



Spirit Seekers

CENTRAL MIDDLE SCHOOL

7 Sacred Teachings

Oct 3

Let's get to know each other and learn the protocol around the seven sacred teachings

Indigenous Games

Oct 17

Let's get active and learn how to play some Indigenous Games

Medicine Wheel

Oct 24

Medicine wheel rock painting activity

Planting a Seed

Nov 14

Collaborative discussion around Harvest

Museum Off-site

Nov 21

Off-site to the Museum to do soap carving and tour the Museum

Tipi Teachings part 1

Nov 28

Let's learn how to set up a tipi outside (weather permitting)

Tipi Teachings pt. 2

Dec 12

You've seen traditional tipis, but today is a scavenger hunt teepee supplies!

Feast with Elder

Dec 19

Come and feast with an elder, bring a feast kit too if you have one. (reusable plate, bowl, fork, spoon & cup)

Club Info:

Grades 6-8

Thursdays 3:00pm-5:00pm

@ Central Middle School

Email: Teresa@rdnfs.com

403-340-0020

Register at YouthHQ.ca

(paper copy available at school office)

We are a collaborative program with Red Deer Native Friendship Society, Boys and Girls Clubs, and Red Deer Museum and Art Gallery