

Empowering the Spirit is a collection of resources to increase awareness and understanding of First Nations, Métis and Inuit histories, perspectives and ways of knowing.



[Empoweringthespirit.ca](http://Empoweringthespirit.ca)

This website provides guidance and support for your professional learning and practice in 3 areas:

- Foundational Knowledge
- Experiential Learning
- Professional Learning Resources

Each area provides core and support resources to support build the professional competencies of educators. Additional resources are also included that offer further perspectives and support deeper knowledge-building.

Alberta's Indigenous People

Alberta's Inuit People

Alberta's Métis People

Historical Perspectives and Current Contexts

Legacy of Residential Schools

Reconciliation

Treaty Education

Ways of Knowing

**Foundational knowledge** requires understandings of concepts, terms and knowledge, and have been organized into 9 themes. Foundational knowledge shifts thinking and attitudes and advances reconciliation.

Each of the themes featured on the website provide links to resources, including Conversation Guides which have been designed for use by instructional leaders and learning communities or as self-paced study.

History of the Métis Jig

Hosting a Family Night

Photovoice Project

The KAIROS Blanket Exercise

**Experiential Learning** provides learning opportunities to deepen understanding of the strength and diversity of Indigenous people and increase inter-cultural understanding.

Each of the themes provide activities to actively engage educators and students. They range from the development of understandings and connections to culture and traditions.

## Acknowledgement:

This guide was developed by the Alberta Regional Professional Learning Consortium to support implementation. It is freely provided in support of improved teaching and learning under the following Creative Commons license.



**Professional learning resources** support implementation of the First Nation, Métis and Inuit competency from the 3 draft professional practice standard documents for Alberta teachers, school leaders and system authority leaders.

The themes highlight different areas and aspects of implementation. They provide access to a variety of print and online resources and supports that include:

- competency-based and curriculum-specific resources
- professional learning processes and implementation strategies
- promising and successful practices from jurisdictional initiatives and programs and
- supporting resources that reinforce the topics.

Cultural Awareness

Curriculum-Specific Resources

Education for Reconciliation

Edukits

Eliminating the Achievement Gap

First Nations, Metis and Inuit Professional Learning Processes

Literacy

Numeracy

Wellness

Seven Grandfathers Teachings

Empowering the Spirit builds educator capacity to support the diverse needs of all students in schools, and specifically First Nations, Métis and Inuit students.



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