

March 2025

Indigenous Education Online Newsletter



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Spring is on the horizon

We are into the swing of 2025 and while it is still winter, many of us are thinking ahead to the change in season. Depending on where you live in British Columbia, there may be early signs of spring or there may be some time before the snow melts.

We wish you continued success in your learning and would like to remind you that we are here to support in any way we can. We hope you enjoy the March mailout and newsletter offerings. Your feedback or ideas on what to include in future mailouts is welcome. Our community of learners come from across British Columbia, and we hope to foster a sense of community and connection with the information and contents included in this mailout.

Mailout Items:

- Bannock mix from Bangin' Bannock- enjoy making Bannock and share with friends and family.
- Garden/work gloves- Enjoy your eco-friendly pair of gloves. Use them for gardening, work, or projects!
- Salad mix and calendula seeds from Good Earth Farms- start an indoor salad pot or wait until warmer weather to start in an outside garden.
- Notebook- use it for notes or drawing!

Newsletter Contents:

- Bannock Origins info and Shared Story and information about Bangin' Bannock.
- Recipes- Bannock recipes for you to try.
- Instructions/ideas for starting your seed mix indoors and information about Good Earth Farms.
- Planting and growing guides for B.C. regions.
- Thirteen Moons on a Turtle's Back- Anishnaabe lunar calendar information. Different cultures have different moons, and this is one example. Try the turtle calendar and research another moon calendar. In many cultures it is the time of the Frog Moon, when people prepare for spring and end winter activities. It usually occurs from mid-February to mid-March. There is a frog moon colouring sheet from Natasha Davies with words from the SENĆOTEN language.
- Spring book order promotion with GoodMinds.com. We are trying a new online book company with a great selection of Indigenous authors. Check out their selection and follow the instructions included in this newsletter. We are happy to support you with the order process. Please do not hesitate to reach out.
- Colouring sheets and games



Supports available:

Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports and food security supports. Please reach out to a team member at any time.

Reminder of our Chat & Chew sessions on Fridays from 1:00-1:30pm

This is an informal time to connect with our team, ask questions, and get to know each other. Scan the code or use the link to join us:



<https://bit.ly/inedonline>

Bannock



ORIGINS

Bannock is derived from the Gaelic word Bannach, which means "morsel."

Traditionally, it is an unleavened, oval-shaped bread, either baked or fried.

"Unleavened" means no yeast is added to the dough. The basic ingredients used to make Bannock include flour, salt, baking powder, lard, and water, though over time it has been adapted with additions like milk and sugar.

Originally from Scotland, Bannock was introduced to Indigenous populations during the fur trade era. Scottish settlers cooked Bannock on a griddle called a "Bannock stone," using oatmeal or barley. Because it is easy to make and packed with carbohydrates, Bannock was perfect for

long travels—just throw it in your pack and go.

In the mid-1800s, Bannock became a staple food for Indigenous communities. Its adoption was born out of necessity. During this time, settlers, and the government forced Indigenous people off their lands and onto reserves, disrupting their ability to hunt and gather food in traditional ways. In response, the government provided rations, including flour, lard, sugar, and eggs. Faced with starvation, Indigenous families had no choice but to adopt foods from settlers and fur traders, including Bannock.

Although Bannock has become a staple in many Indigenous homes, it also serves as a symbol of oppression—reminding people of the hardships and suffering that Indigenous peoples were forced to endure at the hands of Colonialism and the government.

However, by exploring the old ways of making bread-like foods, along with experimenting with new recipes, cooking Bannock can be empowering.

Source: Colombo, John Robert. "Bannock".

The Canadian Encyclopedia, 07 September 2022, *Historica Canada*.

www.thecanadianencyclopedia.ca/en/article/bannock. Accessed 10 February 2025.

Shared Stories

Bannock by Annette Blecic

Growing up, Bannock was a staple in our home. Of course, at the time, I didn't know the full history behind it. All I knew was that it was delicious and often served alongside meals like duck soup or fried moose meat. I didn't know how to cook it, only that the basic ingredients were simple.

My mom was known for her amazing Bannock—everyone always asked, "Is your mom making Bannock today?" Friends would often visit when they knew she was baking. Let me tell you, there is nothing like fresh, hot Bannock straight out of the oven, smothered in butter or jam. It's pure comfort food.

