

THE  
INDIGENOUS  
EDUCATION  
DEPARTMENT  
PRESENTS



# ROCK YOUR MOCS



**You're invited on a journey that celebrates the diversity and beauty of Indigenous cultures across Canada.**

# TERRITORY ACKNOWLEDGEMENT

The Chilliwack School District operates on the traditional and ancestral lands of the Ts'elxwéyeqw (Ch-ihl-kway-uhk), Pilalt and Semá:th Peoples. Located within the Sto:lo territory, Ts'elxwéyeqw is a watershed of interconnected lakes, rivers, and streams. The very word, Ts'elxwéyeqw, describes the action of traveling upstream.

## HOW TO USE THIS RESOURCE

This resource can be used along with a powerpoint presentation to celebrate Indigenous cultural diversity in Canada. This resource is intended to share some culturally significant practices culminating in 'Rock Your Mocs.' This activity can be used school wide to share the intention of Rock Your Mocs and build a collective understanding. This resource culminates with an art activity to create a school display.

## A NOTE FOR TEACHERS

This package is an access point for you and your students to explore the history of Indigenous cultures in Canada, and the diversity of culture. You can always extend the learning. Please see the back of this resource for extension ideas.

Purpose:

- Positive personal and cultural identity
- Building relationships and valuing diversity
- Personal awareness and responsibility

## CURRICULAR CONNECTIONS

Connections to curriculum can be found in English Language Arts, Math, Social Studies, Physical and Health Education and the Arts.

# WHAT IS ROCK YOUR MOCS?

## What is the Rock Your Mocs event?

Established 2011, Rock Your Mocs, is best described as a worldwide Native American & Indigenous Peoples virtual unity event held annually and during November National Native American Heritage Month in the U.S.A. During the Rock Your Mocs, people wear their moccasins, take a photo, create a video or story, add the hashtag #ROCKYOURMOCS and upload to social media. This creates “an online photo album” for the world to see and enjoy. Rock Your Mocs is wherever you are and also, individuals, organizations, businesses, schools, museums and tribes are taking the initiative to create their own independent local events too!

**Dates::** November 14th – 20th

## Why:

A positive opportunity celebrate tribal individuality united by wearing moccasins. We honor our ancestors, and indigenous peoples worldwide, during Rock Your Mocs events and commemorate National Native American Heritage Month

**WEAR YOUR MOCCASINS OR A TURQUOISE AWARENESS RIBBON OR T-SHIRT OR ORGANIZE AN EVENT.**

**Post to Social Media:** Add the hashtag #ROCKYOURMOCS, post your photo using Social Media (Facebook, Twitter, Snapchat, Instagram etc.)



[www.rockyourmocs.org](http://www.rockyourmocs.org)

# PRIMARY



## CORE COMPETENCY

**I can value diversity:** Students value diversity, defend human rights, advocate for issues, and interact ethically with others. They are inclusive in their language and behaviour and recognize that everyone has something to contribute. Their approach to inclusive relationships exemplifies commitment to developing positive communities.

### **Connect (5 Minutes):**

To introduce this lesson, students are going to talk about what it means to have a superpower. Indigenous peoples also have super powers. Those powers are in the form of culture, language and dance.

## SUPERPOWER

### **Process (10-15 Minutes):**

Read *Whats My Super Power* by Aviaq Johnston. Choose 2-3 stopping points in the story to prompt discussion about Indigenous culture and language.



- Watch this music video 'We Are One' by Taboo
- <https://www.youtube.com/watch?v=XHhbeRJudY4>

## Transform (10-15 Minutes):

Introduce activity

- Following this lesson students will design a moccasin that represents their part in moving forward together as a community. Prompt students to think about their 'why' - **connect to superpowers and why we celebrate culture as if it were a superpower.**
- Why is it important to learn about different cultures, especially Indigenous cultures in Canada?
- The moccasins will be placed in a group display that can share an uplifting message on *Rock Your Mocs Day*

## RECONCILIATION ONE STEP AT A TIME WALKING TOGETHER

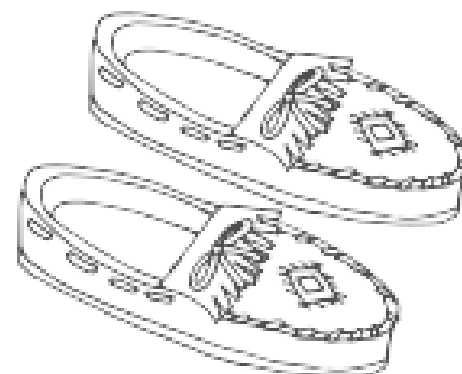
- (ex. "Reconciliation one step at a time," "Walking together.")
- Students can include positive words or phrases on their moccasins, or just design a moccasin. Colour and cutout for display.
- Display example slide of the many different types of moccasins.

