



Introduction

The history of Canada is a very interesting one. Indigenous People lived in what we now call Canada long before European Settlers traveled across the ocean to settle in North America.

The Indigenous People are made up of different nations or groups of people who lived in various areas across North America. Back then, most Indigenous People referred to North America as Turtle Island.

Each nation has a unique culture and language. Some of the traditions and celebrations are similar because they celebrate the seasons of the year. An example of this would be the first fruit of the year. In areas of Canada the first fruit is the strawberry.



The Indigenous People had strong ties to the land. There were no grocery stores back then. The people had to hunt and harvest foods to eat, pick medicines to heal, and make their own clothes and shelter. The land provided them with all of this. Since the land gave the people so much to help in their everyday lives, they valued their relationship with the Earth.

They believed that the Earth should be treated with respect, and that a person should only use as much resources as they need. They thought that people should treat the Earth as if it were their own mother. This meant to treat the Earth with respect and be thankful for everything it provided for the people. This is why some people refer to the Earth as Mother Earth - it helps people remember to take care of her.





Introduction

Making Connections Activity

1. Who are the Indigenous People of Canada?

2. What values did the Indigenous People have?

3. What do you think some of the differences would be between life back then and life today? List 3 examples.





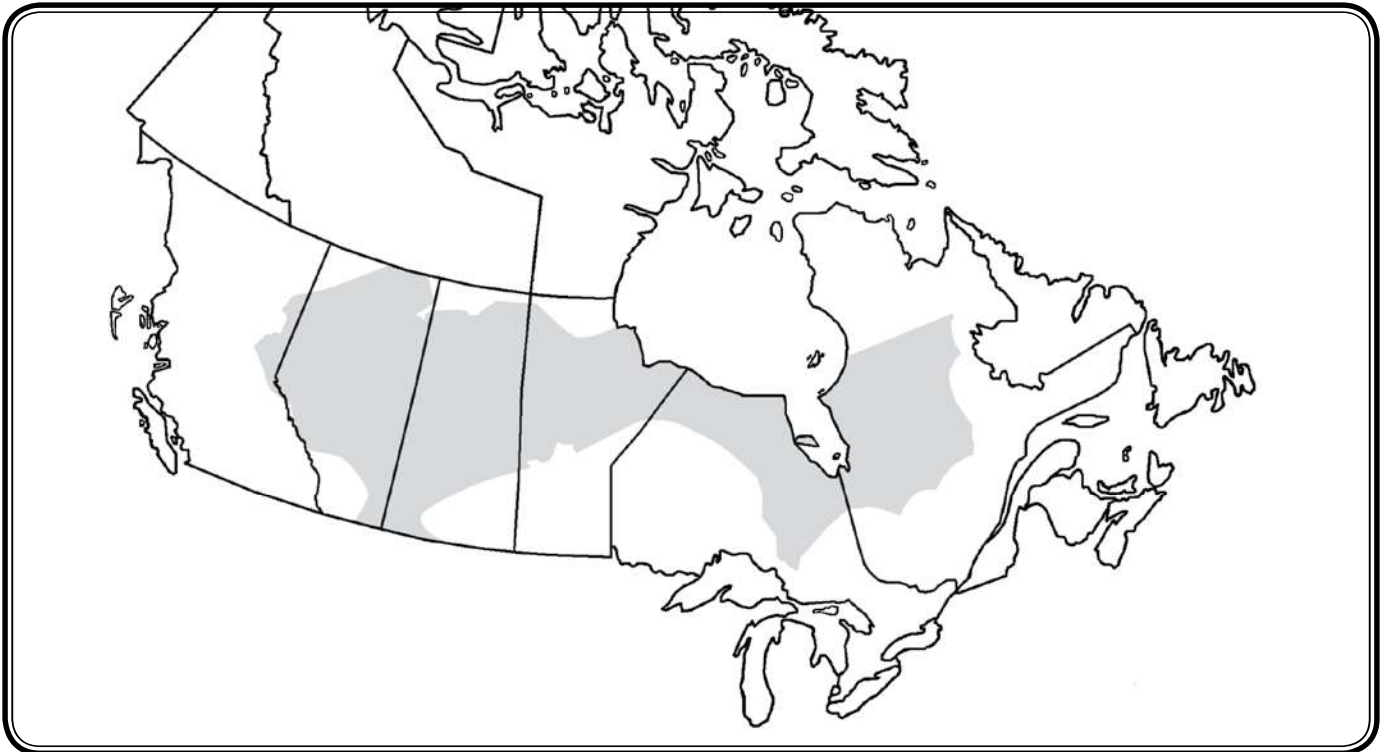
4. Draw a picture and write a sentence about a way that we can respect Mother Earth.





The Nehiyawak People (Cree)

The Nehiyawak People live in a very large area from Alberta to Quebec. This area runs along the Northern portions of these provinces. The winters are fairly cold in these regions. During the winters they trapped and hunted animals to provide meat and hide for their families. A lot of families still hunt today.



Directions

1. Colour the shaded area in green. Colour the rest of Canada in yellow.
2. With your teacher's help, find where you live on the map. Mark it with a star.
3. How far do you live from the Nehiyawak area?

4. Do you think the weather is the same in the Nehiyawak area as it is in your community?





Vocabulary - Part 1

Aboriginal

Celebration

Community

Culture

Indigenous

Individual





Vocabulary - Part 2

Mother Earth

Nehiyawak

Society

Traditions

Turtle Island

Values

First Nations Community





Creative Writing

Using the space below, draw a picture and write a story using at least 3 of the vocabulary words.

