

ASD-N Weekly First Nation Education K-12

Volume 1 Issue 4

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This week, Elder Donna Augustine speaks about Powwows. She shares with us how they are an important part of her Mi'kmaq culture and other First Nation cultures. She teaches us to respect the dancers and their regalia. Elder Donna also lets us know that everyone, Indigenous and non-Indigenous are invited and welcomed to share in the beauty, fun and kindness of Powwows.

There are many Powwows held throughout Turtle Island. Have you ever been to one? During past school years the students in ASD-N participated in a Powwow; these were called Mawiomis. What do you remember about those Powwows?

Watch the video to hear Elder Donna speak and learn more about the traditions of Powwow.

<https://www.youtube.com/watch?v=j11zVgophjk>

Learning Activities

Kindergarten-Grade 2

Acrostic Poem

An Acrostic poem is created using all the letters in a word to create new words or phrases from each letter.

After watching the video from Elder Donna Augustine also watch the following videos to hear other dancers' feelings about the types of dances they chose to do. The last video is an Intertribal dance; this type of dances is where everyone is welcome and encouraged to dance.

Danny Paul, Men's Traditional https://www.youtube.com/watch?v=li_qsHpywmY,

Malaysia Sappier, Fancy Shawl Dancer https://www.youtube.com/watch?v=UNOHP_45CNO,

Montana Marshall, Jingle Dress Dancer <https://www.youtube.com/watch?v=Z3tBZzvD3rA&t=182s>,

Oonig Paul Ward, Grass Dancer <https://www.youtube.com/watch?v=r2ALkpMnr7w>,

Intertribal Dance at Listuguj Powwow 2019 <https://www.youtube.com/watch?v=iDuZFawzNwY>

Use the letters in POWWOW to create your own Acrostic Poem

P

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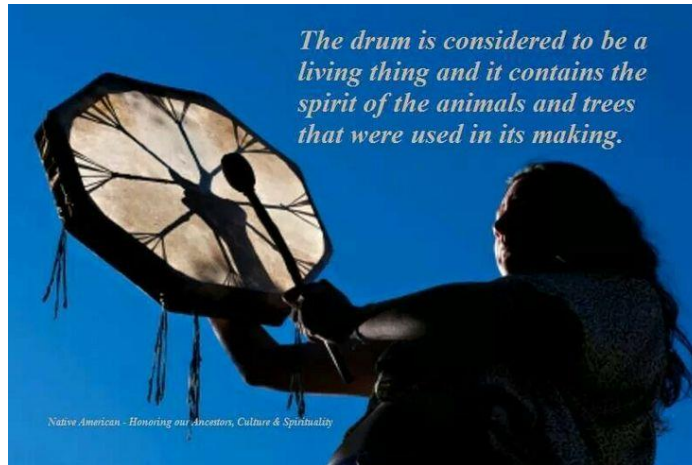
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Math

The drum is considered the heart beat of Mother Earth and is the center of all Powwows. Without the drum we would not be able to dance. Drumming can help us improve our pattern skills too!

The following link is an interactive game from Math Game Time. The objective is to follow the beat they create. Can you follow the beat?

<http://www.mathgametime.com/games/drum-beats>



In the video we hear Elder Donna share with us some important facts about Powwows and the representation of certain dances and why things are done in a specific way. She wants us to remember that the dancers dress in regalia, this is a specific type of traditional clothing and not a costume because it represents who the Indigenous people truly are. She tells us about the Grand Entry and how they have specific songs to honour the flags, the veteran and the different dancers. We learn from her that Grass Dancers are the first ones on the grounds to make sure that the area is safe for all dancers. The reason Men's Traditional dancers go out first during Grand Entry is because they represent the hunters and Jingle Dress dancers are medicine and they do a healing dance for those in need.

The one thing that connects people throughout all different cultures in the world is the drum beat and dance.