### Reflect

- As students place their moccasin in the display have them reflect on what they connected to in the story or music video.

## DONT FORGET

**Rock your Mocs or Wear  
Turquoise on Nov 17th**



# INTERMEDIATE/MIDDLE



## CORE COMPETENCY

**I can value diversity:** Students value diversity, defend human rights, advocate for issues, and interact ethically with others. They are inclusive in their language and behaviour and recognize that everyone has something to contribute. Their approach to inclusive relationships exemplifies commitment to developing positive communities.

### **Connect:**

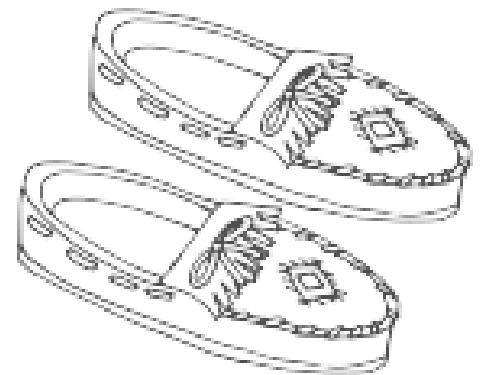
To introduce this lesson, choose a word from the list below and have students in small group or whole class brainstorm/develop an idea what it means to them. Our focus is building positive relationships with other people, and knowing that we have many cultures in our world.

Celebrate    friendship    kindness  
together    identity    culture

### **Process:**

Use powerpoint to guide discussion on the following information

- Indigenous peoples in Canada (First Nation, Inuit & Metis)
- Indigenous Languages
- Indigenous cultures
- Powwow
- Song & Dance
- Our Why



Watch this music video 'We Are One' by Taboo

<https://www.youtube.com/watch?v=XHhbeRJudY4>

**Transform:**

Introduce activity

- Following this lesson students will design a moccasin that represents their part in moving forward together as a community. Prompt students to think about their 'why'
- Why is it important to learn about different cultures, especially Indigenous cultures in Canada?
- The moccasins will be placed in a group display that can share an uplifting message on *Rock Your Mocs Day*

## RECONCILIATION ONE STEP AT A TIME WALKING TOGETHER

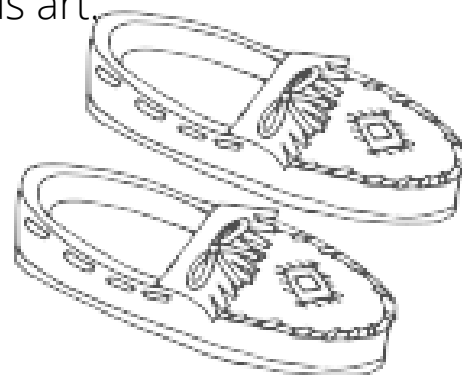
- (ex. "Reconciliation one step at a time," "Walking together.")
- Students can include positive words or phrases on their moccasins, or just design a moccasin. Colour and cutout for display.
- Display example slide of the many different types of moccasins.

**Reflect**

- As students place their moccasin in the display have them reflect on what they can do to help celebrate Indigenous culture moving forward.
  - attend an event? (powwow)
  - listen to Indigenous music
  - Read Indigenous authors, or share Indigenous art.

## DON'T FORGET

## Rock your Mocs or Wear Turquoise on Nov 17th



# EXTENSIONS

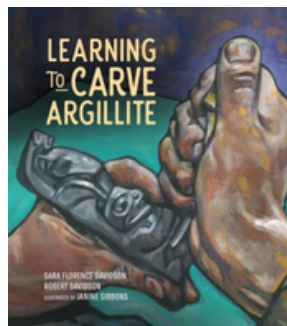
Continue your learning journey as a class with the following topics, or resources.

