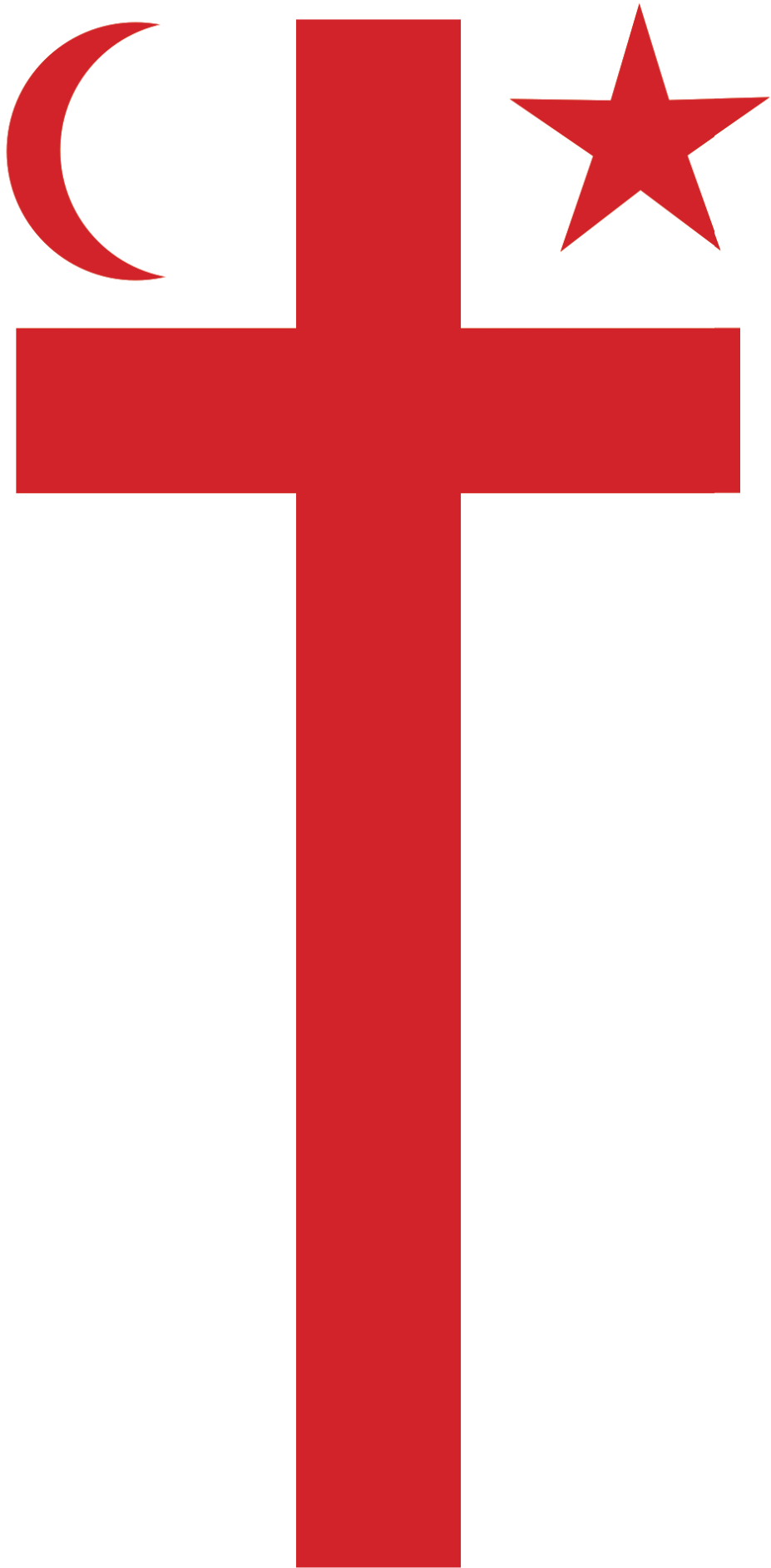
## EQUIPMENT NEEDED:

- Red paint, markers or coloured pencils
- Paint brushes
- Warm water dishes for cleaning
- White paper, canvas or other material suitable for art
- Printed copies of Mi'kmaq Flag for participants to reference

## INSTRUCTIONS:

- Hand out the canvas or construction paper to each participant, pairing or group.
- Provide a printed off copy of the Mi'kmaq flag on page 4 to each table or post them around the space where they are easily visible to the participants.
- For younger ages or participants who feel less comfortable creating their own art, a copy of the flag that could be coloured in may be helpful.
- Divide the colouring materials evenly amongst the tables or participants and allow the children to begin creating their art.
- Supervise to ensure all children are sharing materials and having fun! .









