

Métis Clothing Activity

The Métis, known by many as “The Flower Beadwork People”, decorate their clothing with glass beads and embroidery.

Design your very own pair of moccasins below using markers, paints, or crayons. If you have paints and cotton swabs, you can decorate your moccasins by dipping a cotton swab in paint and stamping it in the shape of a circle glass bead.

Here are some ideas!

- ✿ Decorate your moccasins with traditional, colourful flower designs.
- ✿ Choose a special person's favourite colour to remind you of them.
- ✿ Create a design brand new and unique to you!



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Métis in the Fur Trade Activity

Métis fur trader, I spy with my little eye...

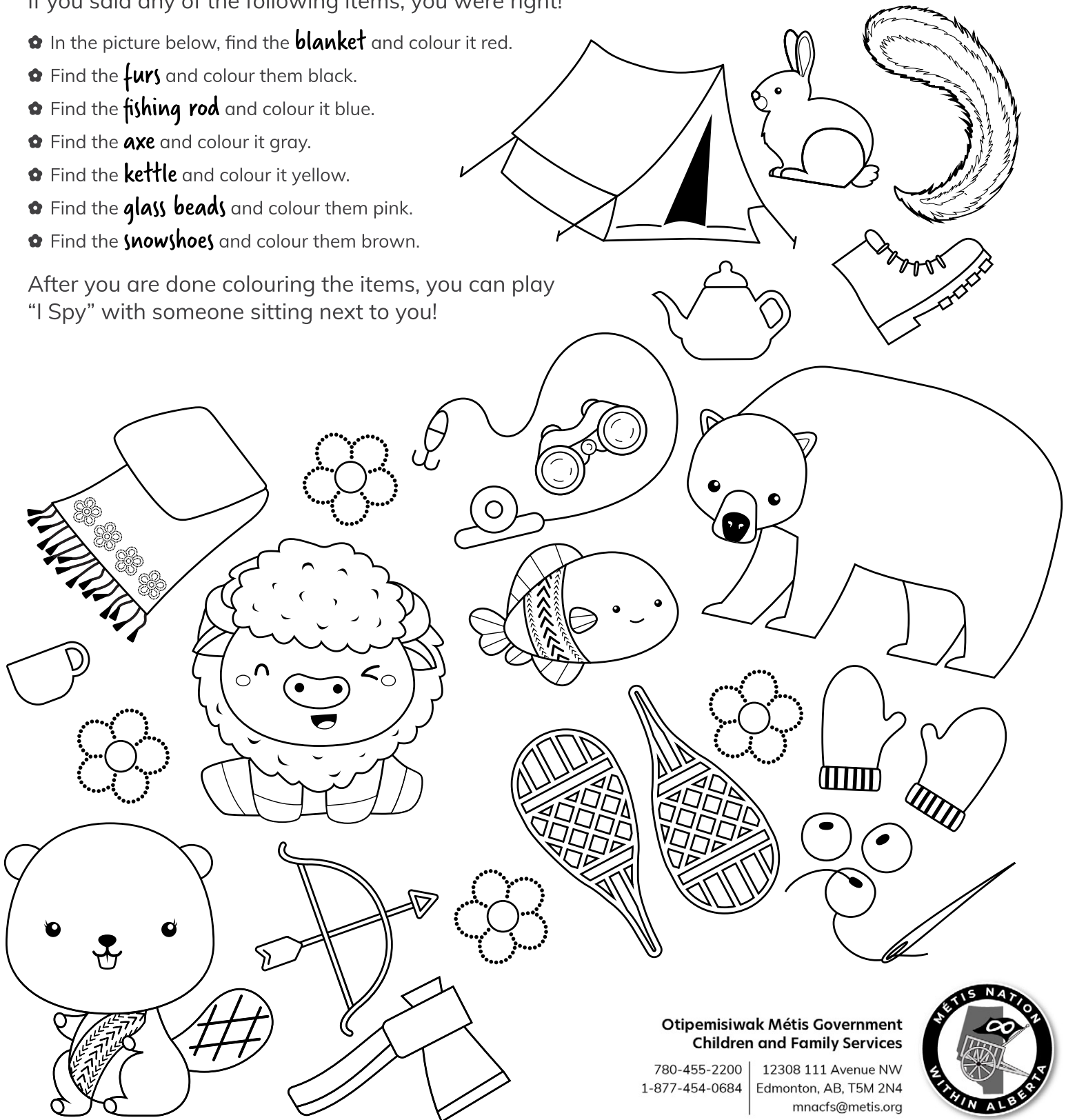
Métis people were great fur traders, guides, and interpreters during the fur trade.

What kinds of items do you think Métis fur traders traded?

If you said any of the following items, you were right!

