

Metis Tree Medicine Teachings – Guided Field-trip for Grade 7 Students **Program Info & Booking Information**

This program is offered for Grade 7 students in CBE schools.
Bookings are available on school days, 8:30am – 4:00pm. Please use the online booking system to choose dates & times for your field-trip(s). Program length is 60-90 minutes per group.

Program Description:

This is an outdoor plantwalk for any season, led by a Metis Herbalist. Through Stories of the *Hivernants* (literally, “over-winterers”), students imagine what it might be like to travel across the Metis homeland while relying on plants, trees and animals for survival.

Along the way, students explore human-plant relationships that support Metis communities in past and present. We’ll introduce plants of cultural significance and discuss their uses for food, medicine and tools. Close examination of plant features enables identification with names in English and *Michif*. Indigenous relationships with nature, harvesting traditions, environmental stewardship and plant safety are included.

Learning Outcomes:

Seeing plants and nature from an Indigenous view, Land & culture, Plant safety and respect for ecology, Tree and Bush identification, Michif-language component, Canadian history, Metis foods and medicines, Tactile learning, Moving while learning, Getting Outdoors, Visually interesting

Plan Your Trip:

- One (1) classroom group can attend *Metis Tree Medicine Teachings* at a time; schools transporting more than 1 group to site are able to book an additional experience for groups who are waiting (details below), or plan their own activity to fill wait times
- Please submit your dates as soon as possible for Spring 2023. Best weather is expected after March 15th, but we host groups at any time of year as long as the temperatures are above -10 degrees Celcius
- We do our best to accommodate bus scheduling needs – please choose booking times that are closest to your needs, and reach out (kalyn@kodiakherbal.com) if you need to modify the exact program timings

Locations & Weather:

- The default location is **Bebo Grove** in Fish Creek Park. For schools without access to transportation, this program can be presented in:
 - your schoolyard
 - indoors in a classroom or gym, or
 - green space or park close to your location
- Outdoor experiences work best in school yards, parks or green spaces that feature a mix of indigenous plants and/or weeds. 5-10 species is more than enough for a program.
- In case of severe wind, rain or temperatures below -10 celsius, the program may be moved indoors at your school if space is provided. If you are concerned about the weather, please contact us a few days before your program to arrange an indoor or school-yard location.

Booking Online:

1. On the booking page (link: kodiakherbal.com/grade7cbe/) use the **Choose an Experience** drop down box to select "Metis Tree Medicine Walk for Grade 7"
2. The default booking is for one (1) classroom (group of approx. 30 students). Additional class-groups are added by choosing the "Extra" option and selecting total number of groups, for a maximum of 5 groups per day.
3. Up to 3 groups can be scheduled in the morning and 2 in the afternoon. You can schedule partial days (mornings / afternoons) to accommodate your groups.
4. After selecting a service and adding groups, the calendar appears with available dates highlighted. Choose a date and time for your booking and click **Continue**. *Please note: each date requires a separate booking
5. After entering school & contact information on the next page, pay via credit card or choose the "Deposit Only" option to make your booking without immediate payment
6. Click the **Submit** button and a confirmation pop-up will appear, with option to add the event to your calendar. We will contact you via email within 2 weeks to confirm your booking and details.
7. For questions or assistance with booking, please email kalyn@kodiakherbal.com .

Program Payment & Protocol:

- Protocol is a symbolic gift given to acknowledge the sharing of cultural information. Please bring a small packaged food item or palm-sized bag of tobacco. You can learn more about indigenous knowledge sharing protocols here.
- Fee for the *Metis Tree Medicine* program is 300.00+gst per class; *Scavenger Hunt* is 200.00+gst per class (special price for add-on only). Advance payment is appreciated when possible, via the online booking system. Fees are due on the day of the program. An invoice/receipt can be created for your school upon request.
- Cheques can be made out to Kodiak Herbal, or e-transfers to kalyn@kodiakherbal.com . Payments via credit card are processed over the phone at 403-437-1446

More Experiences / Multiple Groups:

We're offering a second program for groups who are waiting on site. The add-on experience chosen for Grade 7 students is the *Metis Artifacts Scavenger Hunt*.

Scavenger Hunt description: Life on the Prairies in the 1800s - the Delorme family are getting ready to travel from Red River Valley to their winter home at Trail Creek, Alberta. Using animal & plant resources (and a few trade-goods!) they're gathering everything they need for their 1400km journey. Students help the family locate the supplies they will need - learning *Michif* language words & Metis tool uses along the way. After all the supply cards are found, students have the opportunity to touch and hold real-life artifacts while discussing how they are made and used by the Metis.

To book this experience: start a new booking and choose *Metis Artifacts Scavenger Hunt - Grade 7 CBE Special Add-On* under the **Experiences** drop-down menu. Choose the dates of your program from the calendar and proceed with booking as described on the previous page.

Suggested Schedule for Multiple Groups

<u>TIME (AM)</u>	<u>3 Groups</u>	<u>Program Rotation:</u>		
9:00-10:00am	Group A	Metis Tree Medicine	Metis Artifacts Scavenger Hunt	School-provided program
10:00-11:00am	Group B	Metis Artifacts Scavenger Hunt	School-provided program	Metis Tree Medicine
11:00-12:00pm	Group C	School-provided program	Metis Tree Medicine	Metis Artifacts Scavenger Hunt
<u>TIME (PM)</u>				
	<u>2 Groups</u>	<u>Program Rotation:</u>		
12:45-1:45pm	Group D	Metis Tree Medicine	Metis Artifacts Scavenger Hunt	
1:45-2:45pm	Group E	Metis Artifacts Scavenger Hunt	Metis Tree Medicine	

**4 - 5 Groups can be accommodated in a Full Day of programming*