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# MI'KMAQ LANGUAGE CHALLENGE

## AGE GROUP:

6-12 Years

## ACTIVITY TYPE:

Game

## SPACE:

A large enough space that participants can form a circle with enough room remaining for participants to safely walk/run around the outside

## PEOPLE AND GROUPINGS:

Done as a group (10 or more participants).

## EQUIPMENT NEEDED:

No equipment needed

## INSTRUCTIONS:

- Create a circle of participants, sitting comfortably.
- One by one, the children stand up from the circle to begin their turn.
- Participants must take a deep breath and then travel around the circle, lightly tapping the other participants on the top of the head and saying a Mi'kmaq word or saying each time. See insert below for some ideas on possible words.
- Participants must get around the entire circle before having to take another breath.

## POTENTIAL WORDS FOR USE IN GAME

### DAYS OF THE WEEK

Amskwesewey ...	Monday
Ta'puewey .....	Tuesday
Si'stewey .....	Wednesday
Ne'wewey .....	Thursday
Kweltamultimk ...	Friday
Kespitek .....	Saturday
Ekn'tie'wimk .....	Sunday

### SEASONS OF THE YEAR

Siwkw .....	Spring
Nipk .....	Summer
Toqwa'q .....	Fall
Kesik .....	Winter

### ANIMALS

Kitpu .....	Eagle
Muin .....	Bear
Tia'm .....	Moose
Plamu .....	Salmon
Lentuk .....	Deer
Kopit .....	Beaver
Apli'kmuj .....	Rabbit
Matues .....	Porcupine

### COLOURS

Nisqunamu'k .....	Purple
Wataptek .....	Yellow
Stoqnamu'k .....	Green
Musqunamu'k ....	Blue
Maqtewe'k .....	Black
Mekwe'k .....	Red
Wape'k .....	White



# HAND DRUM AND BEATER

## AGE GROUP:

8 Years and up

## SPACE:

Enough table space for each participant to work on their drum.

## ACTIVITY TYPE:

Arts & Crafts

## PEOPLE AND GROUPINGS:

Done individually or in pairs

## EQUIPMENT NEEDED:

- Balloons (2 per participant)
- Empty plastic container (lid not needed)
- Elastic bands
- Wooden stick (8 to 12 inches in length)
- Cotton balls or other material for stuffing
- String
- Scissors

## INSTRUCTIONS:

- Begin by taking scissors and cutting off the top of one of your balloons. Make your cut below the 'neck' of the balloon where it begins to widen out .
- Discard the top of the balloon and stretch the remaining part over the plastic container. The balloon should be stretched tightly over the container .
- Wrap an elastic band around the outside of the plastic container to hold the balloon in place. Additional string can also be wrapped around the container to further secure the balloon.
- Take scissors and cut off the top of another balloon as in step one. Discard top.
- Stuff the remaining part of the balloon with cotton or another soft material .
- Take wooden stick and place end securely in the opening of the balloon stuffed with material. Gather the balloon around the stick and use an elastic band to secure in place. Wrap string around this elastic band to strengthen the hold.
- Based on time and materials, you may also allow your participants to paint or decorate their drum and beater.



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# FIND A TALKING STICK

## AGE GROUP:

8 Years and Up

## PEOPLE AND GROUPINGS:

Done as a group.

## ACTIVITY TYPE:

Activity

## EQUIPMENT NEEDED:

No equipment needed

## SPACE:

A wilderness setting that is safe for participants to explore in

## INSTRUCTIONS:

- Invite an elder or knowledgeable community member into your program to discuss the concept of a talking circle and the importance of a talking stick.
- A 30-minute nature walk will allow your participants to explore the outdoors and find a piece of nature that they wish to use as their token for the talking circle.
- Encourage participants to find something unique that can be used for their token.
- Remember that it must be easily passed around the sharing circle, so sticks, stones and other findings must be of a suitable size.
- An easy follow up activity is to allow your participants a chance to design and decorate their talking stick.

## GREENERY COLLECTING TIPS

When collecting branches, bark, needles, or any other part of a living organism, it is important to do so in a way that will not harm the plant or the overall environment.

- Do not take an excessive amount of material from any one single plant. Taking too much from one plant at a single time can gravely impact its health. Need 20 birch twigs? Take 4 or 5 twigs from many trees instead of all 20 of them from just one!
- Do not collect materials from plants that are scarce in a particular area. Find another location where the plant is more bountiful before collecting material.
- If possible, remove bark and branches from plants and trees that have already fallen over.
- Be mindful of nature as a whole. Even the moss and dirt we step on is a home or life source for other living things. Be respectful of the environment and never take more than you need!