Now that I'm a mother and grandmother, I continue to incorporate Bannock into our meals. On cold winter nights, I make fried Bannock to serve with soup—usually hamburger soup, since I know for sure my grandsons will eat it (they can be fussy little ones!). When we're craving something warm and comforting, I bake Bannock, knowing that the grandkids will eagerly devour it as soon as it comes out of the oven. It's so quick and easy to make, which makes it a perfect addition to any meal.

I first learned how to make Bannock as a young girl, always watching my mother in the kitchen. I remember one time when my mom was away on a fire, cooking for the forestry fire camps in the summer. My dad, who was home with us, wanted some Bannock but was at a loss since Mom wasn't around to make it.



He looked at me and said, "Make some Bannock for Supper." I was terrified as I didn't know how to make Bannock and certainly not as good as my mother, I replied, "I don't know how to make it, only Mom does." He insisted, "Just do it the way your mom does." It was clear my dad wasn't going to let me off the hook, so I tried to recall step by step how Mom made it.

So, I did the only thing I could do, I threw some flour in a bowl, added lard and salt, and followed it up with water. popped it in the oven, and to my surprise, it came out perfect—fluffy and delicious! From that day on, I've been making Bannock and fried bread, though I still think my mom's is the best.

That was a win-win: my dad got his Bannock, and I learned how to make it. It's a day I'll never forget.

Thank you,

Annette Blecic (Indigenous Support Worker)



SEARCH



ABOUT BANGIN' BANNOCK

nakayâskamohtahitowin

INSPIRED FROM OUR FAMILY RECIPES

Bangin' Bannock is a social enterprise that specializes in creating and selling traditional and cultural Indigenous foods, with a focus on bannock. Our mission is to celebrate Indigenous culture through authentic cuisine, promoting economic sustainability and empowerment.

We educate and inspire through food, fostering community, growth and prosperity. Bangin' Bannock will empower and uplift future generations through economic sustainability rooted in traditional values, while sharing the rich cultural heritage of Indigenous cuisine.



INDIGENOUS OWNED WOMAN POWERED & COMMUNITY DRIVEN

Bangin' Bannock is not just a business, it's a symbol of empowerment and community engagement. As an Indigenous-owned, woman-powered enterprise, we take pride in our roots and use them as a driving force behind our operations.

Every decision we make, every product we produce, is imbued with a deep respect for our heritage and a commitment to serving our community. We believe in the power of unity and strive to create a space where everyone feels welcome and appreciated.

Bannock Recipe

This Bannock recipe comes from a Nuu-Chah-Nulth Elder,

For more information on the is recipe, follow the link

<https://www.flavournetwork.ca/recipe/traditional-bannock/>

Prep: 5 Mins

Cook time: 40 Mins

Yields 8-12 Servings

Preheat Oven 400* F

Ingredients

6 Cups of (1.5 litres) flour

6 Tbsp (90mL) baking powder

3 ½ Cups (875 mL) warm milk

1/4 cup (60 mL) vegetable oil



Mix Ingredients until they come together, being careful not to over mix. Form into an oval shape

Bake in a 400°F oven for approximately 30 minutes.

Best served warm with butter or jam.

Starting Seeds

How to Start Seeds Indoors with Recycled Materials

Supplies Needed

- **Seedling Mix** – Although you can use potting soil for starting seeds, [soilless seed starting mixes](#) are better. They're easy to find at most local nurseries or online. You can also make your own with 1/3 sphagnum peat moss (or coconut coir), 1/3 finely screened compost, and 1/3 vermiculite.
- **Sunny Window** – Place your seedlings in a sunny south facing window.
- **Seeds** – Choose plants that your kids would like to grow and eat (if growing edibles). Roots veggies and large seeds (peas, beans, melons) are best sown directly outside. Lettuce, flowers, broccoli, cauliflower, and leafy greens are great for starting indoors.
- **Fertilizer** – I prefer a water-soluble fertilizer for my seedlings. This is easy to find at your local nursery. Whatever you use, follow the label directions for how much and how often to use for seedlings.
- **Recycled Materials** – newspapers, plastic produce containers, paper towel and toilet paper rolls, egg cartons..

