

**Lesson Title: Community Walk, Walking Curriculum by Gillian Judson**

**Grade: 6/7**

**Lesson Time: 60 minutes**

**You will need:**

- Your eyes, body and maybe a raincoat!

**Lesson:**

Today, you will be getting outside! Go for a walk in your community. If you can't go alone, wait for a day for an adult to come with you. Together or alone, engage in the following:

**LINE WALK:**

**Guiding Questions:** Can you find a human-made line? Can you find a natural line? How were they made? Where do they lead? Do these two types of trails/lines ever connect or become one?

● **Indigenous Connections:** First Peoples know their traditional territories well. When gathering resources, they will often follow trails created by animals. This does two things: first, it is less work to follow a trail that has already been created and secondly, animals can be foraging for the same resources (i.e. berries, salmon). Many rivers also can be used as a trail. What else might use rivers as their natural line?

**Extension for Learning:** [https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-BC/STAGING/texte-text/fnmp\\_1100100021018\\_eng.pdf](https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-BC/STAGING/texte-text/fnmp_1100100021018_eng.pdf) shows emphasis of communities in lower mainland

### **WEATHER WALK:**

- **Guiding Questions:** Can you find things on your walk that have been affected by weather? Name them. What physical effects can weather have on objects?
- **Indigenous Connection:** First Peoples followed seasonal rounds. What they did related to the time of year. First Peoples were able to detect minor changes – tell tail signs – that let them know a new season was approaching. Being able to understand weather patterns helped First Peoples know when it was time to prepare for certain activities (e.g. hot weather would be a good time to dry berries, salmon; cooler weather would be a good time to hunt/fish).