Using appropriate sources, research and learn more about Powwows or the culture of your own family or another culture that interest you. Learn about the different types of dancing and what they represent. Share some interesting facts you learned with your family, friends and us at ASD-N on our social media Twitter page; <https://twitter.com/asdnnb>

Please remember when sharing information about cultures to be respectful!

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Powwow Dance Exercise

Powwow dancers have a grace and style to their dancing, they make it look very easy to do. However, Powwow dancing is a very strenuous type of dance that requires a lot of stamina and practice.

To help all of us stay healthy, Shedaezha Hodge of the Coeur d'Alene Nation in the United States created a Youtube series called "Powwow Sweat". It is an interactive aerobic exercise video using Powwow dances and First Nation drum groups to encourage physical activity.

Find the videos at the links below:

"What you get with Powwow Sweat", an interview with Shedaezha.

<https://www.youtube.com/watch?v=nLvvtOV5myQ>

"Powwow Sweat" videos from introduction through to Jingle Dress and a lot of different styles in between.

https://www.youtube.com/watch?v=ZhfglbhKCo0&list=PLGsnt-IHAzLtjUtUgXNTdaUKB_vjX5XMk

As Shedaeza says in her videos, "Drop the Pringles and let's Jingle!"

Print and colour

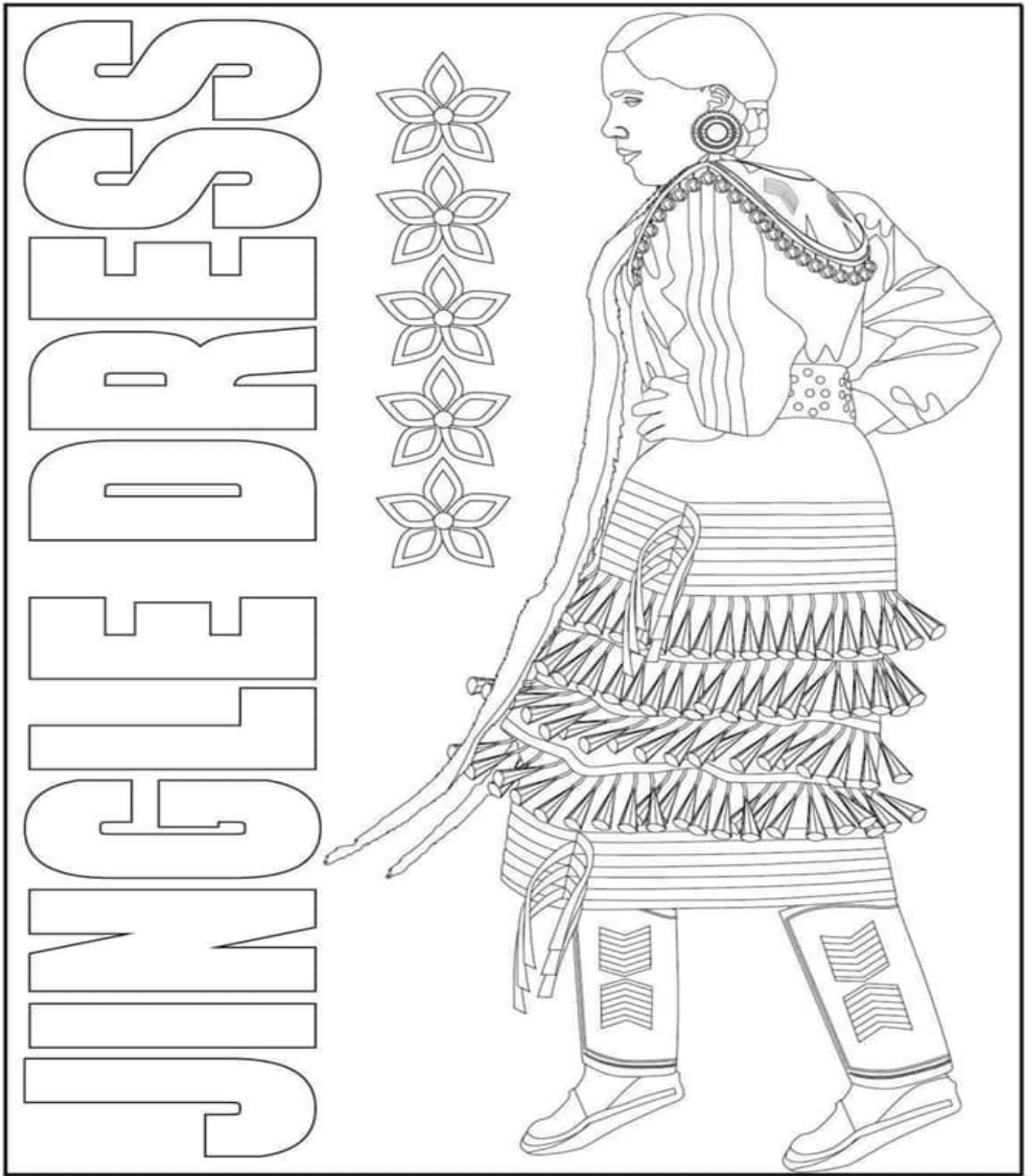
Colouring is a quick and easy way to have a relaxing moment. Below you will find three colouring sheets created by Indigenous artists to choose from.