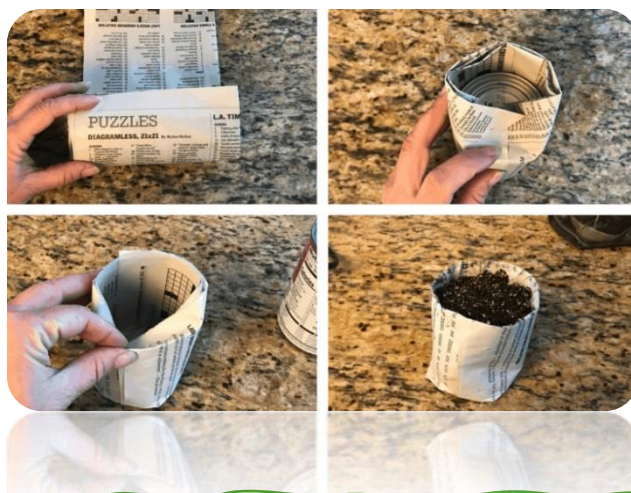


Disposable Cups

Disposable cups are cheap and perfect for gardening with kids. If the cups are coated in wax, you'll need to cut the cup off the seedling before planting. Poke a hole or two in the bottom for drainage and fill the cup with moistened potting soil. Plant 2-3 seeds per cup but thin to 1 seedling per cup before planting.

How to Make Newspaper Pots for Seedlings

- Fold a 1/2 page of newspaper in 1/2 the long way.
- Line up the edge of a small soup can (think Campbell's) with the edge of the newspaper. Roll the can up the length of the newspaper.
- Fold the excess newspaper over the bottom of the can to create the bottom of the newspaper pot.
- Remove the soup can. Fold down the other side of the newspaper about 1/2" to create the rim of the pot.
- Fill with moist soilless seed starting mix and plant 2-3 seeds. Thin to one seedling per pot.



Plastic Produce Containers

The plastic containers that some produce come in make great seedling pots. Choose containers that are deep such as those that tomatoes and strawberries come in. Since these don't have individual cells to plant in, space out your seeds. I'll put 4 seeds in a cherry tomato container and six in a strawberry container. When the seedlings are ready to plant, very carefully scoop out the seedlings with a spoon while trying not to disturb the roots too much. **FOR MORE INFO, FOLLOW LINK BELOW!**

<https://homeschoolgardens.com/starting-seeds-indoors-with-kids/>

South Central BC Vegetable Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover								
Vegetables	WINTER			SPRING			SUMMER			FALL			
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Amaranth						—							
Artichoke					**							
Arugula				—	—	—	—	—	—				
Asparagus		***							
Asparagus Bean				*****							
Broad beans			—	—	—				—	—	—		
Soya beans						—							
Beans, bush & pole					—	—	—						
Beets				—	—								
Broccoli				****								
Broccoli, sprouting			****	*			***				
Brussels sprouts							**					
Cabbage				***	—							
Cabbage, overwinter						...—	**						
Carrots					—	—	—						
Cauliflower				**								
Cauliflower, overwinter						..	**						
Celery/Celeriac			**	—	—						
Chickpeas				**	—							
Corn						—	—						
Corn salad				—	—				—				
Cress				—	—	—	—	—	—				
Cucumbers					...—	**							
Eggplant					**							
Endive/Escarole					—		—						
Fennel					—	—	—						
Garlic									—	—	—		
Kale & Collards				—	—	—	—						
Kohlrabi		***	—									
Leeks		***	*								
Lettuce			***	—	—	**					
Melons				..	**								
Mustard				—	—	—		—	—				
Okra				...	**								
Onions			**								
Onions, overwinter						*						
Onions, scallions				—	—	—	—	—	—				
Pac choi & choi sum			⌒	—	—	—	—	—	—				
Parsnips				—	—	—							
Peas			—	—	—		—						
Peppers					**							
Quinoa						—							
Radicchio			***		***						
Radish			⌒	—	—			⌒					
Rhubarb				**								
Rutabaga						—							
Spinach			⌒	—	—			—					
Squash/pumpkin				...***									
Strawberries			***								
Swiss chard					—	—	—	—					
Tomatoes				***								
Turnips								—					

Kamloops

May 4–Oct 8

(156 days)

Kelowna

May 1–Oct 5

(156 days)

Vernon

April 29–Oct 4

(155 days)

Nelson

May 4–Oct 13

(159 days)

