

Culture Based Learning Seasonal Activity Planning Guide

Based on Traditional Cree Seasonal Round Activities (This Seasonal Activity Planning Guide includes instructional videos

 in English and Cree  and learning guides  and stories/legends  [available online](#) or pending.)



VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
GENERAL KNOWLEDGE VIDEOS												
 About Wapastim, White Horse, Jason Bigcharles												
Traditional Practice Videos												
  13 Moons												
  Dreamcatcher (Legend of Willow)												
  Kinship and Community												
  Mixing and Measuring Common Medicines												
 Plants and Trees - Animate/Inanimate												
  Protocol on Herb Gathering												
  Spirituality and Religion Experiences												
  Sharing and Talking Circles												
Time (Solstice/Equinox)												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
Elder and Knowledge Keeper Protocols												
Making a Willow Protocol Offering (Wepinason)												
Song and Drum												
Smudging and the 4 Sacred Plants												
4 Colours												
Rock Teachings												
GENERAL KNOWLEDGE VIDEOS												
Subsistence Videos												
  7 Year Cycle												
 Plants and Trees - Animate/Inanimate												
  Protocol on Herb Gathering												
Common Seasonal Activities (Seasonal Round)												
Climate Change and Effects on Hunting/ Gathering												
Distance (Concept of Zero)												
GENERAL KNOWLEDGE VIDEOS												
Oral Tradition Videos												
  13 Moons												
  Fire Teachings												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
 Land Acknowledgements												
  Mixing and Measuring Common Medicines												
Elder and Knowledge Keeper Protocols												
Stewardship and Community (Sharing)												
Animate and Inanimate (Throughout Environment)												
Time (Solstice/Equinox)												
Distance (Concept of Zero)												
4 Colours												
Water Teachings												
Conflicting Accounts – Frog Lake Massacre												
Cree Worldview: Fiction and Non-Fiction												
GENERAL KNOWLEDGE VIDEOS												
Arts Videos												
Song and Drum												
Beading (Loom/Straight Stitch/Brick Stitch)												
Traditional Dance and Storytelling												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Birch Tree Tapping												
  Trickster and Thunderbird												
  Tapping Birch Trees												
  Gathering Birch Tree Water												
  Making Birch Tree Syrup												
VIDEO SERIES BY SEASON												
Archery												
  Introduction to Archery – Bows with Kevin Emard												
  Archery – Bow Types with Kevin Emard												
  Archery – Shooting Bows with Kevin Emard												
VIDEO SERIES BY SEASON												
Harvesting Medicines												
  Protocol on Herb Gathering												
  Plants and Trees - Animate/ Inanimate												
  Harvesting: Wild Mint												
  Harvesting: Dandelion												
  Legend of Dandelion												

VIDEOS and LEARNING GUIDES

	January	February	March	April	May	June	July	August	September	October	November	December
  Harvesting: Willow Fungus												
  Harvesting: Devils Club												
  Harvesting: Devils Club Processing												
  Harvesting: Lily Pad Root												
  Harvesting: Preparing Lily Pad Root and Use												
  Harvesting: Bear Fat												
  Harvesting: Rendering Bear Fat												
Harvesting: Rat Root												
Harvesting: Mountain Ash												
Harvesting: Labrador Tea												
Harvesting: Balsam												

