



# ORANGE SHIRT DAY AND BEYOND

2023- 24 SUPPORTS FOR SCHOOLS AND EDUCATORS

This guide supports Education for Reconciliation through inclusion of First Nations, Métis, and Inuit ways of knowing, historical perspectives, traditional games, dance, and song. This lesson embraces the rich and vibrant cultures of Indigenous people across Alberta and Canada. The lesson activates learning and thoughtful reflection about Canada's relationship with Indigenous peoples.

## Lacrosse

### Introduction

Lacrosse is a traditional game that required sportsmanship, physical endurance, and unlimited time as it was originally played for days by many nations on Turtle Island. The game is known as the Creator's Game and a game of spiritual harmony and healing. Lacrosse is a unique sport! Research and share the original materials used and the original rules created as the game evolved.

### Essential Questions

Where did lacrosse originate?

How does the game of lacrosse bring healing when playing?

What does lacrosse symbolize today?

How does the game bridge to reconciliation?



### Activity

**Sharing-Talking Circle:** Students will engage in a sharing circle to discuss how lacrosse was invented, how it evolved, and the traditional sport it represents in North American today. Sharing reflective questions, ask students: How does the sport of lacrosse bridge relationships with other sports, games, and cultures? How does the sport connect to land, relationships, and shared understandings of Indigenous culture?

Have students talk about their favorite sport and where it originated.



**Reconciliation Connection:** Understanding and learning about the many contributions of Indigenous people is a strong connection to reconciliation.

**Key Words:** legacy, culture, traditions, values, authenticity, heritage, Haudenosaunee

**Themes:** traditional games, kinship, belonging, relationships, healing, legacy

**Extensions:** Research a traditional sport that originated on Turtle Island. Have students share their findings with others through an infographic poster to highlight the many contributions of Indigenous people.

## Resources

The Healing Power of Lacrosse

<http://www.cbc.ca/player/play/1402831358>

The Grizzlies (trailer)

<https://youtu.be/FNrw1UzJoBw>

Creating Projects with a First Nations, Métis or Inuit Focus

[https://empoweringthespirit.ca/wp-content/uploads/2019/04/FNMI-creatingProjects\\_Learning-guide-April-2019.pdf](https://empoweringthespirit.ca/wp-content/uploads/2019/04/FNMI-creatingProjects_Learning-guide-April-2019.pdf)

Work that Matters – A Teacher’s Guide to Project Based Learning

<https://www.pxu.org/Page/13468>

<https://www.pblworks.org/>