South Coastal BC Vegetable Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover
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Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth					—							
Artichoke				**							
Arugula			—									
Asparagus				***							
Asparagus Bean			*****								
Broad beans		—							—			
Beans, bush & pole					—							
Soya beans					—							
Beets				—								
Broccoli		—	*****	—							
Broccoli, sprouting		—	***	—	**					
Brussels sprouts					****						
Cabbage		*****	—								
Cabbage, overwinter						—	**				
Carrots				—								
Cauliflower		*	*****							
Celery/Celeriac				**							
Corn					—							
Corn salad		—								⌒		
Cress			—									
Cucumbers					... —	**						
Eggplant					****						
Endive/Escarole			—							⌒		
Fennel				—								
Garlic			—						—			
Kale & Collards			—									
Kohlrabi				—			—					
Leeks		*	—	...			**				
Lettuce		****	—					⌒			
Melons				****	*						
Mustard			—							⌒		
Okra				**							
Onions	—	****								
Onions, overwinter						*					
Onions, scallions			—								
Pac choi & choi sum			⌒	—					⌒			
Parsnips			—									
Peas		—					—					
Peppers					****						
Radicchio		***			**					
Radish			—					—		⌒		
Rhubarb				****							
Rutabaga						—						
Spinach			—					—		⌒		
Squash/pumpkin				***	—						
Strawberries			**							
Swiss chard				—								
Tomatoes				*****							
Turnips			—									

Burnaby	Apr 6–Nov 16	(225 days)	North Shore	Mar 28–Nov 16	(234 days)	Tri-Cities	Apr 11–Nov 10	(214 days)
Delta	Apr 6–Nov 6	(215 days)	Richmond	Mar 28–Nov 6	(224 days)	Vancouver	Mar 28–Nov 16	(234 days)
Fraser Valley	Apr 6–Nov 11	(220 days)	Squamish	Apr 16–Oct 26	(194 days)	Victoria	Mar 6–Nov 16	(256 days)
Gulf Islands	Apr 6–Nov 16	(225 days)	Sunshine Coast	Mar 28–Nov 26	(244 days)			
Nanaimo	Apr 6–Nov 6	(215 days)	Surrey	Apr 6–Nov 16	(225 days)			

Northern BC Vegetable Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover							
Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth						—						
Artichoke					***						
Arugula					—			—				
Asparagus					***						
Broad beans				—					—			
Beans, bush & pole						—						
Beans, dry						—						
Beans, soya						—						
Beets						—						
Broccoli				***							
Broccoli, sprouting				**		**					
Brussels sprouts				***		**					
Cabbage				**	—						
Cabbage, winter					***						
Carrots					—							
Cauliflower				***							
Celery/Celeriac				**							
Corn						—						
Corn salad					—			—				
Cress				—		—						
Cucumbers					...	***	—					
Eggplant					**						
Endive/Escarole				...	***	—						
Fennel					—							
Garlic									—			
Kale & Collards				—	**	—					
Kohlrabi					**						
Leeks				***							
Lettuce				...	***	—	**				
Melons					..	**						
Mustard				—				—				
Okra					...	*						
Onions				**							
Onions, overwinter							...	**				
Onions, scallions					—		—					
Pac choi & choi sum					...	***	—					
Parsnips					—							
Peas				—		—						
Peppers					**						
Quinoa					—							
Radicchio			**		..	*					
Radish				⌒				—				
Rhubarb				**							
Rutabaga						—						
Spinach				⌒				—				
Squash/pumpkin				***							
Strawberries				***						
Swiss chard					—		—					
Tomatoes					**						
Turnips					—		—					

Prince Rupert
Terrace

May 3–Oct 12
Apr 30–Oct 10

(161 days)
(162 days)

Kitimat
Smithers

Apr 23–Oct 16
May 31–Sept 16

(175 days)
(108 days)

Dawson Creek
Prince George

June 5–Aug 31
May 26–Sept 5

(89 days)
(101 days)