VIDEO SERIES BY SEASON

Canning and Preserving

Identify Local Berries												
  Canning Berries												
Pickling Vegetables												
Pressure Cookers												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Common Tree Names: Northern Boreal												
  Plants and Trees – Animate/Inanimate												
  Diamond Willow												
  Red Willow												
  Balsam Pine												
  Birch												
Poplar												
Black Poplar												
Spruce												
Pine												
Mountain Ash												
VIDEO SERIES BY SEASON												
Elk Harvest												
  Elk Harvest: Protocol												
  Elk Harvest: Skinning												
  Elk Harvest: Gutting												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
  Elk Harvest: Quartering												
  Elk Harvest: Brisket and Ribs												
VIDEO SERIES BY SEASON												
Fall Whitefish												
  Preparing Whitefish												
  Building a Drying/Smoking Rack												
Canning Fish												
Fish Scale Art												
VIDEO SERIES BY SEASON												
Moose, Elk, and Deer Calling												
  Moose Protocol and Legend (Trickster's Brother and the Bull Moose)												
Moose Habitat/Mating/Identification												
Antlers vs Horns												
Moose Tracks												
  How to Harvest Birch-Bark for a Moose Caller												
  Making the Moose Caller												
Making a Can Caller												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
  How to Call a Moose												
  How to Call an Elk												
How to Call a Deer												
VIDEO SERIES BY SEASON												
Moose Harvest : Moose Field Harvest												
  Moose Protocol and Legend (Trickster's Brother and the Bull Moose)												
Moose Habitat/Mating/Identification												
  Moose Skinning												
  Field Dressing a Moose												
  Quartering a Moose												
  Moose Nose and Tongue												
  Moose Final Loading												
VIDEO SERIES BY SEASON												
Moose Harvest : Moose Butchering and Cutting												
  Butchering Moose Hind Quarter												
  Butchering Moose Front Quarter												
  Cutting Moose Dry Meat												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
  Cutting Moose Muscles for Drying												
  Cutting Moose Ribs												
  Dry Meat Smoking and Wood												
  Cutting Moose Shanks and Broth Bones												
  Cutting Moose Steaks												
  Butchering Finished Product												
Making Pemmican/Moose Lard												
VIDEO SERIES BY SEASON												
Moose Harvest: Moose Fire Preparation												
  Preparing Moose Nose												
  Finished Moose Nose												
  Moswatakisi (Large Intestine)												
VIDEO SERIES BY SEASON												
Moose Harvest: Moose Feast												
  Feast Preparation												
  Making Bannock												
  Feast Fire Offering (Large Intestine)												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Trapping and Snares - Beaver												
 Beaver and His Tail												
 Beaver, Trickster and the Flood												
Introduction to Fur Bearing Animals – Track Identification												
Beaver Habitat and Behaviour												
 Basics of Traps												
 Making a Beaver Snare												
 Beaver Trap												
Setting a Beaver Snare and Trap in the Bush												
How to Skin and Prepare a Beaver												
Cooking Beaver												
VIDEO SERIES BY SEASON												
Trapping and Snares - Muskrat												
Introduction to Fur Bearing Animals - Track Identification												
Muskrat Habitat and Behaviour												
Basics of Traps												
Trapping Muskrat												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
How to Skin and Prepare a Muskrat												
Cooking Muskrat												
VIDEO SERIES BY SEASON												
Trapping and Snares - Rabbit												
Introduction to Fur Bearing Animals - Track Identification												
Basics of Traps												
Rabbit Habitat and Behaviour												
Making Rabbit and Squirrel Snare												
How to Skin and Prepare a Rabbit												
VIDEO SERIES BY SEASON												
Trapping and Snares - Squirrel												
Introduction to Fur Bearing Animals - Track Identification												
Basics of Traps												
Squirrel Habitat and Behaviour												
Making Rabbit and Squirrel Snare												
How to Skin and Prepare a Squirrel												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Ducks and Geese												
Identifying Common Ducks: Mallard												
Identifying Common Ducks: Bufflehead												
Identifying Common Ducks: Canvasback												
Identifying Common Ducks: Teal												
Identifying Common Ducks: Mud Hens (Helldivers)												
Plucking, Singeing, Dressing, Butchering Ducks												
Identifying Local Geese: Canada Goose												
Plucking, Singeing, Dressing, Butchering Geese												
Harvesting Eggs												
VIDEO SERIES BY SEASON												
Chicken Hunting and Preparation												
Prairie Chicken: Male/Female												
Spruce Chicken: Male/Female												
Snaring Chickens												
Field Dressing, Preparation and Cooking Techniques												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Fire Making and Safety												
  Fire Teachings												
Different Ignitors (Lighter/Flint/Match/Friction/Accelerants)												
Different Wood/Trees and How they Burn												
Kindling (Spruce Moss/Birch Bark)												
Making a Fire												
Swedish Stove												
Emergency Fire Making: Flint												
Emergency Fire Making: Friction (Bow and Stick)												
Emergency Fire Making: Other												
VIDEO SERIES BY SEASON												
Orienteering												
Trail Markings/Landmarks												
Stars/Constellations for Directions												
Trade Winds/Primary Cloud Directions/Trees Directional Growth												
Weather Indicators												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
VIDEO SERIES BY SEASON												
Camp Set Up and Emergency Shelters												
Tent Set Up												
Tipi Set Up												
Emergency Shelter												
VIDEO SERIES BY SEASON												
Winter Survival Skills												
Winter Fire Making												
Winter Fire Making: Trappers "Fire in a Can"												
Winter Fire Making: Swedish Stove/Log Roll Technique												
Winter Shelters: Snow Shelters												
Winter Shelters: Winter Tipi Set Up												
Winter Shelters: Using an "Air Tight" Wood Stove												
VIDEO SERIES BY SEASON												
Winter Fishing												
Ice Fishing: Drilling Ice												
Ice Fishing: Pole Set												
Ice Fishing: Rigging/Bait												
Winter Net Setting: Drilling/Cutting Ice												

