MÉTIS BEADING

Participants are instructed on how to bead a traditional Métis flower and receive background on Métis art forms. This workshop can take one to four hours depending on skill level and the size of the group. Recommended for participants aged 15+. Smaller groups are ideal for this workshop.

**Items required:** Fabric (felt), stabilizer, beading needle, seed beads or larger beads (based on preference), outline patterns on paper, thread, plate or container with dividers for beads, scissors, glue, pencil and eraser, stapler, good lighting.

**Optional items:** Tweezers, small pliers.

**Alternatives items based on age and skill level:** larger beads, heavier thread or string, alternative craft such as a necklace or bracelet.

MUSIC & DANCE

This workshop teaches the history of Métis music and dance (fiddling and jigging), a favourite past time among the Métis people. Activities include traditional Métis Red River jigging, group dances and spoon accompaniment.

**Items required:** Some open space and Métis fiddle/jigging music.

**Optional:** Mocassins, Métis sash, broom.

DOT ART

Dot Art is a contemporary art form inspired by Métis beadwork where beads are replaced by small dots of colourful paint. Dot Art was first used in the Métis context by artist Christie Belcourt. The Métis people are well known for their floral beadwork, which is used to decorate clothing, bags and other items. Paint can be replaced by markers.

**Items required:** Canvas or paper, paint, fine tip small paintbrushes, small thin dowels, pencils.

**Alternative supplies based on age group or workshop level:** Rocks, bingo dabbers, toothpicks.

MÉTIS NATION OF ONTARIO SUMMER YOUTH PROGRAM

The MNO Summer Youth Program provides free, online, scheduled workshops over Zoom which give people of all ages the opportunity to engage with Métis culture and history through facilitated activities such as music, dance, decorative arts and games. Please note: supplies are not provided for these workshops. A list of required resources and/or materials will be provided for activities when registering.

*At this time events will be hosted virtually over Zoom from May 30th, 2022 till August 19th, 2022*

Register at this link: surveymonkey.com/r/MNOSYP
MÉTIS GAMES

Learn to make and play a variety of traditional and contemporary games that are great for children and adults alike! Some examples include:

1. Tug of war with sash (group or individual)
2. Balancing game (person-to-person, on a stump or with an item i.e., paddle, cup)
3. Bone and bead game handmade toy

MÉTIS LANGUAGES AND STORYTELLING

Stories have been a large part of Métis tradition. Workshop attendees will be able to hear and discuss stories about Métis culture. Suggested books and resources include:

- *Tiny Voyageur* by Rebekah Wilson
- *Métis Way of Life Colouring Book* available on the MNO website
- *Michif workbook* available on the MNO website

MÉTIS SYMBOLS WORKSHOPS

Participants will learn about the significance and use of Métis symbols, historic artifacts, animals and traditional food through a game of BINGO. This activity is fun for all ages.

*Items required:* Métis Bingo sheet or Métis trivia.
*Optional:* Bingo daubers, glue, colouring pencils or crayons.
*Match game:* Animal prints with English and Michif words.

FINGER WEAVING OR BLANKET STITCHING

An interactive demonstration where participants learn how to weave a basic sash pattern. The workshop is accompanied by information on the history and significance of the Métis sash. Small groups are ideal for this workshop.

*Items required:* Finger weaving - 2 colours of wool cut into 4 equal lengths, popsicle sticks or pencils, duct tape or other strong tape.
*Blanket stitch* - 2 Felt squares, yarn or wool and stitching needles.