- ✿ In the picture below, find the **blanket** and colour it red.
- ✿ Find the **furs** and colour them black.
- ✿ Find the **fishing rod** and colour it blue.
- ✿ Find the **axe** and colour it gray.
- ✿ Find the **kettle** and colour it yellow.
- ✿ Find the **glass beads** and colour them pink.
- ✿ Find the **snowshoes** and colour them brown.

After you are done colouring the items, you can play “I Spy” with someone sitting next to you!



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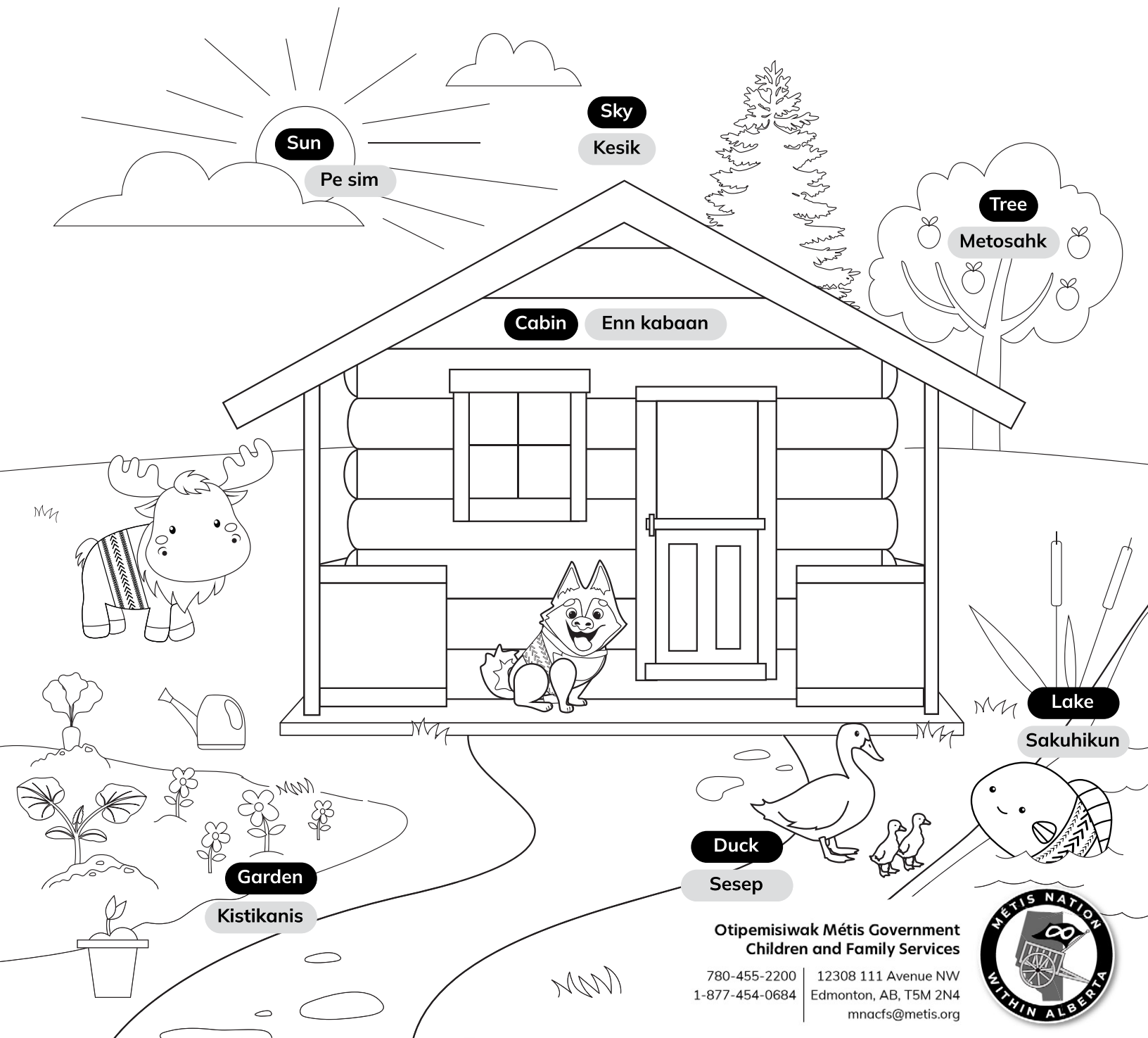
Métis Language Activity

Métis people created their own language called **Michif**.

Michif is a mix of Cree and French languages. Just like the English language spoken across North America and beyond, there are different ways to speak the Michif language across the Homeland.

Practise saying the Heritage Michif words in the picture below while you colour!

If you would like to hear these words, ask an adult to download the Heritage Michif to Go app.