VIDEOS and LEARNING GUIDES

	January	February	March	April	May	June	July	August	September	October	November	December
Winter Net Setting: Jig Use												
Winter Net Setting: Net Setting												

VIDEO SERIES BY SEASON

Powwow and Dance

Traditional Dance and Storytelling												
Powwow Protocol												
Becoming a Powwow Dancer and Styles												
Men's Traditional												
Men's Chicken												
Men's Grass												
Men's Fancy												
Men's Buckskin												
Women's Traditional												
Women's Jungle												
Women's Fancy												
Women's Golden Age												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
STORYTELLING												
 Storytelling Protocols												
Traditional Dance and Storytelling												
STORYTELLING												
Creation Stories: Origins												
  The Four Directions												
 The Legend of Muskrat												
  Legend of Fire												
  How Medicines Came to Man												
 Legend of Bear and Grass												
 The Rolling Head												
Rolling Head (Younger Version)												
Legend of Coyote and Death												
Legend of Raven and Water												
Legend of the Drum												
Whitiko Turns to Grandfather												
Arrowhead Fingers (Medicine Origins)												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
STORYTELLING												
Creation Stories: Animal Features												
  Beaver and His Tail												
 How Moose Came to Be												
  Why Moose Looks the Way He Does (Told in Cree)												
 How Rabbit Came to Be												
 Legend of Mosquito												
 The Legend of Weasel												
 Squirrel and Pine Marten												
 Whiskey-jack and the Long Winter												
 How Buffalo Got His Hump												
  Legend of Buffalo (Told in Cree)												
  Legend of Rabbit – Pussywillows												
  Legend of Wolverine												
STORYTELLING												
Creation Stories: Plant Features												
  Legend of Willow (As told in Dreamcatcher video)												
  The Legend of Dandelion												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
 Legend of Rat Root												
 Legend of Rabbit – Pussywillows												
 Legend of Poplar												
Legend of Birch Tree												
STORYTELLING												
Star Stories												
 How the Milky Way was Created												
 Legend of Night and Day												
 Legend of Death – Northern Lights												
 Origin of the Big Dipper												
 7 Sisters Legend												
Dog Stars/Little Dipper												
Eclipse (How Coyote Snared the Sun)												
Legend of Solstice (Fire Story)												
Legend of Moon Cycles												

VIDEOS and LEARNING GUIDES												
	January	February	March	April	May	June	July	August	September	October	November	December
STORYTELLING												
Trickster Stories												
   Trickster and Beaver Castor (Video told in Cree)												
 Trickster and the Flood  Beaver, Trickster, and The Flood												
  Trickster and Thunderbird												
  Moose Protocol and Legend (Trickster’s Brother and the Bull Moose)												
 Trickster and the Ducks												
  How the Milky Way was Created												
   Trickster and the Tipi (Video told in Cree)  Legend of Tipi - Trickster												
Trickster and the Chickadees												
Nianeemse and Moswa												
Nianeemse and the Giants												
Trickster and the Dry Meat												
Legend of Corn												