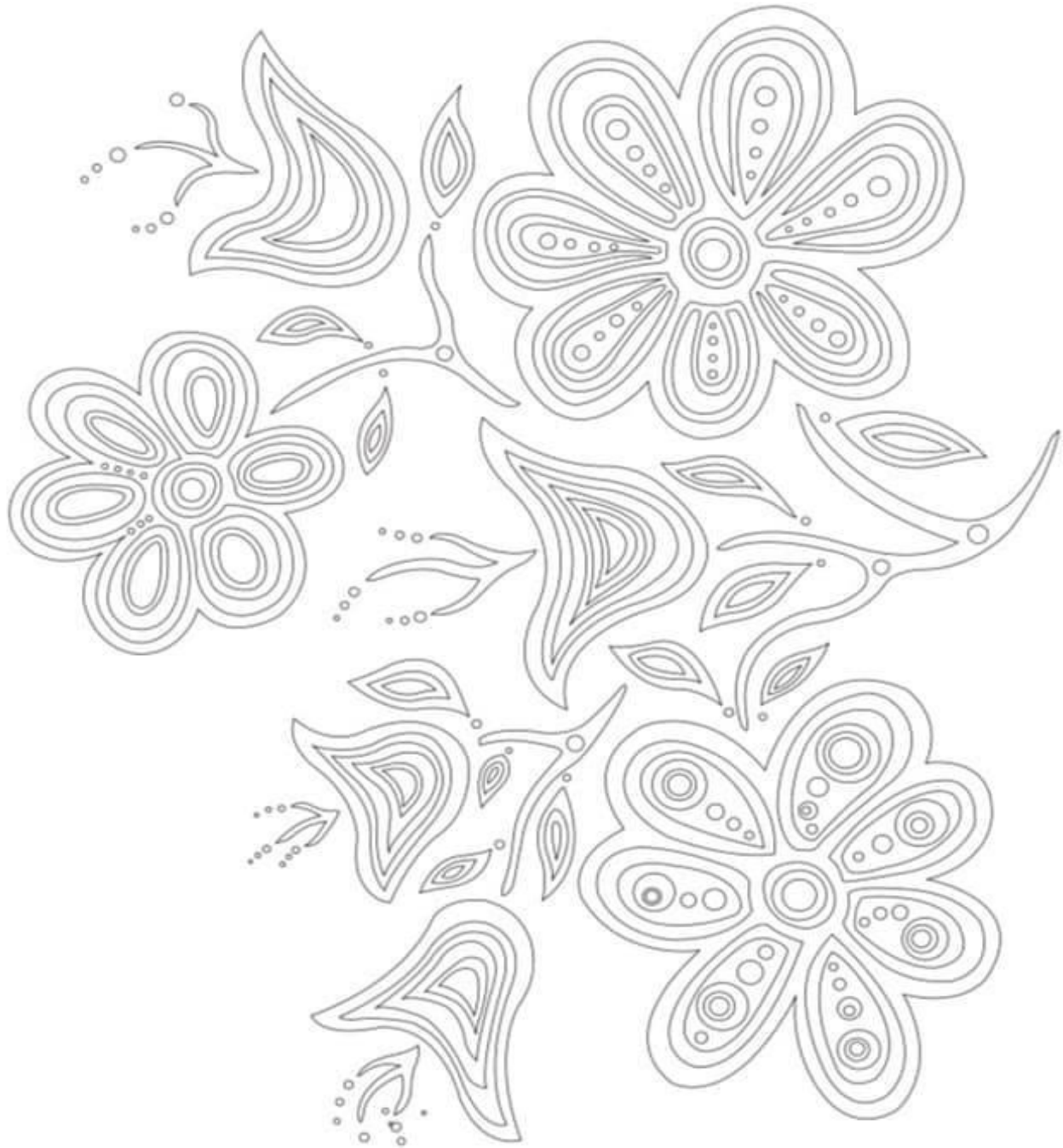
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Learning Activities