## PRIMARY

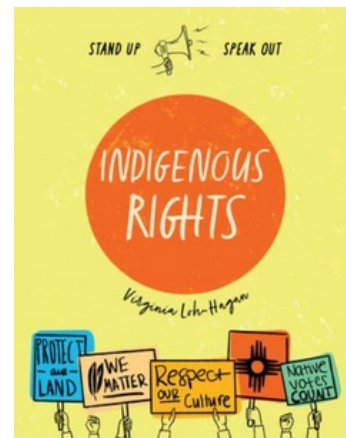
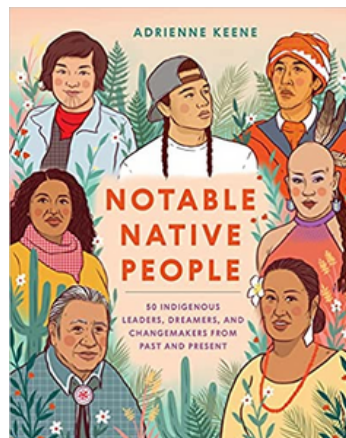
Molly of Denali - <https://pbskids.org/molly>



## INTERMEDIATE/MIDDLE



## HIGHSCHOOL







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# ROCK YOUR MOCS

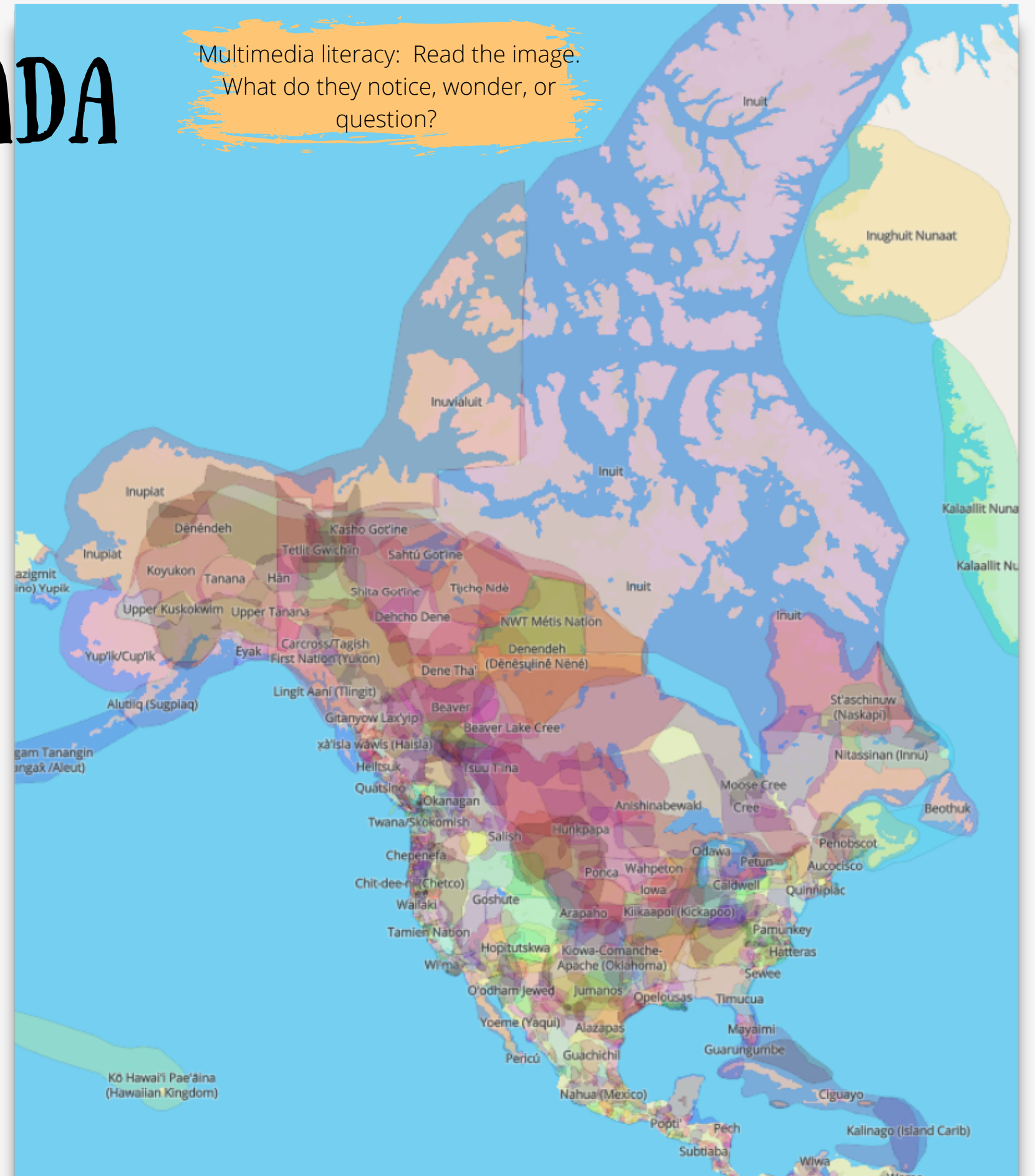


# INDIGENOUS PEOPLES IN CANADA

- In 2016, 1.6 Million people identified as Indigenous.
- Indigenous Peoples in Canada include **First Nations**, **Inuit** and **Metis Peoples**.
- While these terms are used to describe Indigenous peoples, it does not accurately show the **diversity of Indigenous peoples**.
- This image shows the number of distinct nations across Turtle Island, also known as North America.

