

Planning Foundational Learning Lessons

Métis Week Lesson Plan: Honouring Métis History, Culture, and Contributions

Dates: November 15–22, 2025

Duration: 60 minutes (adjustable)

Materials: Métis flag or image, short video or presentation, handout (sash, fiddle, Red River cart), discussion questions, projector or screen

#1 Check-in with learner (5 minutes)

Goal: Build connection and introduce the purpose of Métis Week.

Facilitator Prompts:

- Welcome everyone and introduce Métis Week.
- Ask: “What comes to mind when you think of Métis culture or Louis Riel?”
- Invite learners to share one word or image they associate with Métis history.

#2 Check on previous lesson (10 minutes)

Goal: Connect Métis Week learning to previous sessions (if applicable).

Facilitator Prompts:

- “Last time, we talked about cultural identity in Alberta. How does Métis culture fit into that story?”
- Ask if learners explored or noticed any Métis-related topics since the last session.
- Decide whether to review a past skill (e.g., identifying cultural symbols) or move into new material.

#3 Access learner’s prior knowledge of new topic (5 minutes)

Goal: Activate curiosity and connect new content to what learners already know.

Facilitator Prompts:

- “What do you already know about Louis Riel and Métis history?”
- “Why do you think Métis Week is celebrated in Alberta?”
- “What questions or curiosities do you have about Métis culture?”

#4 & #5 Skill development activity OR explicit teaching with practice activities (30 minutes)

Goal: Deepen understanding of Métis history, culture, and contributions through interactive learning.

Activity 1: Learning About Métis Heritage

1. Watch a short video or presentation on Métis history in Alberta.
2. Highlight key cultural symbols and traditions:
 - **Sash** – symbol of identity and practicality.
 - **Jigging and fiddle music** – expressions of joy and cultural pride.
 - **Language (Michif)** – the unique language of the Métis Nation.
3. Discuss: “How have Métis people influenced Alberta’s history and identity?”

Planning Foundational Learning Lessons

Practice (Learner Involvement):

- Match cultural symbols to their meanings on a handout.
- Identify examples of Métis influence in local communities.

Activity 2 (if time allows): Métis Cultural Celebration

1. Listen to a short piece of Métis fiddle music.
2. Learn the basic steps of a traditional jig or clap along to the rhythm.
3. Reflect: “What feelings or stories do you sense in this music?”

Practice (Learner Involvement):

- Try the rhythm, movement, or clapping sequence.
- Share personal reactions or insights.

6 Review of lesson (5 minutes)

Goal: Reinforce key takeaways and ensure understanding.

Facilitator Prompts:

- “What stood out to you today?”
- “What is one new thing you learned about Métis people or culture?”
- Summarize key messages: pride, resilience, and contributions of the Métis Nation.

7 Practice between lessons (5 minutes)

Goal: Encourage ongoing learning and community connection.

With the learner, plan ways to continue learning:

- Attend a local Métis Week event or flag raising.
- Visit a Métis museum exhibit or website (e.g., Métis Nation of Alberta).
- Listen to Métis fiddle music or explore Michif words online.
- Share one thing learned about Métis Week with a friend or family member.

To support multiple learning styles, this lesson includes opportunities to:

See: Métis flag, images, cultural symbols, video presentation

Hear: Fiddle music, storytelling, discussion

Touch: Sash or traditional items (if available)

Say: Group reflections, discussions, personal sharing

Do: Matching, dancing, and participation in hands-on activities