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Métis Cultural Connections

OUR DISTINCT MÉTIS CULTURE DEFINES US AS ONE OF THE INDIGENOUS PEOPLES OF BRITISH COLUMBIA. MAKE CONNECTIONS TO YOUR MÉTIS CULTURE, AND LEARN WHAT MAKES US UNIQUE.



THE BUFFALO HUNT

The Métis often refer to the plains bison as buffalo - in the Michif language, "li buffloo." However, bison and buffalo are two distinct species and buffalo are not native to North America.

The buffalo hunt was important to the development of Métis culture and the Métis Nation.

Large scale buffalo hunting in

the 1800s contributed significantly to the economic growth of what is now Canada. The buffalo hunt provided sustenance and livelihood for the Métis

and created trade routes throughout the plains.

The well-organized hunts established a structure of governance, laws and community that remains today and continues to support the growth of a strong Métis Nation.

Refer to the links below for further information and read the *Métis Camp Circle: A Bison Culture Way of Life* by Leah Dorion • Michif translation by Norman Fleury [Bison Hunting | Indigenous Peoples Atlas of Canada](#) [Métis - The Buffalo Hunt \(firstpeoplesofcanada.com\)](#)



Buffalo Bulletin

MÉTIS TRADITIONAL LIFE WAYS CONNECT US TO THE LAND AND OUR ANCESTORS, AND TRANSMITS KNOWLEDGE TO OUR CHILDREN. LEARN TO ACKNOWLEDGE, HARVEST, GATHER, AND SHARE NATURAL RESOURCES.

"Taking part in a seasonal cycle is a spiritual exercise because the participant is part of a holistic system with all things in creation."

— INDIGENOUS PEOPLES ATLAS OF CANADA

A long, long time ago the Métis people lived their lives in accordance with the different seasons of the year, unlike today where we have a lot of access to the type of food, we prefer year-round. Métis families and communities used the time of year to determine where they lived and what they ate. This was known as the Seasonal Cycle. People often travelled to different parts of the land at different times of the year to be the most successful. Late spring and early summer were spent planting gardens on plots of land, where later summer was the time to hunt buffalo. Fall was a time for gathering berries to be processed and stored for the colder months ahead. Trapping animals was done in the winter months when the weather was cold, and fur was at its prime. Back into spring, fisheries came to life again and the planting of the garden plots began again. Many of our Métis families today still follow a seasonal cycle, and some, perhaps, without even realizing it! It is important to remember that what the Creator has left for us should be shared amongst us all and we always offer a gift back to the Creator to say thank you. This could be a tobacco offering or a piece of your hair. What do you think your ancestors would be trapping at this time of year?

Source:

<https://indigenouspeoplesatlasofcanada.ca/article/lifeways/>



Louis' Kids Club

MÉTIS CHILDREN WILL LEARN ABOUT THEIR CULTURE AND THE WORLD AROUND THEM WITH A FUN ACTIVITY. FAMILIES WILL HAVE AN OPPORTUNITY TO CREATE, CONNECT AND SHARE TIME TOGETHER.

HANDPRINT BISON ACTIVITY

From the 1810's until the 1870s, plains bison were a main source of survival and income for the Métis. The Métis used all parts of the bison from the hunt. Hides were used to make clothing and blankets. The skin was used for bags and ropes. Bones were carved into knives and other tools. The horns became spoons or ladles. Meat was used for trade as well as food for their own community. The Métis went on two major hunts a year - in the fall and then again in the spring or summer.



Downloaded from <https://www.pinterest.ca/pin/330310953898013525/?d=t&mt=login>

First, have the child paint their hand with brown paint. Make a print on a sheet of construction paper. The thumb print creates the tail.

Add a fluffy hair-do using a paint brush or felt markers after the paint is dry. Draw the curved horns and ears with a black marker. Make the nose area with nostrils and a mouth.

References:

[Bison Hunting | Indigenous Peoples Atlas of Canada](#)

[The Métis - Food / Hunting / Tools \(firstpeoplesofcanada.com\)](#)



Daily Physical Activity

CHILDREN AND FAMILIES WILL LEARN PHYSICAL ACTIVITIES FOR HEALTHY GROWTH AT EVERY AGE. THE ACTIVITIES WILL INCLUDE MÉTIS TRADITIONAL PRACTICES, OUTDOOR PLAY AND MUCH MORE.