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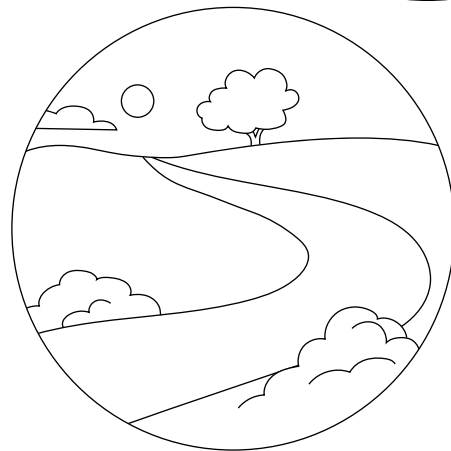
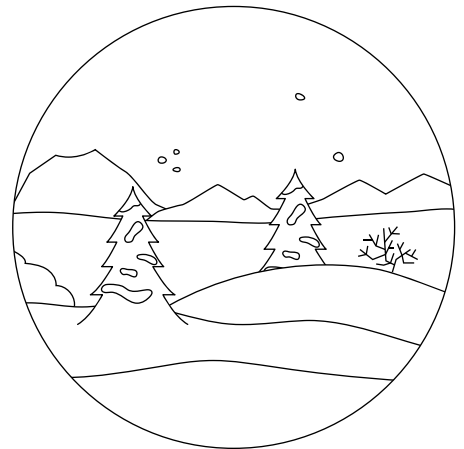
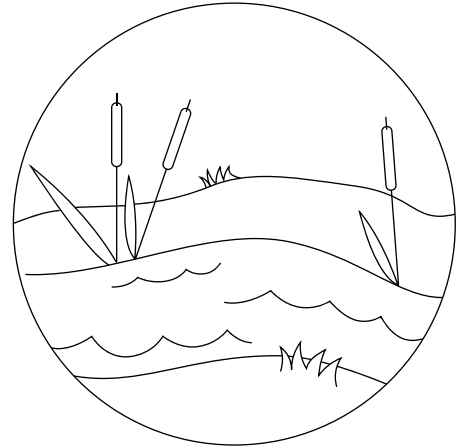
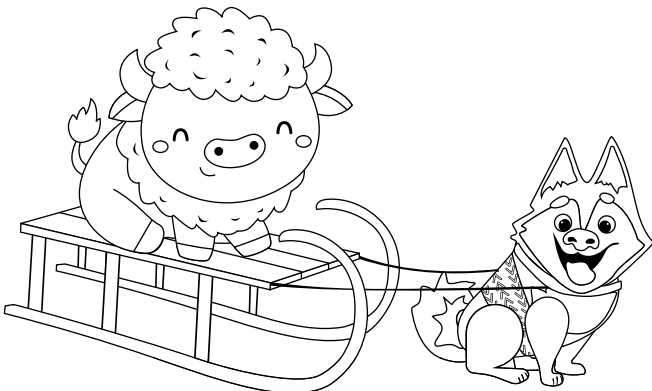
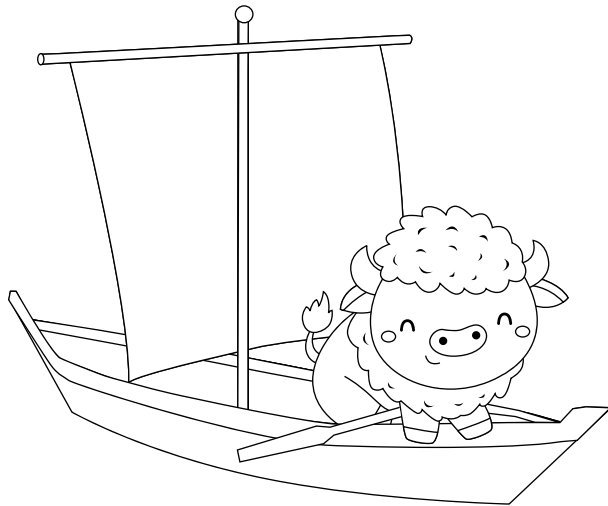
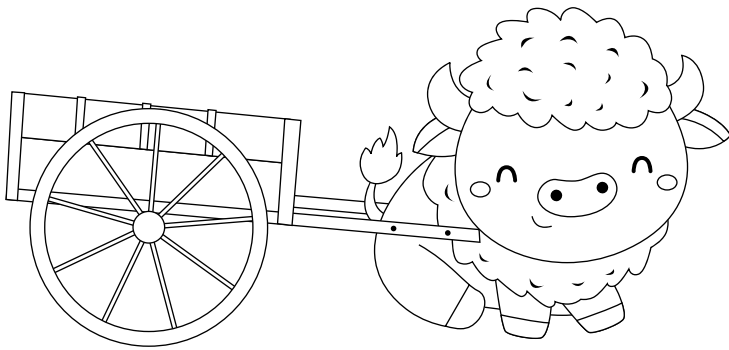
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Métis Transportation Activity

Métis people working in the fur trade used **Red River carts**, **York boats**, and **dog sleds** to move heavy animal furs across the Métis Homeland.

