

Planning Foundational Learning Lessons

<p>Métis Week Lesson Plan: Honouring Métis History, Culture, and Contributions</p> <p>Dates: centered around November 16 (Louis Riel Day)</p> <p>Duration: 60 minutes (adjustable)</p> <p>Materials: Métis flag or image, short video or presentation, handout (sash, fiddle, Red River cart), discussion questions, projector or screen</p> <p>Background Information: Métis Week https://calp.ca/blog/metis-week-2025-11-07</p>
<p>#1 Check-in with learner (5 minutes)</p> <p>Goal: Build connection and introduce the purpose of Métis Week.</p> <p>Facilitator Prompts:</p> <ul style="list-style-type: none"> • 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.
<p>#2 Check on previous lesson (10 minutes)</p> <p>Goal: Connect Métis Week learning to previous sessions (if applicable).</p> <p>Facilitator Prompts:</p> <ul style="list-style-type: none"> • “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.
<p>#3 Access learner’s prior knowledge of new topic (5 minutes)</p> <p>Goal: Activate curiosity and connect new content to what learners already know.</p> <p>Facilitator Prompts:</p> <ul style="list-style-type: none"> • “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?”
<p>#4 & #5 Skill development activity OR explicit teaching with practice activities (30 minutes)</p> <p>Goal: Deepen understanding of Métis history, culture, and contributions through interactive learning.</p> <p>Activity 1: Learning About Métis Heritage</p>

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?”

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 participating in hands-on activities