

FROM MÉTIS PLANTS TO CLASSROOM PLANS: ONE TEACHERS JOURNEY



WHY IS IT IMPORTANT TO KNOW WHERE YOUR FOOD COMES FROM?

***IT HELPS US APPRECIATE NATURE AND UNDERSTAND
THE WORK NEEDED TO GROW AND GATHER FOOD.**

WHAT DOES RECIPROCITY MEAN TO YOU?

***GIVING BACK TO NATURE FOR WHAT IT GIVES US,
SUCH AS LEAVING A GIFT AFTER GATHERING PLANTS.**

WHAT DID YOU LEARN ABOUT INDIGENOUS PLANTS, SUCH AS ROSE HIP?

***ROSEHIPS CAN BE USED TO MAKE TEA AND JELLY
AND HAVE BEEN PART OF MÉTIS CULTURE FOR
GENERATIONS.**

HOW CAN STORYTELLING TEACH US IMPORTANT LESSONS?

***STORIES HELP US LEARN ABOUT VALUES SUCH AS
RESPECT AND KINDNESS IN AN INTERESTING WAY.**

WHAT SURPRISED YOU ABOUT HOW INDIGENOUS PEOPLE RESPECT NATURE?

***THEY ONLY TAKE WHAT THEY NEED AND ALWAYS
SAY THANK YOU TO THE EARTH.**

WHAT CAN YOU DO TO SHOW RESPECT FOR NATURE IN YOUR DAILY LIFE?

***I CAN PICK UP LITTER AND AVOID TAKING THINGS
FROM NATURE WITHOUT GIVING THANKS.**

WHAT DOES “RECIPROCITY” LOOK LIKE IN YOUR OWN LIFE?

***SHARING WITH MY FRIENDS AND THANKING THEM
WHEN THEY SHARE WITH ME.**

WHAT DO YOU THINK ABOUT
COMBINING DIFFERENT SUBJECTS,
SUCH AS SCIENCE AND HISTORY?

***IT HELPS ME SEE HOW EVERYTHING IS CONNECTED,
LIKE HOW PLANTS ARE PART OF MÉTIS HISTORY.**

**WHY DO YOU THINK IT'S
IMPORTANT TO ONLY TAKE WHAT
YOU NEED FROM NATURE?**

***SO WE DON'T HURT THE ENVIRONMENT AND IT
STAYS HEALTHY FOR OTHERS TO USE TOO.**

WHAT CAN YOU DO TO TEACH OTHERS ABOUT WHAT YOU'VE LEARNED?

***I CAN TELL MY FAMILY ABOUT MAKING ROSEHIP JELLY
AND HOW IMPORTANT IT IS TO RESPECT NATURE.**