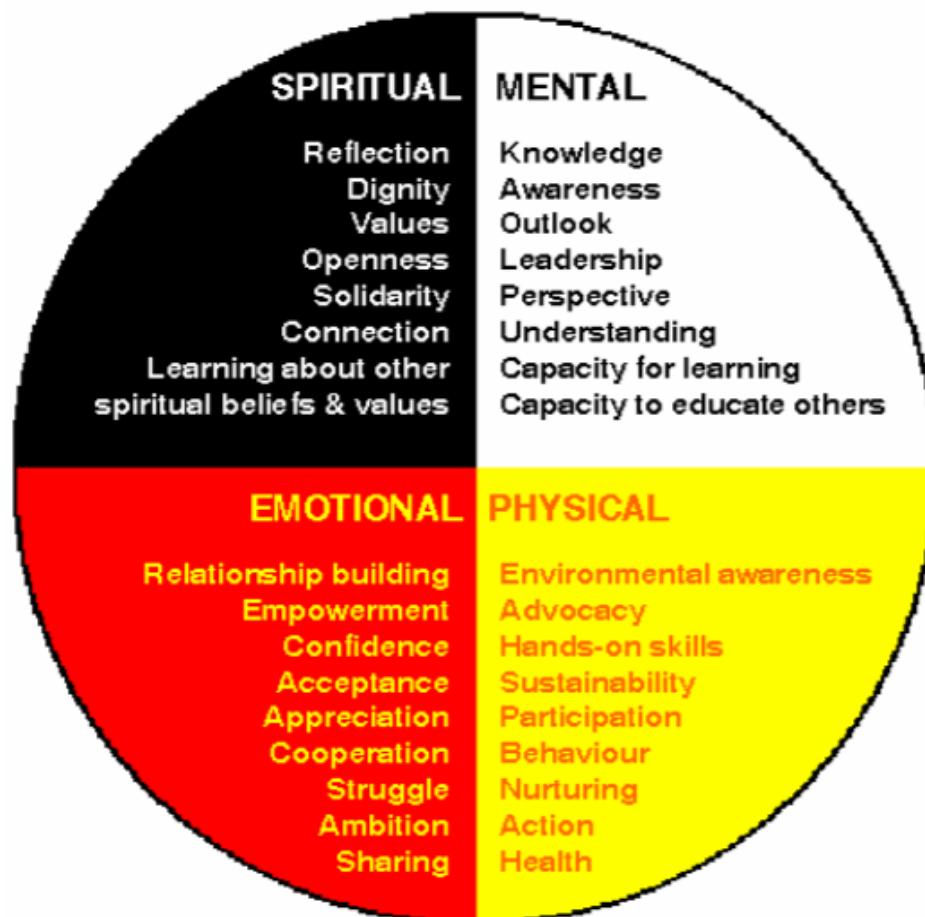


# Holistic Learning Approaches in the Early Years 2020-2021

## Early Years Learning Team and Head Start



### Get cree and dene words (months) and Seasons

kisêpîsim  
The Great Moon  
January

mikisiwipîsim  
The Eagle Moon  
February

niskipîsim  
The Goose Moon  
March

ayîkipîsim  
The Frog Moon  
April

sâkipakâwipîsim  
The Budding Moon

May	The Mating Moon
pâskâwihowipâsim The Hatching Moon	The Autumn Moon September
June	pinâskowipâsim The Migrating Moon October
paskowipâsim The Moulting Moon	ihkopâwipâsim The Frost Moon November
July	pawâcakinâsâsipâsim The Frost Exploding Moon December
ohpahowipâsim The Flying Up Moon	
August	
nôcihitowipâsim takwâkipâsim	

The information provided is a general guide to the protocols and methodologies of Indigenous people that are unique to their community in respect of the Dene, Nakawe, Lakota, Dakota, and Cree. The Guidance in each community varies and asking about cultural protocols and nature based programming/land based practices will be dependent on many varying factors such as the Knowledge keepers and Elders. As Indigenous people we must respect the language and culture that varies in each community and individual student.

\*\*\*This guide is not intended to provide in-depth knowledge about ceremony or cultural teachings, but is a hands-on approach to including Indigenous methodologies and land based approaches to learning.