Winter's dark and chilly days can make it easy to stay cozy inside, but if we are able to, it's important to get outside and keep active for our mental, emotional, physical, and spiritual health! It doesn't need to be anything strenuous or complicated, simply going out on the land and breathing the fresh air connects us to culture and nature.

Take a walk around your neighbourhood and explore the local flora and fauna with the little ones. How have the trees changed with the seasons? Do the trees have needles or leaves? Do they have pinecones? Can you see any nests in the branches? What kind of bird would make these nests? Which animals are hibernating, and which ones have thick fur to stay warm? You could even plan a scavenger

hunt with a list of local items that the kids have to find!

If you live in a snowy region of the province, getting bundled up with the kids and having a snowball fight or building a snowman can be a wonderful way to get outside and burn off some energy! Try using local plants such as branches, pinecones, and shrubs to decorate your snowman. Take some time to identify what plants you are using to decorate your snowman and discuss their cultural and environmental significance.

If you live near a beach, take the little ones down to the shore for a walk and draw with sticks in the sand. Get them to spell their names or their favourite animals or teach them how to play tic-tac-toe! Collect rocks

Winter Scavenger Hunt

- | | |
|----------------|-----------|
| ◇Icicle | ◇Insect |
| ◇Feather | ◇Twig |
| ◇Squirrel | ◇Bird |
| ◇Pinecone | ◇Chimney |
| ◇Snowflake | Smoke |
| ◇Animal Tracks | ◇Snow man |
| ◇Berries | ◇Puddle |
| | ◇Nest |

and shells to take home and decorate with paints or markers for a fun and easy craft with the kids!

Making exercise fun and educational can make it feel a lot less like a chore on these cold days and easier to include into our daily routine!



What's your name, where you from?

SHARE YOUR FAMILY'S CONNECTION AND JOURNEY WITH THE MÉTIS NATION COMMUNITY. TELL YOUR STORY AND HAVE YOUR FAMILY FEATURED IN THE NEXT EDITION OF *LEARN WITH LOUIS*. SUBMIT YOUR STORY TO: MÉTISEARLYYEARS@MNBC.CA

THE BEATTIE FAMILY

Hello from me, Kristen, and the rest of the Beattie family of Terrace! We are a family of 5, originally from the Lower Mainland. After we had two kids, my husband and I felt it was time to make a move to a place where we could give our kids more space (and, yes, where housing was more affordable). We landed here in Terrace. Since moving in the summer of 2019, we have had child #3!

Although COVID has made it challenging for us to connect with our neighbours and Métis community here, we did start the Cheerful Flowers Project (check us out [#cheerfulflowersproject](https://www.facebook.com/cheerfulflowersproject) on Facebook and Instagram) as a way to get to know the community.

Our Métis roots come from my mother's side of the family. She is the youngest of seven, from

San Clara, Manitoba (near Roblin). Although I grew up only knowing we were "French", I've heard wonderful stories of parties with fiddle music, and I enjoy seeing the old photos of San Clara that my elders share on a social media group for families from San Clara. I even found out that some of my elders know some Michif, thanks to social media!

I am so grateful for the programs that MNBC offers as I hope to better connect with my heritage and share it with my children. My four-year-old already requests to listen to fiddle music when we are in the car and my six-year-old asks, "are we going to make bannock?" when she hears it!

As COVID restrictions ease, our family is looking forward to connecting with the community in Terrace!

Wellbeing Program

WHAT IS THE MIYOOPIMATISHIK (WELLBEING) PROGRAM?

The Miyoopimatishik (Wellbeing) program has been created for Métis families with children birth to 8 years old. Métis families with children that require extra support

may be eligible and can apply for services funded directly by MNBC. Families can access funds up to \$5000 per child. To apply for the Miyoopimatishik Program children must first be enrolled in the Métis Families Connections Program.

FOR INFO VISIT OUR WEBSITE:

Wellbeing program – Métis Nation British Columbia (mnb.ca/wellbeing)

OR CONTACT US:

metisearlyyears@mnb.ca
1-800-940-1150



The Learning Journey

EDUCATION IS A LIFE LONG JOURNEY THAT INVOLVES EVERYONE. THESE LESSONS, ACTIVITIES, AND RESOURCES WILL HELP FAMILIES SUPPORT CHILDREN WITH BASIC EDUCATION WHILE LEARNING THEIR MÉTIS CULTURE.