# DECORATE YOUR TALKING STICK OR TOKEN

## AGE GROUP:

8 Years and Up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

Table space for each participant to decorate and paint

## PEOPLE AND GROUPINGS:

Individual

## EQUIPMENT NEEDED:

- Talking stick or token that participants have found in previous activity
- Paints of various colours
- Paint brushes
- Warm water dishes for cleaning
- Feathers, string, sweet grass, beads, linen or other items to decorate with
- Glue

## INSTRUCTIONS:

- Sit participants at a table with their talking stick or token.
- Divide paint, brushes and other decorating supplies evenly amongst the tables or participants.
- Allow children to decorate their token with paint, feathers and more.
- Once participants are done painting and decorating, leave the tokens on tables to dry completely.
- When dry, allow the children to vote on whose token they will use in their next talking circle or create a schedule where all children's creations will be used at least once.



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# TALKING AND SHARING CIRCLE

## AGE GROUP:

8 Years and Up

## ACTIVITY TYPE:

Activity

## SPACE:

A space large enough for your participants to form a circle. Participants may either sit directly on the floor or arrange chairs into a circle.

## PEOPLE AND GROUPINGS:

Done as a group

## EQUIPMENT NEEDED:

Talking Stick, Feather or Token

## INSTRUCTIONS:

- Arrange the participants in a circle, sitting comfortably.
- The leader, or the conductor of the circle, will begin by explaining the ground rules.
- The feather, stick, or other token will be passed around the circle clockwise.
- Each person who receives the talking item will be allowed to speak for as long as they wish.
- When they have finished, they pass the item to the next person in the circle and the process is repeated.
- If a participant does not wish to share anything, they have the option to pass the item.
- The item is encouraged to go around the circle more than once, and each person should have the opportunity to speak as many times as they wish.





## MORE ON THE TALKING CIRCLE

There can be various types of talking circles. A simple version involves each participant just sharing what is on their mind that day. A healing circle allows participants to share their thoughts on a specific issue in the group, or possibly just to get something off of their chest that is bothering them. A sharing circle can also be used to mediate a problem between members of the group. It allows for open and honest discussion in a mature and controlled manner.

There are a few basic guidelines to follow to ensure that a talking circle functions properly:

- Only the person holding the talking feather, stick, etc. may speak. Only one person may speak at a time.
- Always introduce yourself to the rest of the circle before sharing.
- Comments made in the talking circle are not meant to be shared outside of the activity. Do not repeat things said within the circle unless you have the permission of the speaker.
- Listen to the speaker attentively. Be respectful and focus on what they are trying to communicate.
- Speak openly, honestly, and from the heart.



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# MODIFIED SOCCER

## AGE GROUP:

8 Years and up

## ACTIVITY TYPE:

Game

## SPACE:

A flat, grass covered playing field that is large enough for participants to run around safely.

Ensure that the playing space is free of debris, harmful objects or other dangers.

## PEOPLE AND GROUPINGS:

Divide participants into two equal teams.

## EQUIPMENT NEEDED:

- Four sticks, all around 6 feet in length
- Soccer or similar ball
- Jerseys, flags or other markers to distinguish teams

## INSTRUCTIONS:

- Place two sticks firmly in the ground slanted across one another in the shape of a wigwam. This should create a goal that is roughly 3.5 feet wide.
- Divide your participants into two even groups.
- Assign a pair of sticks for each group to defend and a pair for each group to score on.
- Roll the ball into the middle of the field and the game is on!
- You may set the game to be played for a certain length of time (20 minutes for example) or until one team reaches a certain score (first team to 5 goals is the winner).



# ANIMAL TAG

## AGE GROUP:

8 -12 Years

## ACTIVITY TYPE:

Game

## SPACE:

Enough open space for participants to run around freely and safely. Ensure that the playing space is free of any debris, harmful objects or other dangers.

## PEOPLE AND GROUPINGS:

Group activity - One person designated as being "it" to begin the game.

## EQUIPMENT NEEDED:

No equipment needed

## INSTRUCTIONS:

- Ask for a volunteer from the group to begin the game as "it".
- Allow the remaining participants to spread out around the playing area.
- When the player who is "it" approaches another participant, they must squat down quickly and say a Mi'kmaq term for an animal of their choosing as protection.
- If the player who is "it" is able to tag the participant before they are able to squat down and name an animal, they also become it.
- The game can continue until all players have been tagged or for a certain period of time.
- Remind the children to be respectful of others and that a tag should not be a push!



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# STICK CATCH

## AGE GROUP:

8 Years and Up

## ACTIVITY TYPE:

Game

## SPACE:

Allow a few feet of space between each participant or pairing.

## PEOPLE AND GROUPINGS:

Done individually or in pairs.

## EQUIPMENT NEEDED:

- Unsharpened pencils or similarly shaped pieces of wood, bone, plastic, etc

## INSTRUCTIONS:

- Starting with a single stick or pencil, the player balances the stick on the back of their hand.
- They must then quickly drop their hand away and grab the stick out of the air before it hits the ground.
- When a player is successful in doing so, an additional stick is added and balanced on the back of the hand.
- A player must successfully catch ALL the sticks on the back of their hand before adding another.
- The game can be practiced individually or in competition with another player.



