



# ORANGE SHIRT DAY AND BEYOND

2023- 24 SUPPORTS FOR SCHOOLS AND EDUCATORS

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

## Visual Arts

### Introduction

The Métis are a unique and proud community in Canada. Métis people have always been an innovative collective, inspired by nature. Métis artwork can be identified in capote making, sash making, weaving and beading. We can see European and Indigenous art forms combined to make beautiful creations.

The Denesuline Nation has reserve lands near Cold Lake and Primrose Lake. The Dene language, with its various dialects, are spoken across Turtle Island and for thousands of years, the Dene people were nomadic. The Denesuline of Cold Lake have a deep love and respect for nature and all

her gifts. They are well known for their excellence in artistic endeavors.

### Beading

Beading is a form of artistic expression that tells a story and is inspired by nature. The act of beading can be experienced as a type of meditation or mindfulness which teaches patience. It is important to have good thoughts while beading and to set intentions for healing and connection. Beadwork is not meant to be perfect, and in fact includes imperfections to demonstrate that this is a human process.

### Painting

Artists create their art foremost for themselves. It can be a type of therapy, calming the spirit and finding balance and harmony inside oneself. Inspiration, as explained by Alex Janvier, can come from so many sources: land, sky, stars, family, tribe, music, memories from ancient stories. There are many ways to tell a story and painting is just one way. Often, we hear that artists derive their talent and inspiration from Creator.

## Essential Questions

- Who are the Métis People? Who are the Denesuline People?
- Culture, traditions, language, and specifically storytelling are important aspects of the Métis and the Dene.
- Why is storytelling so important to many Indigenous peoples?
- How can stories be represented in ways other than oral tradition?

## Activity

### Sharing-Talking Circle:

When considering the different types of visual arts, reflect on the influence of nature on culture. Share these reflections in a circle format. Share responses to Essential Questions.

**Reconciliation Connection:** Learning the history of arts and culture preserve and promote traditional Métis and Dene ways of life.

**Key Words:** traditions, storytelling, beading, painting, Creator, Métis, Dene, connection, healing.

**Themes:** inspiration, intergenerational teachings, culture, stories, land.

**Extensions:** Explore Métis culture with Rupertsland Institute! Consult this [poster](#) which provides ideas for activities in the classroom. Inspired by her original art, Connie Kulhavy shares this [colouring page](#) for students to learn about Métis culture and history.

## Resources

### Aspects of Métis Culture Cards

<https://www.rupertsland.org/wp-content/uploads/2019/06/Culture-Cards-29May2019.pdf?r=1>

### Cold Lake First Nations

<https://clfns.com/about-us/>

### Alex Janvier

<https://www.alexjanvier.com/about-alex-janvier/>

### Leah Dorion

<https://www.leahdorion.ca/>

### The Flower Beadwork People

<https://www.youtube.com/watch?v=54ipBLZJ6L4>