Grade 6-12

Powwows Lesson for Middle and High School

<https://youtu.be/j11zVgophjk>

Elder Donna Augustine speaking on Powwows

Before viewing the video, try and answer these questions.

1. What is the purpose of a Pow wow?
2. What is the difference between a traditional and a competition powwow?
3. What is the difference between a costume and regalia?
4. What is the Grand Entry?
5. Why do Grass Dancers dance before the Grand Entry?
6. What is the purpose of a sacred fire?
7. Who is allowed to attend a powwow?

Watch the video and then revisit the questions and add or modify your answers.

**After watching the video can you put the following dancers in the order in which they come out in the Grand Entry?
List them in order from 1-6**

Female traditional dancers, grass dancers, male traditional dancers, flags and honoured leaders, men's fancy dancers, jingle dress dancers.

Elder Donna spoke of 5 different dancers and their regalia. Match the dancers with the description. If you aren't sure check the video to correct your answers.

- | | |
|--------------------------------|--|
| 1. Grass Dancers | _____ wear bustles and head pieces made of feathers |
| 2. Men's Fancy dancers | _____ it is medicine or a healing dance |
| 3. Men's Traditional dancers | _____ dance low and bless the powwow grounds |
| 4. Jingle Dress dancers | _____ move with light and elegant movements |
| 5. Women's Traditional dancers | _____ energetic dances wearing brightly coloured regalia |

Elder Donna referred to the Jingle Dress dance as being a medicine or healing dance. The following site tells the story of how the Jingle Dress came to be.

<https://cla.umn.edu/ais/news-events/story/jingle-dress>

During the pandemic many Jingle Dress dancers felt compelled to dance for healing. **See if you can find any videos posted of jingle dress dancers dancing in or outside their homes while in quarantine.**

Learning Activities

Grade 6-8 Follow up activity

Follow up activity Grades 6-8

Watch these short videos on the different types of dances.

Grass <https://www.youtube.com/watch?v=B5TSPaPC1Hg>

Male Traditional https://www.youtube.com/watch?v=acLD_ZPPA2w

Men's Fancy <https://www.youtube.com/watch?v=D-JLORYKrhY>

Women's Traditional <https://www.youtube.com/watch?v=cp2nEktAngs>

Jingle Dress https://www.youtube.com/watch?v=iArcG-S3_QM

Fancy Shawl <https://www.youtube.com/watch?v=hbamqRd1NR4>

For additional information and description of each dance see <https://tribaltradeco.com/blogs/teachings/powwow-dance-styles-teachings-and-meanings>

Write about the dance that is your favourite and why? Have you seen this dance at a powwow or perhaps you are a powwow dancer. Write about how it made you feel and what it made you think about.