# RING ON A STRING

## AGE GROUP

6 years and up

## SPACE

Space for participants to sit in a circle ( grass, gymnasium, classroom)

## ACTIVITY TYPE

Guessing

## PEOPLE AND GROUPINGS

4 players or more (more fun with more participants)

## EQUIPMENT NEEDED

- A ring
- A string that's long enough for all participants to hold when they sit in a circle

## INSTRUCTIONS

- All the participants sit down in a circle, have one person volunteer to sit in the middle of the circle.
- Pass everyone a part of the string that has the ring on it.
- Pass the ring from hand to hand secretly.
- Participants could try to distract the person in the middle's attention (singing, talking, calling him/her).
- The participants in the middle has 3 chances to guess correctly.
- The person who has the ring and gets caught sits in the middle next time.

This game originated from the Bella Coola people of the west coast of Canada.

Retrieved from:

<http://www.etfo.ca/Resources/ForTeachers/Documents/Canadian%20Aboriginal%20Festival%202005%20Curriculum%20Connections%20-%20Traditional%20Aboriginal%20Games.pdf>



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# DOX-EN-EYE

## AGE GROUP

6 years and up

## SPACE

Space large enough for participants to walk around

## ACTIVITY TYPE

Teamwork

## PEOPLE AND GROUPINGS

Divide the participants into 2 equal sized groups

## EQUIPMENT NEEDED

- A stick (Dox-en-eye stick)

## INSTRUCTIONS

- Two teams facing each other in 2 lines about 5 meters apart.
- Team 1 begins with the Dox-en-Eye stick. A member of the team holds the stick and thumps it on the ground and calls "Dox-en-Eye, Dox-en-Eye, we want Jasmine to come".
- Jasmine, from Team 2, then has to walk across to team 1, without smiling, and take the Dox-en-Eye stick then walk backwards back to her own team, still without smiling. If she doesn't smile, she gets to stay with her team. If she smiles, she must join the other team.
- Team 1 must stay standing in their line and they cannot touch Jasmine but they can do anything to try and make her smile. Funny faces, sounds, silly sayings are all fair. The object of the game is for everyone to end up on the same team.

This game originated with the Haida people from Queen Charlotte Islands area.

Retrieved from:

<http://www.etfo.ca/Resources/ForTeachers/Documents/Canadian%20Aboriginal%20Festival%202005%20Curriculum%20Connections%20-%20Traditional%20Aboriginal%20Games.pdf>



# WILDERNESS MARKETPLACE

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Activity

## SPACE:

Arrange tables and chairs in open space that allows participants to display their products.

## PEOPLE AND GROUPINGS:

Done individually or in pairs

## EQUIPMENT NEEDED:

- Pennies, play money, stones, shells or something else the participants can use for currency during the market.

## INSTRUCTIONS:

- Children are required to collect things from nature over the course of the week that will later be 'sold' at the Wilderness Market. These can be roots, leaves, berries, feathers, stones, bark, and much more.
- Encourage children to get help at home to make their own arts and crafts or baked goods using what they've found throughout the week, or take time during the week leading up to the market to help children with these projects.
- Once everyone has set up their shop, distribute an equal amount of currency (10 pennies each for example) to the participants and allow them to browse and shop from the other participants.
- An easy way to add more depth to the activity is by requiring that your participants create posters or advertisements for their products with information about what they've collected from nature or created.



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# BIRCH BARK CONTAINER

## AGE GROUP:

8 Years and up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

A wilderness setting that is safe for participants to explore in. Enough table space for participants to work on their basket.

