

Fall Harvest

September 23, 24, and 25, 2008



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Anishinabek Education Institute
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Fall Harvest

September 23, 24, and 25, 2008



Name _____

School _____

Date _____

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Fall Harvest



Fall is the time the First Nation peoples prepared for the long winter ahead. The different techniques used have been developed and passed down for generations, for thousands of years. Elders in our community have maintained this tradition and now they offer you an opportunity to learn in a traditional surrounding.

The activities in this booklet are designed for you to record the many experiences you will have today. Be ready to work hard and learn skills many of us do not use in our contemporary lifestyle!

Fall Harvest Activities

- Anishnaabe traditions
- Arts & crafts *making moccasins and birch bark canoes*
- Preparing & making traditional foods *moose, deer, wild rice, fish, ducks, teas, bannock*
- Storytelling

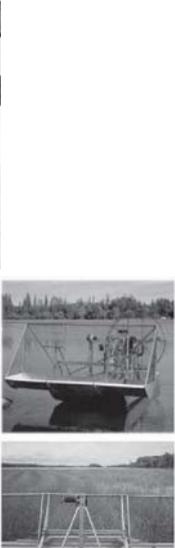


Wild Rice Preparation

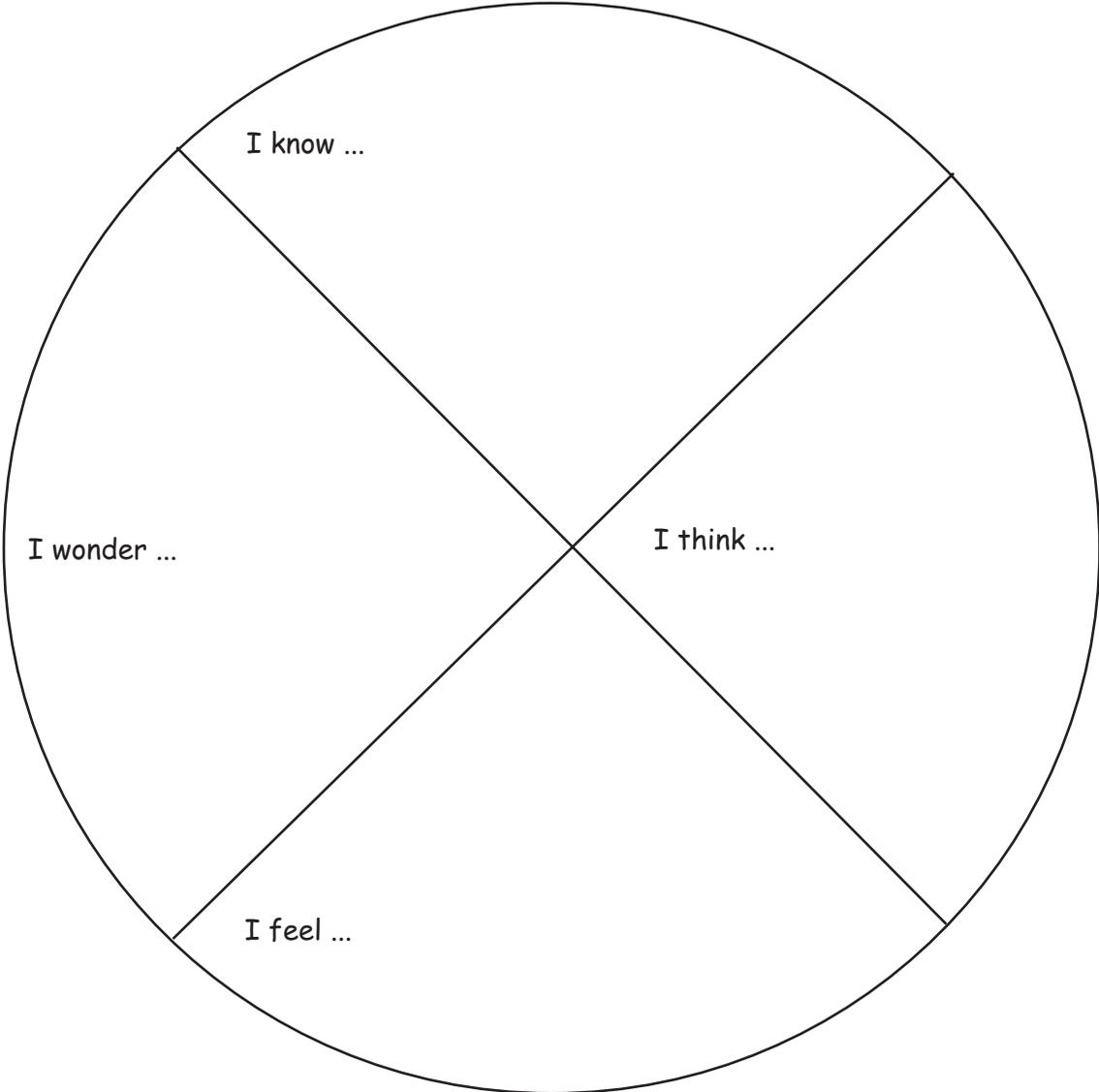
Wild rice is an annual aquatic grass that produces seed. It is a delicious and nutritious source of food for wildlife and people. There are five stages to preparing rice drying, roasting, dancing, winnowing, and cleaning. Each stage plays an important role to process the rice and make it ready for cooking.



TO DO Make a flow chart of the five stages, include labels, titles, and drawings.



Medicine Wheel Reflections



Storytelling

Stories are a link between our imagination and our surroundings. There is a special magic involved in the telling of a story that is quite different than the reading of a story. Stories have a purpose, such as to entertain, make people laugh, to teach a lesson, to pass down traditional information, to explain something or to instill moral values.

TO DO

Decide on a story to entertain, explain, or teach a lesson.

Make some point form notes below. Practice telling your story so that you can do it from memory.

In a sharing circle, share your story with others.

Hide Preparation

Animals of the earth should be respected in every way. Part of acting in a respectful manner is to thank the Creator for providing us with bountiful harvests. When preparing an animal to eat, there are important steps to take to make full use of all parts and leave little or no waste.



TO DO Describe the use of all parts of the animal.

Handwriting practice lines for the 'TO DO' section, consisting of 15 horizontal dotted lines.

Handwriting practice lines for the right side of the page, consisting of 15 horizontal dotted lines.