South Central BC Vegetable Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover								
Vegetables	WINTER			SPRING			SUMMER			FALL			
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Amaranth						—							
Artichoke					**							
Arugula				—	—	—	—	—	—				
Asparagus		***							
Asparagus Bean				*****							
Broad beans			—	—	—				—	—	—		
Soya beans						—							
Beans, bush & pole					—	—	—						
Beets				—	—								
Broccoli				****								
Broccoli, sprouting			****	*			***				
Brussels sprouts							**					
Cabbage				***	—							
Cabbage, overwinter						...—	**						
Carrots					—	—	—						
Cauliflower				**								
Cauliflower, overwinter						..	**						
Celery/Celeriac			**	—	—						
Chickpeas				**	—							
Corn						—	—						
Corn salad				—	—				—				
Cress				—	—	—	—	—	—				
Cucumbers					...—	**							
Eggplant					**							
Endive/Escarole					—		—						
Fennel					—	—							
Garlic									—	—	—		
Kale & Collards				—	—	—	—						
Kohlrabi		***	—									
Leeks			****								
Lettuce			**	*	—	**					
Melons				..	**								
Mustard				—	—	—		—	—				
Okra				...	**								
Onions			**								
Onions, overwinter						*						
Onions, scallions				—	—	—	—	—	—				
Pac choi & choi sum			⌒	—	—	—	—	—	—				
Parsnips				—	—	—							
Peas			—	—	—		—						
Peppers					**							
Quinoa						—							
Radicchio			***		***						
Radish			⌒	—	—			⌒					
Rhubarb				**								
Rutabaga						—							
Spinach			⌒	—	—			—					
Squash/pumpkin				...	***								
Strawberries			***								
Swiss chard					—	—	—	—					
Tomatoes				****								
Turnips								—					

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Amaranth					—							
Artichoke				**							
Arugula			—									
Asparagus				***							
Asparagus Bean			*****								
Broad beans		—							—			
Beans, bush & pole					—							
Soya beans					—							
Beets				—								
Broccoli		—	*****	—							
Broccoli, sprouting		—	***	—	**					
Brussels sprouts					****						
Cabbage		*****	—								
Cabbage, overwinter						—	**				
Carrots				—								
Cauliflower		*	*****							
Celery/Celeriac				**							
Corn					—							
Corn salad		—								⌒		
Cress			—									
Cucumbers					... —	**						
Eggplant					****						
Endive/Escarole			—							⌒		
Fennel				—								
Garlic			—						—			
Kale & Collards			—									
Kohlrabi				—			—					
Leeks		*	—	...			**				
Lettuce		****	—					⌒			
Melons				****	*						
Mustard			—							⌒		
Okra				**							
Onions	—	****								
Onions, overwinter						*					
Onions, scallions			—								
Pac choi & choi sum			⌒	—					⌒			
Parsnips			—									
Peas		—					—					
Peppers					****						
Radicchio		***			**					
Radish			—					—		⌒		
Rhubarb				****							
Rutabaga						—						
Spinach			—					—		⌒		
Squash/pumpkin				***	—						
Strawberries			**							
Swiss chard				—								
Tomatoes				*****							
Turnips			—									

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Giizisoo-Mazina'igan

The Thirteen Moons and Turtle's Back

Turtles are an important part of spirituality for many Native American Tribes, not just the Anishinaabe. Turtles are incorporated into many different parts of Anishinaabe life and spirituality, including their calendar. The Anishinaabe calendar is based on the Cycles of the Moon, dividing the year into 13 months, 1 more month than our 12 year cycle!