Draw a line from the Métis vehicle to the correct path it travelled on through the Métis Homeland!



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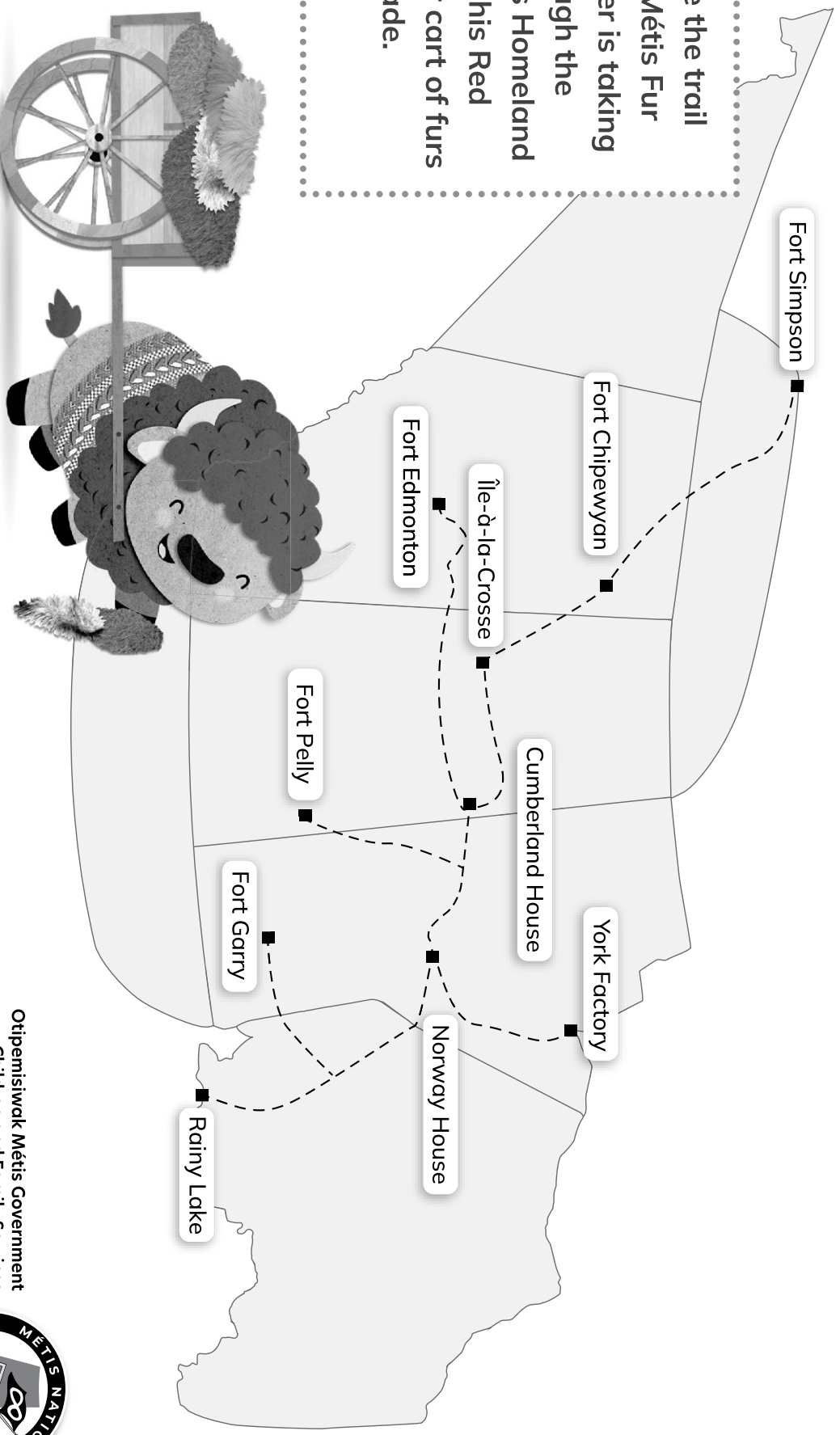
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Métis Homeland Activity

The **Métis Homeland** is the traditional territory of the Métis Nation, and includes the entire provinces of Alberta, Saskatchewan, Manitoba, and parts of British Columbia, Ontario, the Northwest Territories, and the northern United States.

Trace the trail
this Métis Fur
Trader is taking
through the
Métis Homeland
with his Red
River cart of furs
to trade.



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Métis Flag Activity

The **Métis flag** is older than the Canadian flag by more than 150 years! With help from an adult, use safety scissors to cut out the images at the bottom of the page that represent different parts of Métis culture, and use a glue stick to glue them in the squares below.