([www.native-land.ca](http://www.native-land.ca))

Multimedia literacy: Read the image.  
What do they notice, wonder, or question?



# INDIGENOUS LANGUAGES

- All of those distinct nations across Turtle Island have unique and diverse languages.
- Language is an essential part of culture. This is how we share our stories, teachings, knowledge and understanding.
- Language is how we communicate with one another and build strong relationships

## BIG IDEAS

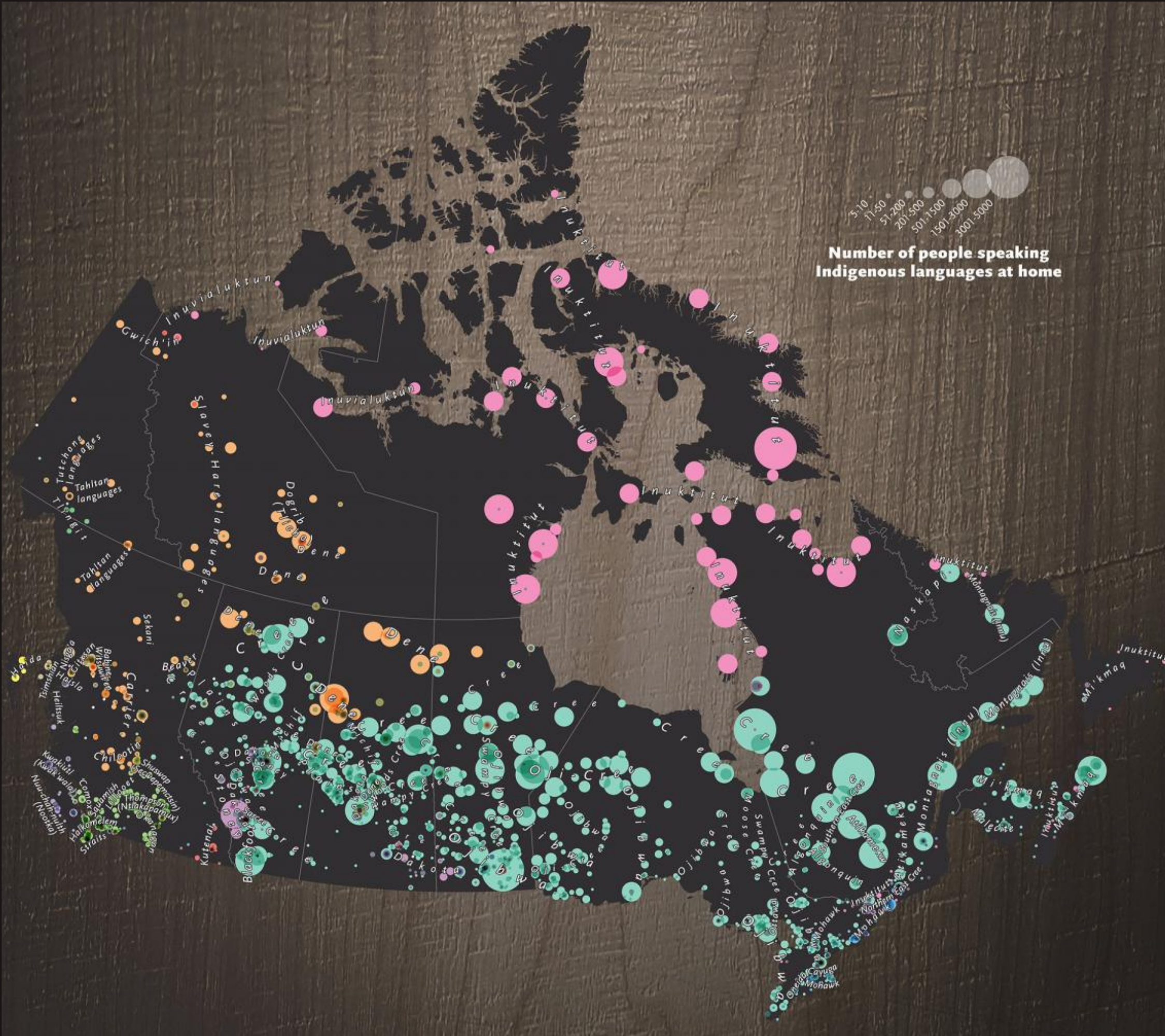
**Language** and text can be a source of creativity and joy.