## PEOPLE AND GROUPINGS:

Done individually

## EQUIPMENT NEEDED:

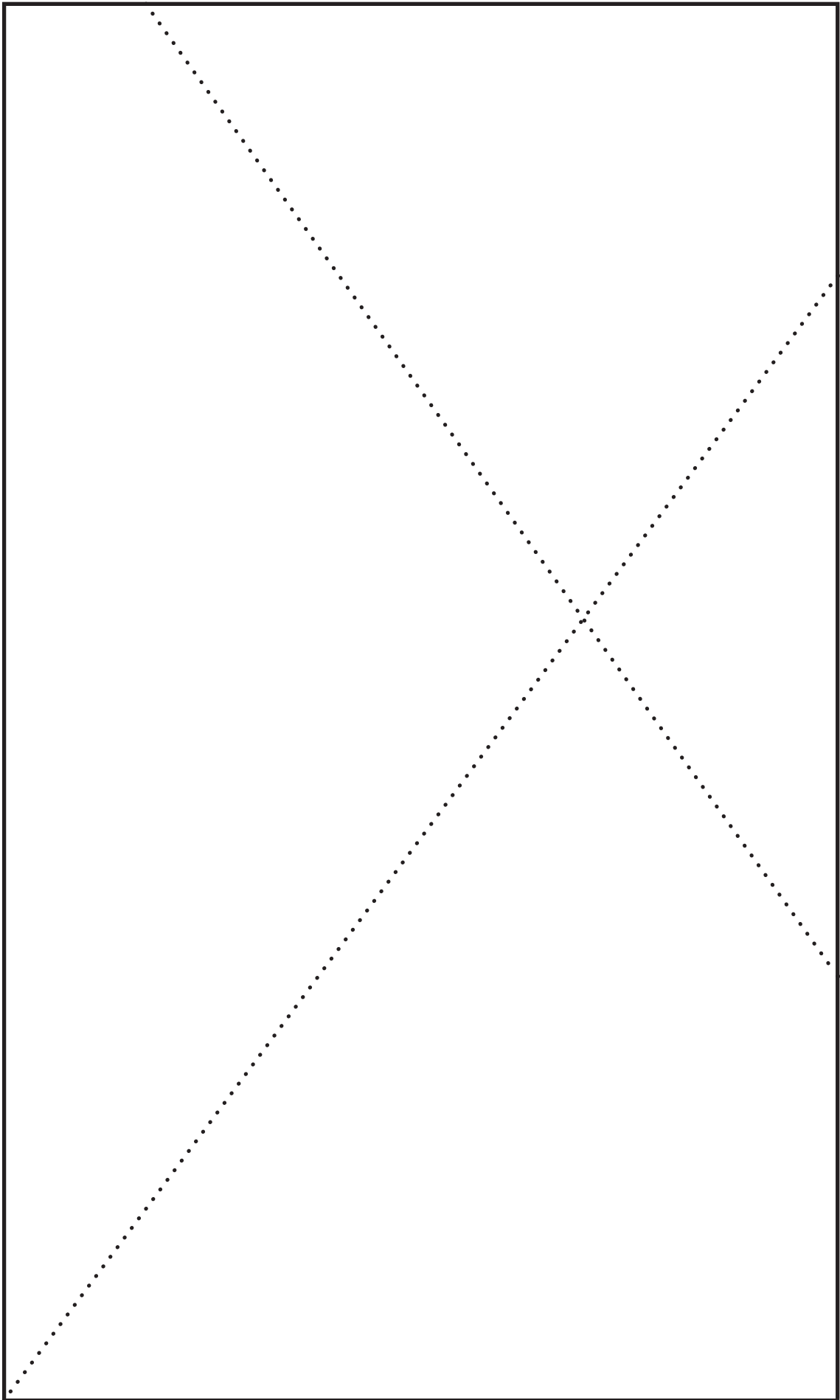
- Birch bark or construction paper
- Scissors
- Glue or staples

## INSTRUCTIONS:

- Begin by trimming a piece of birch bark or construction paper so that it makes a rectangle roughly the size of a piece of letter paper.
- Fold the bark or paper using page 17 of this resource as a guide for your folding lines. The folds should pull the bark or paper together to form a basket or container like structure.
- Glue the folded bark or paper to keep your container together. Participants may have to hold their container in place while glue dries.
- Fold under and glue the bottom of your container and allow glue to dry well.
- Once glue is completely dry, use scissors to trim excess bark/paper so that the opening of your container is even on all sides.
- Allow participants to paint or decorate their creations!

A template for folding the birch bark can be found on the next page.







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# MAKING A WREATH

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

A wilderness area that is safe for participants to explore in.  
Table space for participants to create and decorate their wreaths.

## PEOPLE AND GROUPINGS:

Done individually or in pairs/groups depending on time frame.

## EQUIPMENT NEEDED:

- Scissors or garden shears
- Bags or baskets for collecting natural materials
- Electrical tape
- Green twist-ties
- Bendable wire cut to 1 metre in length (use electrical tape to wrap the sharp ends)
- White Glue

## INSTRUCTIONS:

- Lead your participants on a nature walk and allow them to collect boughs of greenery from trees in the wilderness, keeping responsible collecting practices in mind. Pine cones, berries and other natural decorations may be collected as well.
- Return to your home facility and begin the wreath making process.
- Take your bendable wire and make a circular shape. Twist the ends together so it remains in this shape. Participants may need assistance with this part of the project.
- Use twist ties to attach greenery to wire.
- Use glue to attach pine cones, berries, or whatever other decorations your participants may want to use.





# BULRUSH WEAVING

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

Table space for each participant to create their piece of art.

## PEOPLE AND GROUPINGS:

Done individually.