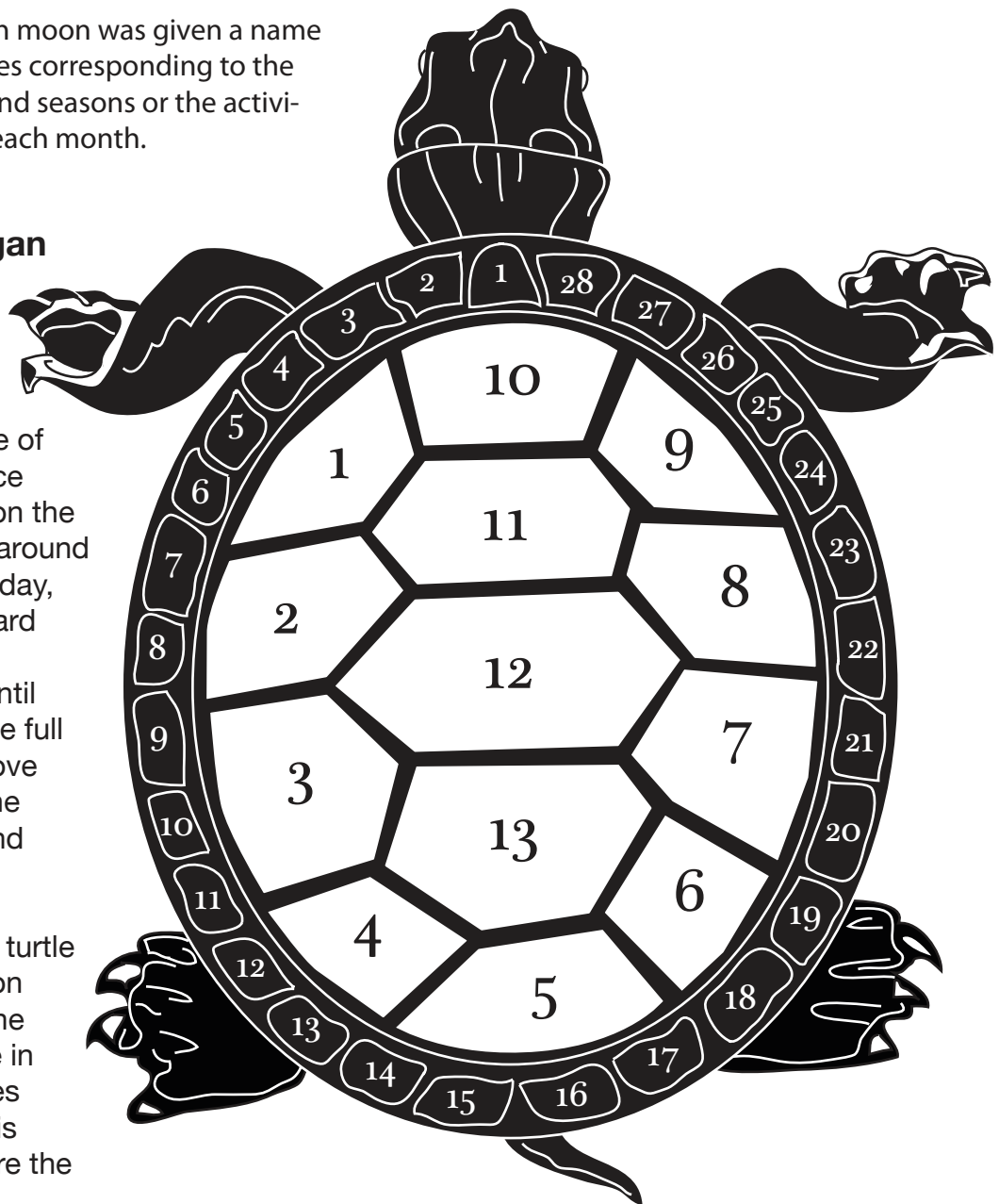
Every 28 days a new moon would appear, signifying the end of a cycle. According to legend, after the great flood, Nanaboosho, a clever trickster spirit, put a piece of the earth on Turtle's back and created the world we see today. It was at this time that Nanaboosho counted the 13 plates on Turtle's back, comparing them to the 13 moons.

Over time each moon was given a name and a story, often times corresponding to the changes of weather and seasons or the activities you would do in each month.

How to Use the Giizisoo-Mazina'igan

On the start of the next lunar cycle, when there is a New Moon, place 1 stone on the first large plate of the turtle's back. Place another small stone on the smaller plates going around the turtle shell. Each day, move the stone forward one plate around the outside of the shell until you've completed one full cycle, or 28 days. Move your inner stone to the second large plate and repeat the cycle.

While you use your turtle calendar, pay attention to the seasons and the changes you can see in Nature. What activities do you do outside this time of year? What are the animals doing?