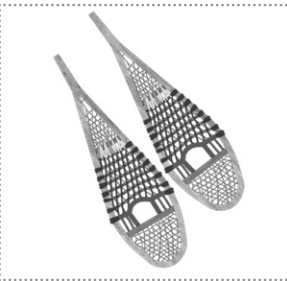
When you are done cutting and gluing, there will be one empty square left. Draw something you love about Métis culture in the empty square!



Louis Riel



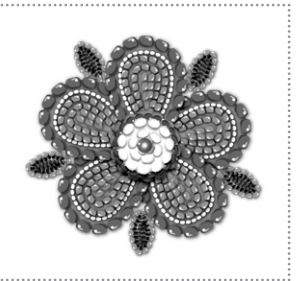
Sash
Li saencheur fleshie



Snowshoes
Asamuk



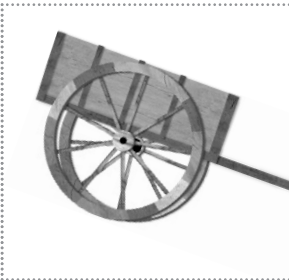
Fiddle
Li violon



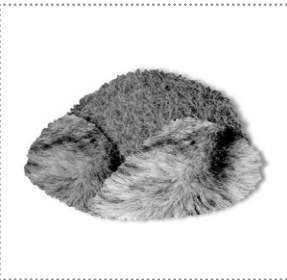
Beading
Mekishekatow



Flag
Li Paviyon di Michif



Red River cart
Li Rivyer
Roozh charette



Fur
Li pwel daanimaal



Trap
Aen pyiizh



Moccasins
Li sooyii moo



Bison
Lii bufloo



Bannock
Li galet



York boat
York bateau



Jigging
Nesosimowin



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Métis Flag Activity



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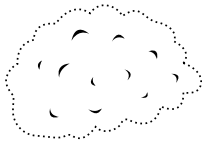
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Métis Government Activity

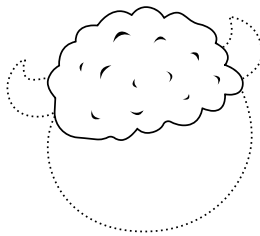
Buffalo hunts involved hundreds of Métis men, women, and children to provide them with food, tools, and hides. The laws Métis people made for each buffalo hunt was one way they organized their government before Canada was a country. After a hunt, it was important to use all parts of the buffalo so nothing went to waste. Although the official name for buffalo is “bison”, they are often called “buffalo”, which comes from “li bufloo”, the Michif name for them.

Learn how to draw a bufloo by following the instructions below.



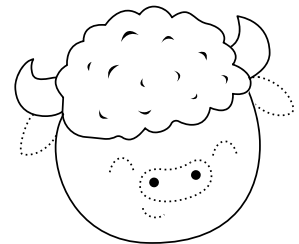
Step 1

Begin by drawing a fluffy cloud shape for the head. Then add hair lines.



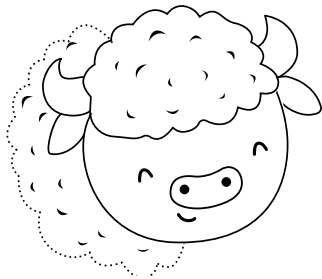
Step 2

Add horns and a round face shape below the hair.



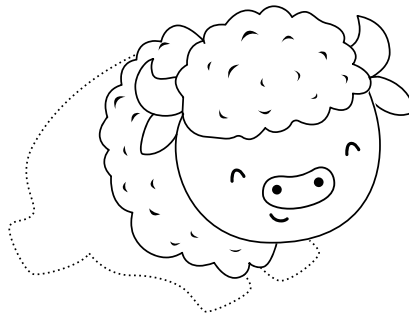
Step 3

Draw the ears, eyes, nose, and mouth.



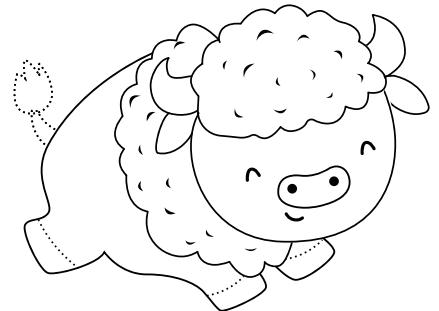
Step 4

Add on the scruffy neck fur. Add hair lines to it.



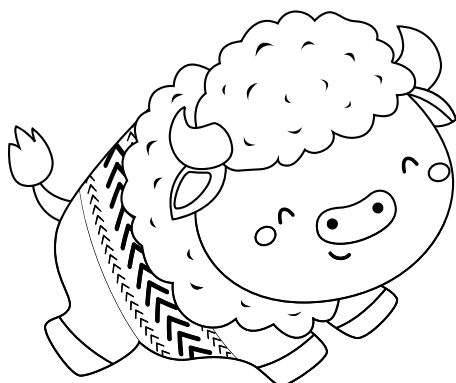
Step 5

Draw the body and legs.