## EQUIPMENT NEEDED:

- Bulrush leaves (approx. 30-35 per participant)
- Scissors
- Glue

## INSTRUCTIONS:

- Cut your bulrush leaves so that they are all around the same length (12-18 inches long).
- Lay half of your bulrush leaves down (approx. 15 leaves) on the table horizontally and running parallel to one another.
- Begin weaving by taking one of your remaining bulrush leaves and going over one of the outer horizontal leaves, under the next, over the next, and continue this process until you've reached the other side of the square. The leaves that are woven into your square should have a 2-inch overhang on each side of the square.
- Try your best to keep your horizontal leaves straight. This will become easier as the project progresses!
- When you've woven all of your remaining bulrush leaves into the square, you can now glue or tuck away the overhanging pieces on each side to give the craft a clean look.

*If you do not have access to bulrush leaves, an alternative activity that still focuses on the art of weaving is available on the next page using construction paper.*



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# PAPER WEAVING

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Arts & Crafts

## SPACE:

Table space for each participant to create their piece of art.

## PEOPLE AND GROUPINGS:

Done individually.

## EQUIPMENT NEEDED:

- Scissors
- Construction paper (At least 3 different colours)
- Glue sticks

## INSTRUCTIONS:

- Take a piece of construction paper and fold it in half.
- Take scissors and cut from the fold line towards the outer edge of the paper. Do not cut all the way! Leave a 1-inch space of paper uncut near the edge.
- Repeat this process so that there are evenly spaced cuts every inch or so down the fold line. Unfold piece of construction paper when done.
- Take additional colours of construction paper and cut them into 1-inch wide strips.
- One by one, take these new strips and weave them into your original piece of construction paper. The strips will go over one slit and under the next.
- Repeat this process with more strips until the piece of construction paper has become solid again.
- Apply glue to the loose ends of the strips and fold them inward.
- When flipped over, you should have a beautifully woven piece!



# CORN HUSK DOLLS

## AGE GROUP

5 years and up

## SPACE

Table space for each participant to create their piece of art

## ACTIVITY TYPE

Nature Craft

## PEOPLE AND GROUPINGS

Divide the children into groups to share material or have them work individually.

## EQUIPMENT NEEDED

- A string
- Scissors
- A bucket of water
- Bags of cornhusks (dried, cleaned and in uniform sizes)
- Cornhusk doll diagram page (print out)
- Paper towel

## INSTRUCTIONS

- Take 4 cornhusks and put them together, with the wide side on top.
- Use a small piece of string, tie the straight ends together (about 1 inch from the top).
- Trim and round the edges with scissors.
- Turn the ends upside down and pull it cover the trimmed edges.



## PRINCIPLES

- A Caring Adult
- Friends
- Play
- Mastery
- Participation

## DESIGN GUIDELINES

- Developmentally Appropriate
- Safe
- Welcoming of Diversity and Uniqueness





## PRINCIPLES

- A Caring Adult
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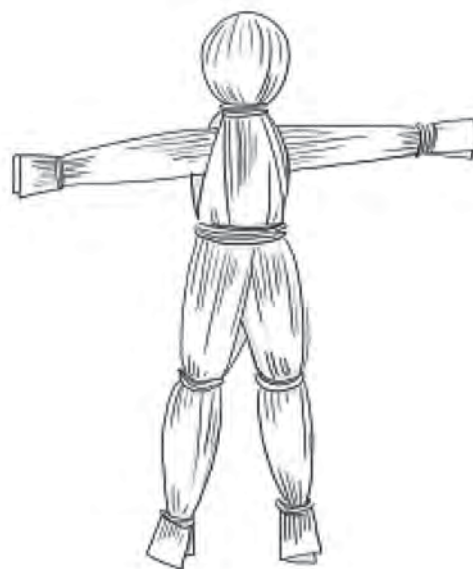
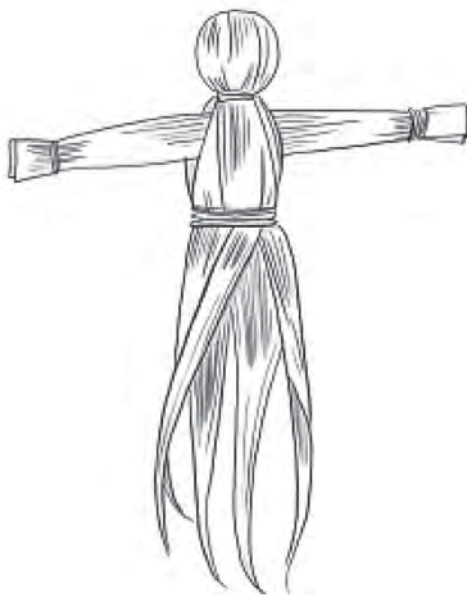
## DESIGN GUIDELINES

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- Tie with string (about 1 inch), create the head.



- Take another husk, roll it and tie the ends to make arms.
- Put the arms inside of the long husks below the neck.
- Tie waist (its optional to tie legs).
- Optional tie more husks to decorate the dolls.



