From Métis Plants to Classroom Plans:
One Teachers Journey

Teacher
PROMPTS

1. How can we incorporate Indigenous plants and their uses into our lessons?
*Example: We can teach students how to make rose hip tea and discuss its cultural significance to the Métis people.

2. What steps can we take to promote reciprocity when engaging with nature in our lessons?
*Example: Teach students to only take what they need and to give thanks, such as offering tobacco when gathering plants.

3. What are some ways to create cross-curricular activities involving Indigenous knowledge?
*Example: Combining art (finger weaving) with history (Métis culture) and science (plant studies).

4. What are the benefits of hands-on learning for students?
*Example: It engages students, makes lessons memorable, and fosters a deeper connection to the material.

5. How can we adapt lessons for different grade levels while integrating Indigenous knowledge?
*Example: Simplify vocabulary for younger students and allow older students to take on leadership roles.

6. What role does storytelling play in Indigenous pedagogy, and how can we use it?
*Example: Storytelling conveys lessons and values; we can use it to teach about reciprocity and community.

7. Why is it important to involve the whole school in Indigenous-focused activities?
*Example: It fosters a shared understanding and builds a supportive learning community.

8. What is the significance of holistic learning in Indigenous pedagogy?
*Example: It connects knowledge, spirituality, and the environment for a well-rounded education. Inviting elders to share stories or leading cultural activities such as smudging or plant identification can create a more holistic perspective.

9. What role does food play in connecting students to Indigenous knowledge?
*Example: Cooking traditional recipes such as rose hip jelly helps students learn history and sustainability.

10. How can we incorporate reflection into lessons on Indigenous knowledge?
*Example: Build time for students to journal or discuss what they've learned after activities.