Grandfather drum



The most common drums used today are the frame drum - a small, single drumhead, a hand drum, and the large powwow drum that group members play together. Historically, most regions and cultures across the country had frame drums. Some exceptions included certain Aboriginal peoples of the West Coast - boreal

rain forest, the Northern Arctic and the Iroquoian nations of Eastern Canada. Each group had its own distinct drums and other percussion instruments.

SGEI's drum is called

SGEI's eagle staff is called _____

What is the meaning of the drum? Name two things you learned about drums today.

Deer preparation

Animals of the earth should be respected in every way. Part of acting in a respectful manner is to thank the Creator for providing us with bountiful harvests. When preparing an animal to eat, there are important steps to take to make full use of all parts and leave little or no waste.



Name five parts of a deer that can be used for other purposes. What might they be used for?

Traditional medicines



Since time immemorial, Anishinaabe people have harvested medicines from the earth to help maintain health and a good long life. In our language, Mashkiki (medicine) literally means "The strength of the earth." Over the generations, traditional medicine has been passed down and this knowledge is still alive today.

What are some traditional medicines used by the Anishinaabeg? How are they used?

Wild rice

Wild rice is an annual aquatic grass that produces seed. It is a delicious and nutritious source of food for wildlife and people. There are five stages to preparing rice, drying, roasting, dancing, winnowing, and cleaning. Each stage plays an important role to process the rice and make it ready for cooking.

List the traditional uses for wild rice.



List the steps and process for processing wild rice



Bannock making



You can bake bannock in the oven or fry it in a pan. Regardless of how it is cooked, bannock is a tasty treat! When in the bush, you have little other options besides cooking bannock on a stick, which is great because there are no dishes to clean. Watch and learn how the heat from a fire can be used to cook this delicious type of bread.

Write out the recipe and steps to make bannock. List other ingredients that you could add to enhance the taste.

Anishinaabemowin Teepee

The Anishinaabe language is very important and rests at the core of the culture.



What did you learn from the language instructors today?

How has bannock evolved over the years?

Honouring our children

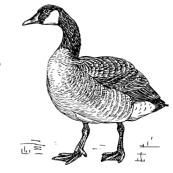


Residential schools were governmentsponsored religious schools created to forcibly assimilate Indigenous children into Euro-Canadian culture. In total, an estimated 150,000 First Nation, Inuit and Métis children attended these institutions, but not all of them returned home. The last residential school in Canada closed in 1996.

Who attended "Indian Residential Schools?" How might you feel if you were made to attend one of these schools?

Geese and Bear Grease

The land and sea provide many sources of food. Many traditional Indigenous foods are based on pure ingredients that are meant to nourish the body and mind. The natural ingredients used from the local environment make the dishes well-balanced in order to keep the metabolism working well. Geese, duck, and partridge,



deer, bears, and moose are examples of wild animals that are hunted for sustenance.

Describe the steps to preparing geese and bear grease for eating. What ways can the feathers from a bird be used?

Fish preparation



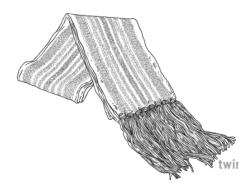
Some people, when telling fish stories, think the hardest part to fishing is catching the fish! However, preparing a fish for eating takes skill and practice. Fish have very fine bones located in various parts of the meat that can be removed. Some people eat certain fish with the skin on, while others remove the skin. It is important to be safe when using a sharp filet knife to handle and prepare fish.

What nutrients can be found in fish are important for our bodies? What part of the fish would have been used for fashion?

Métis games and bannock on a stick

Games are an important part of Métis culture and an important engagement activity for families.

Explain the usefulness and importance of the game/dance you learned to the Métis people.



Describe the process of making bannock on a stick.

Fall harvest reflection

Draw a picture of your favourite Fall Harvest teaching.

Treaty knowledge

On October 3, 1873, a very sacred agreement was signed at Harrison Creek (near the Northwest Angle) between the Anishinaabeg of the region and newcomers to the area. It is known as Treaty #3. It included sharing land, space, and place with newcomers. We are all treaty people.

What did you learn about treaties today?

What is Fall Harvest?

Fall is the time when the Anishinaabeg prepare for the long winter ahead. Harvesting activities and preparations can include harvesting and preparing wild rice, preparing birds, meat, and fish, collecting medicines, storytelling, and the making of moccasins, fishnets, jams, bannock and more. The different techniques used have been developed and passed down for generations. Elders in communities have maintained these traditions and now they offer you an opportunity to learn in traditional surroundings.

The activities in this booklet are designed for you to record the many experiences you will have today. Be ready to work hard and learn skills that many of us do not use in our contemporary lifestyle! What does Fall Harvest mean to you?



Dagwaaganimawindoosijigewin *Fall Harvest*

Miigwech for learning with us!

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