Learning Activities

Grade 9-12 Follow up activity

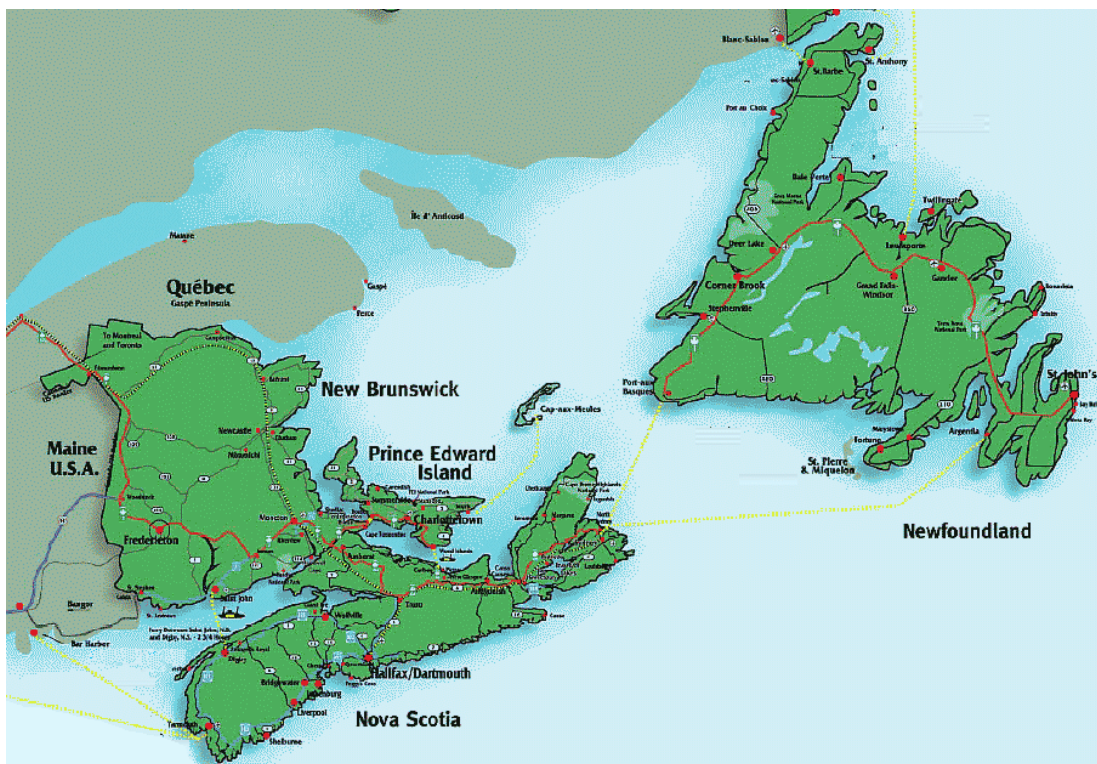
Follow up activity Grades 9-12

Look at the powwow schedule for Atlantic Canada from last year. On a map of Atlantic Canada find all the communities that host powwows in the chronological order in which they appear in the schedule.

Number them 1- 26 on the map Is it possible to attend them all?

<http://kukukwes.com/2019/05/31/events-2019-powwow-season-in-atlantic-canada/>

FYI the powwow schedule for this spring to fall would have been similar, however, due to the health risks involved with Covid 19 many, if not all, will be cancelled.



Think

You notice that the powwows listed are in parts of NB, NS, PEI, Newfoundland, Quebec and even Maine, USA. These communities are all related, as part of the Wabanaki confederacy. Why do you think they are spread over different provinces and even a different country?