

# Indigenous History Month

**Are you looking for something fun and educational to do at home? Check out these library recommended STEAM activities, programs, podcasts and more! Click the links to visit activities and books.**

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Indigenous History Month culminates with the National Indigenous Peoples Day on June 21st. June 21st was chosen in light of the fact that many Indigenous peoples and communities have traditionally celebrated their culture and heritage on or near the summer solstice—the longest day of the year. This day is an opportunity for Canadians to recognize and celebrate the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit, and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples, but it is important to know that each of these groups have their own distinct heritage, language, cultural practices, and spiritual beliefs.



## Cooking Indigenous Style

### **Activities:**

Inuvialuit-Style Donuts – All Ages

Frybread Stuffed Pizza – All Ages

Fried Bannock Dogs – All Ages

### **Books to Read:**

Fry Bread: a Native American Family Story, by Maillard, Kevin Noble

Native American Food: From Salmon to Succotash, by Shofner, Melissa Rae

A Feast for All Seasons, by George, Andrew



# Indigenous Art

## **Activities:**

[Weaving Cute Baby Turtles Using God's Eye Weaving Pattern](#) – School Ages  
[Dream Catcher From a Paper Plate](#) – School Aged  
[Painting in the Style of Ted Harrison](#) – School Aged

## **Books to Read:**

[Northwest Coast Native Animals](#), by Robinson, Kelly  
[Learn the Alphabet With Northwest Coast Native Art](#)  
[Art of the Totem: Totem Poles of the Northwest Coastal Indians](#), by Barbeau, Marius





## The Inuit

### **Activities:**

[Sugar Cube Igloo – All Ages](#)

[Simple Inuit Crafts for Kids – PreK to 3](#)

[5 Easy Animal Projects You Can Do in an Afternoon – PreK - 3](#)

### **Books to Read:**

[Inuit Folk Tales](#), by Rasmussen, Knud

[Inuit Prints: Japanese Inspiration](#) – Canadian Museum of Civilization

[Inuit Art](#), by Hessel, Ingo



## The Metis

### **Activities:**

Over and Under Weaving – School Age

Finger Knit Braid Scarf for Kids – School Aged

Aboriginal Clapping Sticks – PreK - 3

### **Books to Read:**

We Learn From the Sun, by Bouchard, David

Granny's Giant Bannock, by Wastasecoot, Brenda Isabel

Jenneli's Dance, by Denny, Elizabeth

