

# **Overview of Indigenous Perspectives Workshop**

## **For Teachers' Convention**

### **1.) Teaching/Educational Sweat Lodge**

**Participants will be participating in what is known as a Teaching/Educational Sweat Lodge.**

- This is an introduction to an Indigenous tradition that has been practised for thousands of years. It is to provide participants with a basic understanding of what a Sweat Lodge is all about, the importance of a Sweat Lodge and some of what goes into creating a Sweat Lodge and exposure to some of the customs and traditions associated with a Sweat Lodge.
- The heat level is maintained at an acceptable level for most individuals. This should not be an uncomfortable endurance test. We approach it from a perspective of kindness and want every participant to feel safe and comfortable. (perhaps stretching their comfort zone just a little bit)
- There will be 2 rounds of sweating and singing. Each round will take roughly 15 to 20 minutes and each has a specific meaning to it.
- In between the rounds you will be allowed to come out if necessary and rejuvenate via cold water and fresh air. This break usually last between about 5 – 10 minutes.
- If you feel that you cannot go back into the next round, it is ok to sit out.
- Before/after or in between the rounds, feel free to speak to Casey or Walter about your experience or anything else you may need to speak to them about.

### **2.) Indigenous Traditional games and talking circle**

Participants will be introduced and participate in some very basic traditional Indigenous hand games along with other traditional games as well as the talking circle. Key points will be to understand the significance of these traditions as well as the process and desired outcomes.

### **3.) Applying Foundational Knowledge about First Nations, Metis and Inuit**

**This session will provide participants with a better understanding of how to address Alberta Education's TQS goal of "Applying Foundational Knowledge about First Nations, Metis and Inuit".**

**As outlined in Alberta Education's TQS document this session will address several key areas such as**

**A teacher develops and applies foundational knowledge about First Nations, Métis and Inuit for the benefit of all students.**

Achievement of this competency is demonstrated by indicators such as:

(a) understanding the historical, social, economic, and political implications of:

- treaties and agreements with First Nations;
- legislation and agreements negotiated with Métis; and
- residential schools and their legacy;

(b) supporting student achievement by engaging in collaborative, whole school approaches to capacity building in First Nations, Métis and Inuit education;

(c) using the programs of study to provide opportunities for all students to develop a knowledge and understanding of, and respect for, the histories, cultures, languages, contributions, perspectives, experiences and contemporary contexts of First Nations, Métis and Inuit; and

(d) supporting the learning experiences of all students by using resources that accurately reflect and demonstrate the strength and diversity of First Nations, Métis and Inuit.