Step 6

Add on a tail and hoof markings.



You did it!

Feel free to colour in your drawing and add extra details, like a Métis sash!

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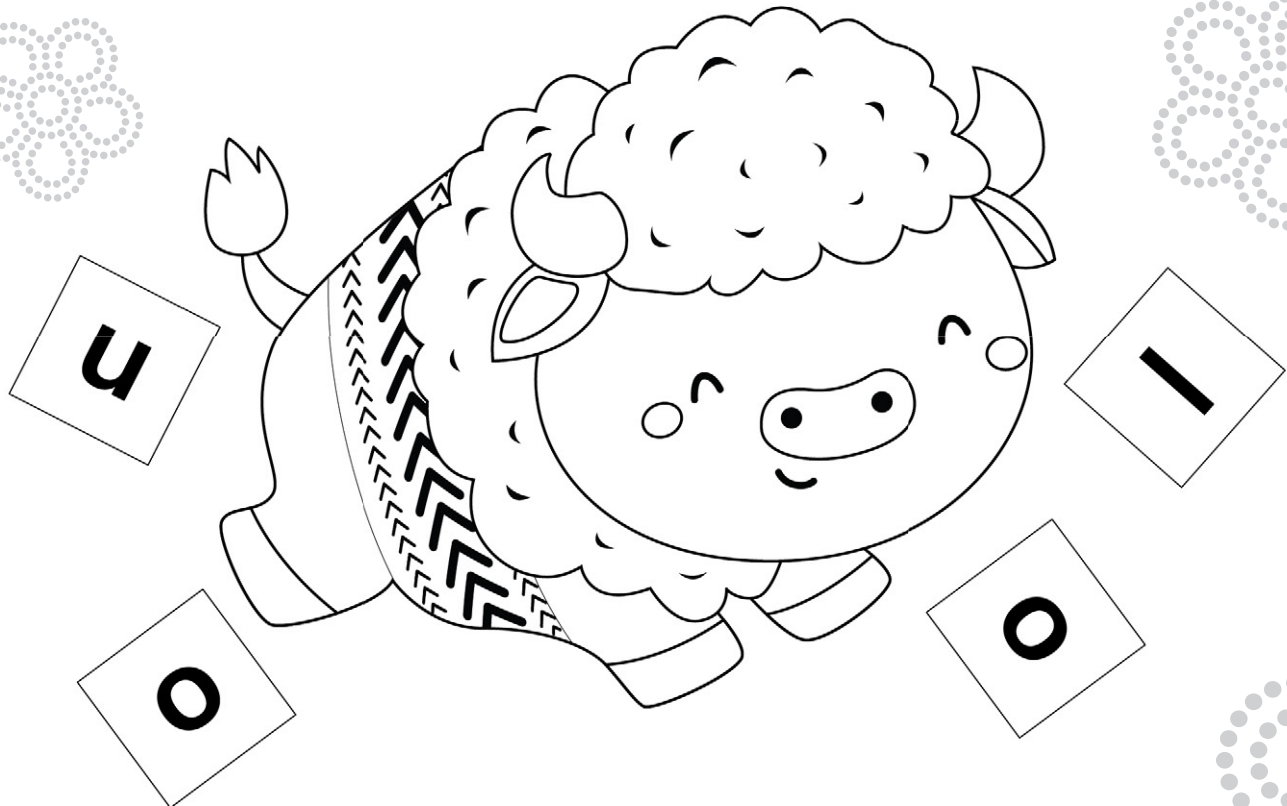
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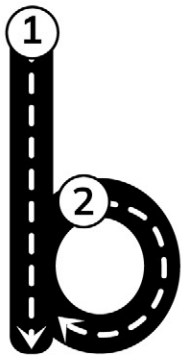
Métis Government Activity

The word “bufloo” starts with the letter “b.”

Practise writing the word “bufloo” in the space below.



b		f			
---	--	---	--	--	--



--	--	--	--	--	--

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Métis Government Activity

Connect the dots to draw Lou Lou!



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Métis Government Activity

The Métis community voted for leaders and created laws known as the *Laws of Lii Bufloo Hunt* to guide the group and keep everyone safe during these hunts.

Unscramble the words below to learn about some of the common lii bufloo hunt laws.

Laws of Lii Bufloo Hunt

1. No _____ (ili fuobol) hunts take place on Sundays.
2. No _____ (ptary) can fork off, lag behind, or go ahead without permission.
3. No person can run lii bufloo _____ (erebof) the rest of the group.
4. Every _____ (tpcaain) and his team take turns to _____ (ptrola) the camp and keep _____ (gaurd).