# DREAM CATCHER

## AGE GROUP

5 years and up

## SPACE

Table space for each participant to create their piece of art

## ACTIVITY TYPE

Arts & Crafts

## PEOPLE AND GROUPINGS

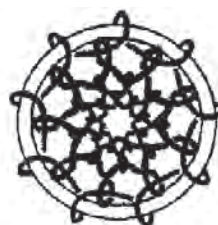
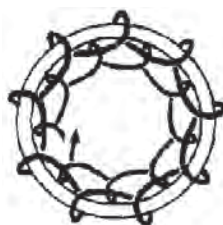
Divide the participants into groups to share material or have them work individually.

## EQUIPMENT NEEDED

- Thin, round, basket-weaving reed
- Strings
- Feathers
- Yarn

## INSTRUCTIONS

- Form a circle using soaked willow or soaked grapevine and secure it by using colorful yarns or string.
- Loosely tie a string around the circle, continuing tie inside the circle, make a web. The dream catcher repeats the same stitch from start to finish. Make a double knot in the end to complete.
- You can decorate the dream catcher with beads, buttons, feathers or anything you choose; You should also make a loop with string on the top to hang your catcher.



Example:



Pictures from

<http://www.teachersfirst.com/lessons/nativecrafts/dreamcatcher.cfm>

Image above retrieved from

<http://norabisi.deviantart.com/art/Dreamcatcher-374576015>



HIGH FIVE is a quality standard of Recreation Nova Scotia for children's sport and Recreation  
Founded by Parks and Recreation Ontario



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# HARVESTING BERRIES FOR JAM - PART I

## AGE GROUP:

8 Years and Up

## ACTIVITY TYPE:

Activity – Outdoors

## SPACE:

An outdoor wilderness area that is safe for participants to explore. The aforementioned area must have edible berries growing within it.

## PEOPLE AND GROUPINGS:

Done as a group.

## EQUIPMENT NEEDED:

Baskets or containers for gathering berries

## INSTRUCTIONS:

- Invite an elder or knowledgeable community member to speak to the group about what berries are okay for consuming, the tradition of harvesting wild berries, or stories from their childhood when they took part in the same activity.
- As a group, begin a nature walk in an area that is safe and suitable for your participants.
- Select a route for your nature walk that will bring you to an area with wild berries growing.
- Allow participants to stop and pick the berries, gathering them in a basket or other container held by the group leader.
- Be careful to only harvest edible berries!
- Return to your home facility and get ready for Part II of the Activity!

The Nova Scotia wilderness is full of edible berries - strawberries, blueberries, raspberries, blackberries and more - that can be used for this activity and others. Before consuming or cooking with any of them however, it is important to verify that they are safe to eat and have been cleaned properly! Invite an elder into the classroom for knowledge sharing on which berries are safe to consume and how to identify them.



# HARVESTING BERRIES FOR JAM - PART II

## AGE GROUP:

6 Years and Up

## ACTIVITY TYPE:

Traditional Food & Drink

## SPACE:

A kitchen area with stove and enough space to prepare food.

## PEOPLE AND GROUPINGS:

Done as a group.

## EQUIPMENT NEEDED:

- Large saucepan
- Large bowl
- Cheesecloth or fine meshed strainer
- Potato masher or similar utensil

## INGREDIENTS NEEDED:

- 10 cups of harvested wild berries, cleaned
- 3/4 teaspoon of lemon juice
- 4-5 tablespoons of sugar

## INSTRUCTIONS:

- Ensure that all the berries from Part I of the activity have been completely washed and drained.
- In a large saucepan, cook the berries on medium heat until completely soft.
- Remove berries from heat and mash until no more large chunks of berries remain.
- Put mashed up mixture through cheesecloth or strainer until only the juice is left.
- Return juice to saucepan, add lemon juice and sugar.
- Cook for 5 minutes or until the mixture begins to gel.
- Allow the jam to cool and then eat on bread, biscuits, etc.

**NOTE:** If all jam is not consumed immediately, refrigerate and eat within the next 3-5 days. The absence of preservatives in this recipe will not allow the jam to last for a long time.



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# HOMEMADE SPRUCE TEA

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Traditional Food & Drink

## SPACE:

A kitchen area with stove and enough space to prepare food.

## PEOPLE AND GROUPINGS:

Done as a group or in smaller groups based on number of stovetops available.

## EQUIPMENT NEEDED:

- Large sized pot or kettle
- Fine mesh strainer
- Tea cups

## INGREDIENTS NEEDED:

- One large handful of spruce needles, either fresh or dried.
- 8 cups of water

## INSTRUCTIONS:

- Bring water to a boil on stovetop.
- Sink spruce needles in water and boil for 10-12 minutes.
- Remove from heat and pour water and needle mixture through strainer into individual cups.
- Discard the boiled spruce needles and enjoy!



