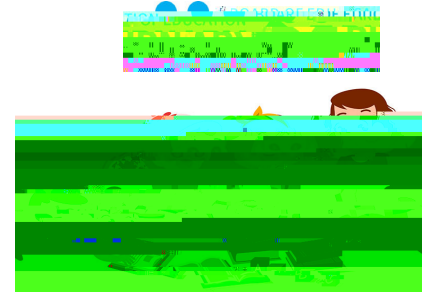


Continuing Learning

learning.burnabyschools.ca



Level: 3-7

Category: Social Studies/ Science/Health

Title of Lesson: Wellness Connections to Identity and Culture

First Peoples Principles of Learning: Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

Materials Needed:

Laptop/Ipad

Task Instructions:

June is National Indigenous People Month! It is important that we teach Indigenous youth about their culture so that they can have a strong sense of identity. People who have a cultural identity exhibit a sense of self-worth, self-awareness, and positive identity. It leads them to become confident individuals who take satisfaction in who they are and what they can do.

- x Watch the following video: nfb.ca/film/carrying-on-the-tradition/
- x Discuss the video with your child(ren) and have a conversation around traditions in your culture.
- x Possible questions:
 - What is something you are proud of in your culture?
 - What would you like to learn more about in your culture?
 - What is your favorite tradition in your culture?

Lesson by:

April Strickland

Burnaby Schools- Indigenous Education

