



Empowering Students  
Through Indigenous  
Knowledge Integration

# Discussion #1

What is one thing you learned from the podcast that surprised you?

\*Giving a rock to nature can be a way to say thank you.

# Discussion #2

How would you explain the importance of a Métis sash to someone else?

\*The sash is a symbol of Métis culture and was used for practical purposes, like carrying tools.

# Discussion #3

How can learning about  
Indigenous knowledge help you  
understand the land better?

\*It shows how people lived with and respected nature  
instead of taking it for granted.

# Discussion #4

What did you learn about gratitude from the podcast?

\*Gratitude can be expressed through simple actions like gifting something back to nature.

# Discussion #5

How can Indigenous knowledge improve your school community?

\*It can help us work together and respect each other more.

# Discussion #6

Why is it important to talk about wellness in school?

\*Feeling good helps us learn better and enjoy school more.

# Discussion #7

How can learning about Indigenous cultures combat racism?

\*It helps people see the value and contributions of Indigenous communities.



# Discussion #8

What would you tell someone about why Métis culture is important?

\*It's a unique culture that shows how different groups can come together and create something new.

# Discussion #9

What is one thing you can do to learn more about Indigenous cultures?

\*I can read stories written by Indigenous authors.

# Discussion #10

How does learning about Indigenous ways of knowing change how you see the world?

\*It can help us see the importance of taking care of the land and working together.