# HOMEMADE BIRCH TEA

## AGE GROUP:

10 Years and Up

## ACTIVITY TYPE:

Traditional Food & Drink

## SPACE:

A kitchen area with stove and enough space to prepare food.

## PEOPLE AND GROUPINGS:

Done as a group or in smaller groups based on number of stovetops available.

## EQUIPMENT NEEDED:

- Large sized pot or kettle
- Tea pot
- Scissors
- Fine mesh strainer
- Tea cups

## INGREDIENTS NEEDED:

- 20-24 small twigs from the end of birch tree branches.
- 8 cups of water

## INSTRUCTIONS:

- Bring water to a boil on stovetop.
- Take scissors and cut up the birch twigs into smaller 1/2 inch pieces.
- Place birch pieces in the bottom of tea pot, cover with boiling water and allow to steep for 5 minutes.
- Pour through strainer into tea cups.
- Discard birch pieces and enjoy!



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# LUŠKI (MI'KMAQ BREAD)

## AGE GROUP:

9 Years and Up

## ACTIVITY TYPE:

Traditional Food & Drink

## SPACE:

A kitchen area with oven and enough space to prepare food.

## PEOPLE AND GROUPINGS:

Done as a group or divided into smaller teams if there is more than one oven.

## EQUIPMENT NEEDED:

- Medium sized bread pan
- Large mixing bowl
- Rolling pin
- Spatula
- Knife

## INGREDIENTS NEEDED:

- 5 cups of flour
- 4 teaspoons of baking powder
- 1 teaspoon of salt
- 1/2 cup of margarine or oil

## INSTRUCTIONS:

- Add and mix all dry ingredients in a large mixing bowl.
- Add in the water and margarine, mixing with dry ingredients to form a soft dough.
- Roll dough tightly and then pat firmly into a medium sized bread pan.
- Cut dough into squares with knife before baking.
- Bake in a medium oven (300 °F or 150 °C) for about 45 minutes.



# SUPPORTERS AND CONTRIBUTORS

This tool kit has been created with tremendous support from Nova Scotia's aboriginal communities and a number of invested organizations.

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Unama'ki Institute of Natural Resources  
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## HIGH FIVE® NOVA SCOTIA

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Halifax, NS B3J 1G6

ARTWORK CREATED BY GERALD  
GLOADE, MILLBROOK NS.

# REFERENCES

The activities in this toolkit have been compiled through meetings in various First Nation communities across the province of Nova Scotia or compiled (and in some cases adapted) from existing resources:

Favour, Edith. *Indian Games, Toys, and Pastimes of Maine and the Maritimes*. Bar Harbor, Me.: Robert Abbe Museum, 1974. Print.

Coastal First Nations Turning Point Initiative, and Sierra Club BC. *Going Wild!* Sierra Club BC, 2009. Print.

"Mi'kmaq Talking Posters." *Mi'kmaq Talking Posters*. Eastern Woodland Publishing, n.d. Web. 27 Mar. 2014. <<http://www.firstnationhelp.com/ali/posters/>>.

*Mi'kmaw Resource Guide*. 4th ed. Truro, N.S.: Eastern Woodland Pub., 2003. Print.

*Games and Crafts - Activities - The Kids' Site of Canadian Settlement - Library and Archives Canada*. Library and Teachings Canada, 13 Jan. 2005. Web. 27 Mar. 2014. <<http://www.collectionscanada.gc.ca/settlement/kids/021013-1600-e.html>>.

"Chapter 7 - Entertainment and Recreation." *Kekina'muek: Learning about the Mi'kmaq of Nova Scotia*. Truro, N.S.: Confederacy of Mainland Mi'kmaq., 2007. N. pag. Print.

HIGH FIVE® Principles of Healthy Child Development Workbook, Parks and Recreation Ontario, 2012. <http://www.highfive.org/take-action/get-trained>

Did you know that 63% of Canadian children's free time is spent being inactive?

Only 11% of children meet the Canadian Standards of Physical Activity for Children and Youth.

1 in 2 children would like the chance to be involved in a program in which they're not currently participating.

1 in 4 children report low levels of overall health and well-being.

Positive experiences at play improve academic achievement and self-esteem while lowering depression.

SET A CHILD UP FOR SUCCESS TODAY AND MAKE SURE THEY GET THE BEST WAY TO PLAY!



82%

OF PEOPLE RELY ON  
RECREATION SERVICES  
for fun and  
**PHYSICAL FITNESS**

Parks and Recreation Ontario, Recreation and Parks, Essential for Life, 2009



The best way to play™

[WWW.HIGHFIVE.ORG](http://WWW.HIGHFIVE.ORG)

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Founded by Parks and Recreation Ontario