Answers:

1. lii bufloo
2. party
3. before
4. captain
5. patrol
6. guard

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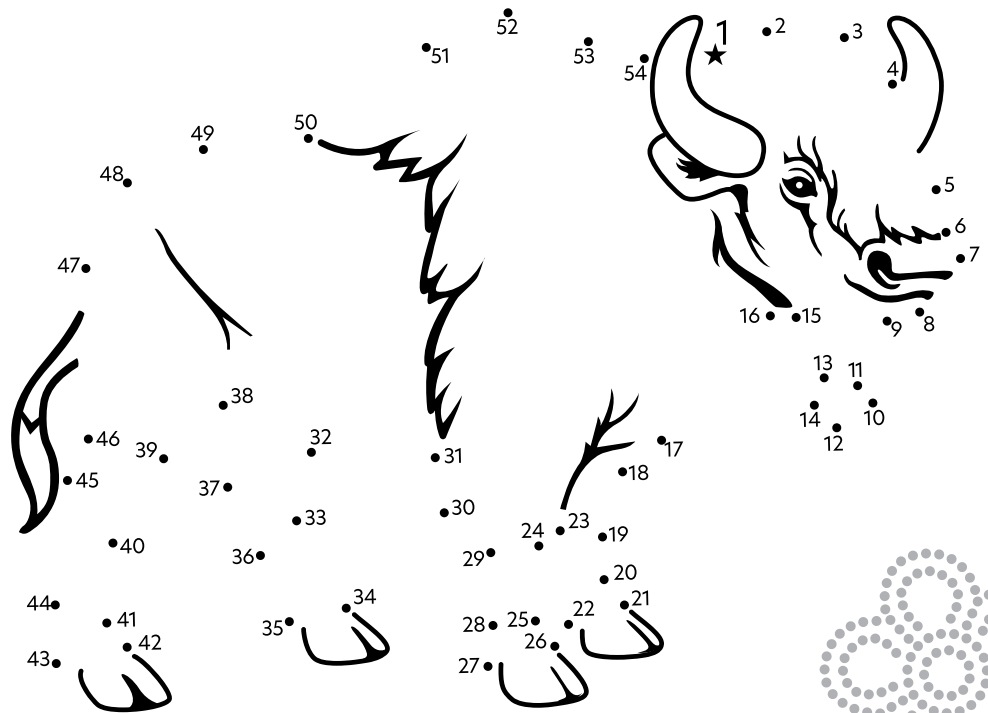


My Métis Heritage

Connect the dots

Buffalo were an important source of food and income for Métis hunters in the early 1800s.

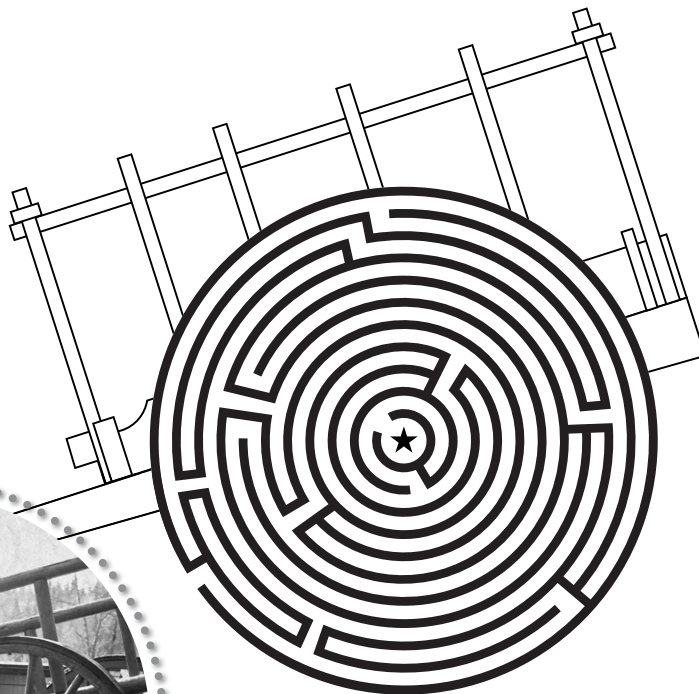
★ Start at the star!



Maze

Constructed entirely of wood, **Red River carts** were used by Métis families to travel across the plains. They were all purpose utility vehicles as well as temporary homes.

★ Start at the centre star!



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Mô Piyak oskân My Family Tree

Fill in the boxes with the names of your family members
If you are Métis, that means that at least one of your
ancestors is Métis.

