



# Spirit Seekers

## EASTVIEW MIDDLE SCHOOL

### 7 Sacred Teachings

**Oct 1**

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

### Planting a Seed

**Oct 8**

Collaborative discussion around Harvest

### Soap Carving at Museum

**Oct 15**

We will be going to the Museum and Art Gallery to learn how to do soap carving

### Tipi Teachings part 1

**Oct 22**

Let's learn how to set up a tipi outside.

### Tipi Teachings pt. 2

**Oct 29**

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

### Pemmican Making

**Nov 5**

Let's learn how to make an amazing dish and share some tasty food!

### Beading Offsite

**Nov 12**

Field Trip to the Friendship Centre! We will leave at 3pm and return for 5pm!

### Drumming Circle

**Nov 19**

We have a guest presenter coming to run a drumming session with all participants!

## Club Info:

**Grades 6-8**

**Tuesdays 3:30pm-5:30pm**

**@ Eastview Middle School**

**Email: Teresa@rdnfs.com**

**403-340-0020**

**Register at YouthHQ.ca**

(paper copy available upon request)

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



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### Indigenous Games

**Nov 26**

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

### Medicine Wheel

**Dec 3**

Medicine wheel rock painting activity

### Cree Lessons part 1

**Dec 10**

Cree lessons part one will be a fun and interactive way of learning some of the basics arounds the Cree language

### Cree Lessons part 2

**Dec 17**

Let's make a card for some one we care about, using the Cree we learned!

### Snow Shoeing

**Jan 7**

Let's bundle up to go on a snow shoeing adventure outdoors!

### Painting Constellations

**Jan 14**

Let's learn how to paint some cool constellations with Mike

### Pow Wow

**Jan 21**

Come and see some amazing regalia and learn some dances too

### Feast with Elder

**Jan 28**

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

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