The Early Learning Framework promotes the importance of play as a way for children to experience the world through touching, seeing, feeling, listening and by engaging with people, places, materials, species, and ideas. Play is such an integral part of a child's well-being and ability to learn – and their environment plays an important role in enhancing that. Children can gain an immense amount of knowledge and skill through outdoor play. Whether your winter encompasses rain, snow, or something in between, make sure your children reap the benefits of playing in all of Mother Earth's glory – a core Métis value. Here are some of the benefits:

1 | ENHANCES PHYSICAL SKILLS

(MÉTIS CORE VALUE Mother Earth, Strength, Patience)

Children can develop physical skills much faster while playing in rainy or snowy weather. The slippery conditions provide children with the opportunity to work harder to maintain good balance, which will further enhance their coordination and gross motor skills. The winter weather helps children make important choices about their safety – it helps them understand what is safe and what isn't, and ultimately enables them to grow more confident in their movements.

2 | PROMOTES A HEALTHY LIFESTYLE

(MÉTIS CORE VALUE Mother Earth, Courage)

Playing outside during the wintertime can teach children from a young age the importance of daily exercise and maintaining a healthy lifestyle, despite what the weather forecast

says. This encourages them to gain a better relationship with exercise and the outdoors through providing many more opportunities and experiences, which are no longer limited by the weather. Rain or shine – or snow – kids need the ability to learn and grow in all environments.

3 | CONNECTION TO LAND

(MÉTIS CORE VALUE Mother Earth, Respect, Love, Tolerance)

Having the ability to explore during the winter can give children new experiences of water and allows them to learn about Mother Earth in more in-depth ways. Children can learn the importance of creating a connection to the land, what the land provides, and how to respect it while still having fun. They will be able to learn the balance of give and take with Mother Earth – allowing them to honour what the Creator has given us in a playful way.

4 | PROVIDES A SENSORY EXPERIENCE

(MÉTIS CORE VALUE Mother Earth, Respect)

Spending time outdoors during the winter, provides an important sensory experience for children. With different sounds, smells, tastes, sights, and touches – the winter weather can truly enhance a child's sensory experience. Keeping children inside whether it's raining or snowing, limits their experience of the world. The different smells that come when it rains, the different animals that come out in the snow, the sound that rain makes when falling on the ground, or the sound of stepping on freshly

fallen snow, are all important for children to understand and further connect with nature.

5 | INCREASES INDEPENDENCE

(MÉTIS CORE VALUE Mother Earth, Courage, Patience)

Winter weather can provide children with some independence and individual responsibility on keeping themselves dry and warm outdoors. It gives them the opportunity to learn self-help skills – figuring out what they need in order to go out during wet and snowy weather, as well as what they need to do to go outside again, like hanging their coats up and putting their wet boots away.

6 | ENHANCES CREATIVITY

(MÉTIS CORE VALUE Mother Earth, Respect, Sharing)

Playing outdoors in the winter can provide children with a number of ways to be creative and imaginative. Whether it is through playing games and socializing with others, learning to play with new materials and textures, learning how to problem solve in different weather conditions, or just letting their mind and imagination run wild. Children can connect to the land in all its forms – pretending they are wild animals in the forest, building tiny villages out of mud, or making snow forts. Their imagination can soar freely and enhance their creative skills, which they can transfer to other areas of their life.

Visit [Education – Métis Nation British Columbia \(mnbc.ca\)](http://Education – Métis Nation British Columbia (mnbc.ca)) for some free, downloadable Métis Educational Resources.

Michif with Maddy the Magpie

THE NATIONAL MÉTIS LANGUAGE IS MICHIF, A DISTINCT LANGUAGE DEVELOPED FROM FRENCH, CREE AND OTHER FIRST NATIONS LANGUAGES. HAVE FUN LEARNING MICHIF WITH MADDY THE MAGPIE.

Michif is the national Métis language. It is a unique language that developed in the Red River in the early 1800s and has features of French, Cree and other First Nations languages. Maddy the Magpie would like to share some words in Michif with you! To find out how to say Maddy's words go to http://www.metismuseum.ca/michif_dictionary.php or download the App "Heritage Michif to Go" on iTunes or goggle play.

Blizzard: enn taanpet di niizh | **Happy:** miyeuhtayn | **Mittens:** Lii pchit mitenn | **Icele:** Lii glaasoon



miyeuhtayn
(happy)



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