Great Grandfather *Châpân*

Great Grandmother *Châpân*

Great Grandfather *Châpân*

Great Grandmother *Châpân*

Great Grandfather *Châpân*

Great Grandmother *Châpân*

Great Grandfather *Châpân*

Great Grandmother *Châpân*

Grandfather ♦ *Nimoshôm*

Grandmother ♦ *Nohkom*

Grandfather ♦ *Nimoshôm*

Grandmother ♦ *Nohkom*

My Dad ♦ *Nipâpâ*

My Mom ♦ *Nimâmâ*

Me ♦ *Niya*

Michif is the official language of the Métis people. Discover the Northern Michif word for each person in your family tree!

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Let's Bake Together

Blueberry Bannock

Looking for a fun, family activity?

Try out this blueberry bannock recipe from our Children and Family Services department!

Reading recipes and baking is a fun and tasty way to bond as a family and boost literacy skills at home. This hands-on activity is also a great way to practise teamwork, prepare traditional foods, and tell the next generation stories about our vibrant Métis culture.

Have tons of fun baking, but please remember, using the stove, oven, or sharp tools should only be done with a trusted adult.

Get these supplies before you start.

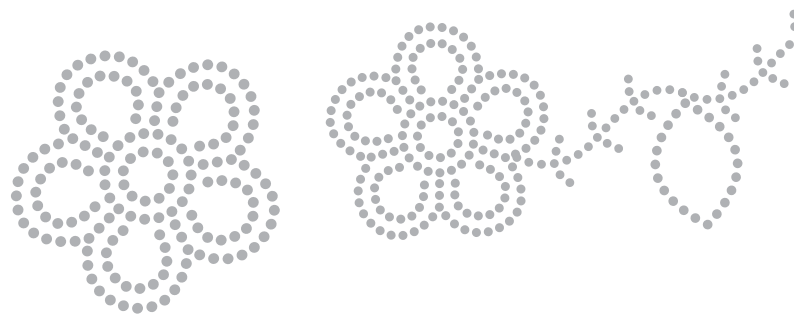
- ✿ 1 large mixing bowl
- ✿ 1 medium-sized mixing bowl
- ✿ 1-cup dry measuring cup
- ✿ ½-cup dry measuring cup
- ✿ 1 butter knife
- ✿ 1 teaspoon
- ✿ 1 liquid measuring cup
- ✿ 1 oven-safe pan
- ✿ 1 whisk
- ✿ An oven

Ingredients

- ✿ 4 ½ cups flour
- ✿ 2 tsp baking powder
- ✿ 1 tsp salt
- ✿ 2 cups tepid water
- ✿ 1 cup melted lard
- ✿ 1 cup blueberries

Such a cute! Discuss these cooking terms with your young one(s)

- ✿ **Mix** – Combining two or more ingredients into one
- ✿ **Preheat** – Heating the oven to the required temperature before cooking
- ✿ **Knead** – Working dough together with the heels of your hands in a pushing motion
- ✿ **Make a well** – Creating an open centre in the middle of your dry ingredients where you add your wet ingredients



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Activity steps and tips for baking with early learners

- ✿ Read the recipe out loud to your young helper.
- ✿ Ask your helper to grab each cooking tool (bowl, pan, etc.) that you will need to make your bannock one by one and bring them to your workspace.
- ✿ Use this time to preheat your oven to 450 °F.
- ✿ Begin by reading each step of the recipe instructions out loud to your helper. Assist them in proper measuring techniques. Remember to level off your dry ingredients so you don't add too much (or not enough)!
- ✿ Mix the first three dry ingredients of your recipe into one large bowl. Use a whisk to ensure that the three ingredients have been evenly combined.
- ✿ Have your helper create a well in the middle of the dry ingredient mixture.
- ✿ Measure the lard carefully with your helper.
- ✿ Have your helper measure out tepid (lukewarm) water in the liquid measuring cup.
- ✿ Add your lard and water into the well you made in the dry ingredients.
- ✿ Slowly begin to mix the lard and water combination into the dry ingredients. Start by mixing from the middle.
- ✿ Shake in $\frac{1}{2}$ a cup of your frozen blueberries at a time while your young person mixes the ingredients all together from the middle. Add $\frac{1}{2}$ a cup of the blueberries as you mix.
- ✿ Once the dough is combined, pause and have your helper sprinkle some flour onto a freshly cleaned counter space where they can begin to knead the dough.
- ✿ Have your helper flatten the dough with a fork or spoon.
- ✿ Place your dough in a lightly greased pan.
- ✿ Put it in the oven and bake for 20-30 minutes until done.

Tips for easy clean-up

- ✿ Clean as you go!
- ✿ Rinse your dishes off first before placing them into the sink and/or dishwasher.
- ✿ Have your helper assist you in rinsing dishes.
- ✿ Wash your lard bowl and utensils last. The fat may take extra effort to wash off your baking tools. Soap helps break down the fat faster!
- ✿ Ask your helper to dry and put away items that have been cleaned.

Good luck and
happy baking!

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