

Cree Cultures and Connections:

| Workshops | Connections | Description |
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| CREE CULTURES & CONNECTIONS | DREAM CATCHERS, DRUMS & THE MEDICINE WHEEL <i>Cree Arts and Crafts</i> | Traditional knowledge is important to the vibrancy of Indigenous cultures. Although to non-indigenous people, making traditional items may seem like a simple production of handicrafts, these traditional activities have complex meanings and cultural significance. According to Eeyou Elders, maamahtaaukaschihtau is an important concept in the positive continuance of culture and heritage. <i>(Aanishaaukamikw Cree Culture Institute. 2011)</i> |

Life Skills Thru Indigenous Games:

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| LIFE SKILLS THRU INDIGENOUS GAMES | PHYSICAL LITERACY <i>First Nations, Métis, and Inuit Traditions</i> | Life Skills Through Indigenous Games is a unique workshop designed to raise awareness about Indigenous cultures through the promotion of healthy active living, and the creative integration of traditional Indigenous games and activities. Students participate and have fun, while developing physical literacy, and enhancing knowledge & understanding of First Nation, Métis & Inuit cultures. |

The “New” Credit:

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|-------------------------|---|--|
| <p>THE “NEW” CREDIT</p> | <p>TREATIES AND LAND CLAIMS</p> <p>Anishinaabee</p> | <p>This interactive workshop will begin by dispelling some common myths and stereotypes about Indigenous people, and introduce students to Anishinaabeemowin, through the personal journey of a 5th generation New Credit band member in his quest for cultural connection and basic language acquisition. Students will be actively engaged in the historical journey of the Mississauga’s 1847 relocation to New Credit through authentic resources that will assist students in their more accurate geographic understanding of local Anishinaabee Nations, while increasing awareness about the process of related treaties and land claims.</p> |

Lacrosse Culture:

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| <p>LACROSSE CULTURE</p> | <p>THE CREATOR’S GAME</p> <p>A Native American Tradition</p> | <p>This active workshop is designed to raise awareness about the Indigenous origins of the sport of Lacrosse, while exploring the history of this Native American tradition that has become an international sport. Through respectful explorations, and the creative integration of lacrosse skills and drills, students will develop pride, understanding and awareness of Indigenous cultures, traditions, contributions and achievements in and through what was originally called ‘The Creator’s Game’.</p> |

Beyond Buildings:

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| BEYOND BUILDINGS | THE PEOPLE OF THE LONGHOUSE Haudenosaunee | The workshop begins by taking students on a journey, <i>Beyond Geography</i> , creatively sharing the geopolitical foundations for the Haudenosaunee Confederacy, and demonstrating the significance of the Great Law of Peace (Kaianere'ko:wa). Through a unique series of interactive challenges and activities, students will come to appreciate the spirit of togetherness, understand why the League of Five (Later Six) Nations called themselves the 'people of the longhouse', and value the continuing significance of the longhouse to modern social and cultural life. |