The Thirteen Moons & Their Anishinaabe Name

March/April
Bopogaame giizis
Broken Snow Shoe Moon

April
Ziisibaakadake giizis
Sugar Moon

May
Nmebine giizis
Sucker Moon

June
Waabgonii giizis
Blossom Moon

July
Miin giizis
Berry Moon

August
Mnoomni giizis
Rice Moon

September
Waabagaa giizis
Changing Leaves Moon

October
Bnaakwii giizis
Falling Leaves Moon

November
Baashkaakodin giizis
Freezing Moon

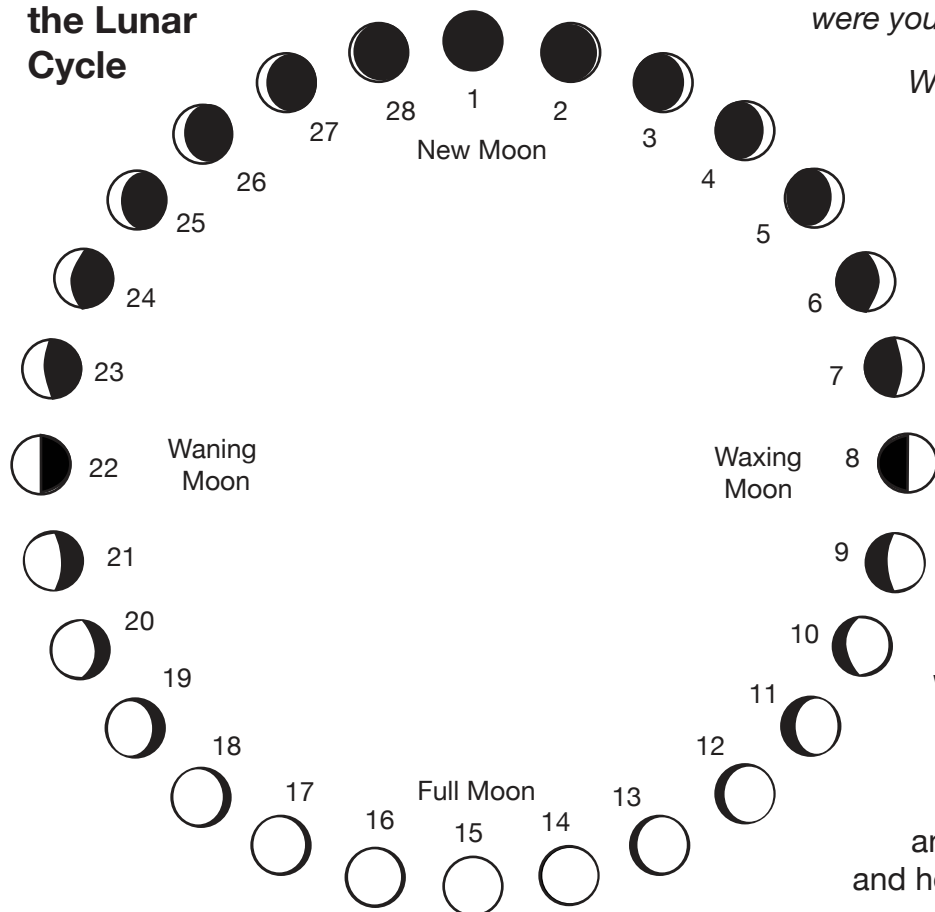
December
Manidoo giizisoonhs
Little Spirit Moon

January
Manidoo giizis
Spirit Moon

February
Makwa giizis
Bear Moon

March
Naabidin giizis
Snow Crust Moon

A Western Depiction of the Lunar Cycle





Shoe Shoe

Age Group: 5+ years

Space:

Indoor or outdoor space large enough for a circle to be formed.

People and Groupings:

2+ participants.

How to play

- Participants form a circle and sit down.
- One person stands in the middle of a circle of seated people while a shoe, ball or stuffed toy, is passed around the outside of the circle, being hidden underneath people's bent knees.
- The person in the center tries to keep track of where the object is and waits for people in the circle to throw the object at them.
- If the object is caught by the participant in the center, that person is allowed to sit in the circle and is replaced by the person who threw the object.
- If they hit the participant in the centre, that person remains in the center until they catch the object.

HIGH FIVE: A quality standard for children's programs
Founded by Parks and Recreation Ontario

Inuit

In the Inuit tradition, participants tried to hold back their smiles in games like this for as long as possible until their laughter could no longer be contained.

Submitted by Corey Hutchings



Talking and Sharing Circle

Age Group: 8+ years

Space:

A space large enough for your participants to form a circle (on the floor or in chairs).

People and Groupings:

2+ participants.

How to play

- Arrange the participants in a circle, sitting comfortably.
- The leader, or the conductor of the circle, will begin by explaining the ground rules.
- The feather, stick, or other token will be passed around the circle clockwise.
- Each person who receives the talking item will be allowed to speak for as long as they wish.
- When they have finished, they pass the item to the next person in the circle and the process is repeated.
- If a participant does not wish to share anything, they have the option to pass the item.
- The item is encouraged to go around the circle more than once, and each person should have the opportunity to speak as many times as they wish.

HIGH FIVE: A quality standard for children's programs
Founded by Parks and Recreation Ontario

Mi'kmaq

"The talking circle is a traditional way for many traditional Indigenous groups to solve problems. It is a very effective way to remove barriers and to allow people to express themselves with complete freedom...."

Mi'kmaq Spirituality: Talking Circles



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