Cultural teaching: tobacco, smudging, fasting, song and dance: gift of ceremony and sacred pipe, feasts, tipi-teachings,

## SPIRITUAL

- Daily smudge
- All about me activities:
- Teaching from the four quadrants daily
- Seven Sacred Teachings
- Treaty teachings
- Incorporating multicultural materials and books in the classroom

- Traditional stories
- Connections to land and place
- Elder and community visitors
- Create a map of the community with your students
- Create a land based activity center: camping, furs, elders, smoke house/hut
- Hunting
- Sage and sweet grass picking
- Pipe ceremony
- Talking circle
- 4 seasons teachings

#### MENTAL:

- Daily classroom helpers (feeling of belonging and contributing)
- Medicine Picking
- Outdoor Education
- Cloud painting
- Traditional Music
- Traditional Dance ex. Jigging, powwow, round dance
- Mural painting
- Grow plants and/or gardens
- Classroom pets
- Traditional hand games
- Art
- Beading
- Traditional ceremonies: sweat, feast

#### EMOTIONAL:

- Feelings chart made with students
- Second step lessons
- Literature about different feelings
- Sing songs about feelings
- Puppet shows about feelings
- Painting to music
- Oral Storytelling
- Hospital or vet center
- Create a center management chart with students
- Playing games that require turn taking ex go fish, matching games, guess who, connect four, snakes and ladders.

#### PHYSICAL:

- Outdoor Education: ice fishing, setting traps, berry picking, nature walks, gathering outdoor materials, pond studies, insect walks, bird watching, snow shoes, outdoor cooking
- Natural Materials in the classroom... bring the outdoors in.
- Daily outdoor experiences
- Healthy snacks
- Teach about the four food groups and have a chart near the snack area to refer to when eating snacks
- Daily hands on activities that build on children's fine motor skills. Puzzles, crafts, beading, painting, playdough activities etc
- Rock painting
- Natural materials collages
- Traditional Dance ex jigging, powwow
- Grow classroom gardens
- 

## Fall

September	October	November
Cremenony and protocols Sage and sweetgrass picking muskeg , mint and berry picking Feast Rock: uniqueness of rocks Moon phases Cranberry picking Collect leaves for art and learning. Migration Hibernation Hunting Moose	hunting , fishing and trapping Fire making Tanning and hide making Outdoor cooking, dry meat, harvesting and canning/Smoking meat (Naomi) Smoking fish Canning berries, fruit and vegetables. Bannock making Outdoor Cooking Fire Safety Dressing appropriate for weather Traditional Clothing	Pipe ceremony Remembrance day Weather and migration Traditional clothing and tools making Snow study Hibernation

**Cultural teaching: tobacco, smudging, fasting, song and dance: gift of ceremony and sacred pipe, feasts, tipi-teachings, nature walks, months in Cree and Dene**

## Winter

December	January	February
Family Giving: making crafts for elders, making gifts Storytelling Fire safety Getting firewood(what types of wood is good to cook with, smoke with, best heat) difference between wet and dry wood Winter shelter Igloos-relationships with other indigenous groups	Snowshoeing making Winter snaring and trapping Winter shelter Outdoor cooking Ice safety Shortest month of the year Goal setting Making nets Vision boards Types of fish Where to fish Types of rods, snare poles, How to fix fish Smoking fish/wood needed Building a smokehouse How to make fish hooks Toboggan making	Love Family Traditional Dance Beading Gatherings Scaling Eagle month teachings Dog sledding Skidoo rides snowshoeing Sliding cooking over a fire in the winter Making candy in the snow Bannock making on a stick Picking muskeg throughout the year

**Cultural Camps, Cultural teaching: putting down tobacco before taking, giving thanks, respecting mother earth, smudging, fasting, song and dance: gift of ceremony and sacred pipe, feasts, tipi-teachings, nature walks, months in Cree and Dene-hand games**

## Spring

March	April	May
Animal identification Animal tracking Rainbow month New life Babies being born Beading with pony beads Collect cans for gardening Making small blankets out of clothes students outgrow Making regalia for powwow	Spring Ice Safety Start seedlings for garden (tomatoes, potatoes, lettuce etc) New beginnings' New Birth Fish runs Migrating birds coming back Duck hunting Fixing a duck	Frogs and pond study Garden Planting Community Helpers: Visit the community and learn about your community Water safety Boat safety Canoe safety

**Cultural teaching: tobacco, smudging, fasting, song and dance: gift of ceremony and sacred pipe, feasts, tipi-teachings, Months in Cree and Dene**

## Summer

June	July	August
Treaty Day Summer Safety Insect Study Painting Rocks	Fishing Canoeing Camping <b>Community programming and family activities</b>	Getting ready to back to school Berry picking Sun Dance Horse Dance Sweats Community programming and family activities.

**Cultural camps Cultural teaching: tobacco, smudging, fasting, song and dance: gift of ceremony and sacred pipe, feasts, tipi-teachings,**