Using **language** in creative and playful ways helps us understand how language works.

[Watch Emma Stevens sing Blackbird in Cree](#)

# INDIGENOUS LANGUAGES

- Many languages have been lost, or changed because of Canada's history.
- Nations are working VERY hard to bring their languages back, and make sure that future generations can continue to speak these beautiful languages.



(Canadian Geographic)

# INDIGENOUS CULTURES, PLURAL

Explore the words in green as a class. What do they mean? Why are they important?

With 1.6 million people and over 600 different languages, Indigenous peoples have very **diverse** cultures.

## DIVERSE

Every Indigenous nation has the **right** to their own cultural identity ([UNDRIP](#)) Which means the right to choose what cultures to practice.

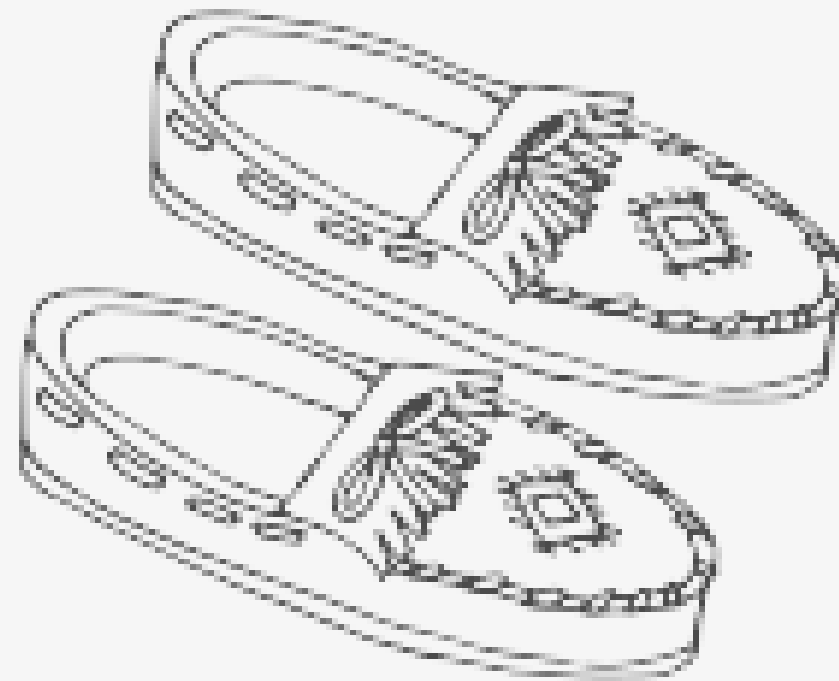
## RIGHTS

What is Indigenous? (CBCkids Video 2min)

# WHAT IS ROCK YOUR MOCS?

A positive opportunity celebrate Indigenous diversity by coming together as a community and wearing moccasins or turquoise.

We honor our ancestors, and Indigenous peoples worldwide, during Rock Your Mocs events and commemorate National Indigenous Peoples History Month



# WHY IS ROCK YOUR MOCS IMPORTANT?

It is important to celebrate all of the cultures in our world. Because of our history here in Canada, many of these cultures, languages and teachings have not always been celebrated.

In order to build stronger relationships with one another, celebrating and learning more about indigenous peoples is the first step!

**On Rock Your Mocs day, wear your moccasins, or turquoise to celebrate Indigenous cultures in Canada.**

**[Watch 'We Are One' by Taboo](#)**



# WANT TO LEARN MORE?

Explore Indigenous....

## LANGUAGES

<https://www.firstvoices.com/>

<https://www.canadiangeographic.ca/article/mapping-indigenous-languages-canada>

## INDIGENOUS NATIONS

[www.native-land.ca](http://www.native-land.ca)

## CURRICULUM

[www.fnesc.ca](http://www.fnesc.ca)

<https://indigenoustorywork.com/>

<https://www.bctf.ca/uploadedFiles/Public/AboriginalEducation/AboriginalLens.pdf>

