

A watercolor illustration of three tall, slender evergreen trees with dense green foliage, standing on a small, grassy hill. The style is soft and painterly, with visible brushstrokes and a light, airy atmosphere. The trees are rendered in various shades of green, from deep forest green to lighter, almost yellowish-green highlights. The background is a pale, hazy green, suggesting a misty or overcast day. The overall composition is simple and evocative of a natural park setting.

**PLAY**

in the Park:

Promoting Outdoor Risky Play  
Through an Indigenous Lens

## **PLAY in the Park: Promoting Outdoor Risky Play Through an Indigenous Lens**

**Funding for the creation of this resource was provided by the Parks For All Grant administered by the SPRA. The Parks for All Vision is: Connected Canadian park lands and waters that support healthy nature and healthy people in harmony for generations to come, backed by an active, diverse parks community that cultivates shared goals, mutual respect and collective action.**

**This resource highlights provincial parks in Saskatchewan and attaches a land based physical activity or activity with each location. The activities are from a First Nation lens and are meant to be fun and enjoyable for children and youth to participate in while visiting local parks in the province. The activities are just a guide and can be used to create new ideas and activities.**

**Enjoy the ideas presented!**

### **Blackstrap Provincial Park (Treaty 6 Territory):**

History of the land: Blackstrap Provincial Park is located on land with ancient history, as the valley was created by the melting of the Wisconsin glacier. Indigenous peoples used this land for hunting and shelter, and settlers used the land for agricultural purposes. The Blackstrap lake was man-made in 1967 to support municipal water supply and irrigation. The Provincial park was established in 1986 (Wikipedia, 2024, p.1).

### **Unique Qualities**

Located just 35 minutes south east of Dundurn, Blackstrap Provincial Park is a great place to quickly get away from the city to the great outdoors!

-At Blackstrap, a great program offered is the Aquatic ecosystem exploration. According to Sask Parks,

“This investigative program takes place on the main beach where students will explore aquatic habitats through a pond study. Using dipping nets, students will attempt to collect living invertebrates near the shoreline of the lake. Living organisms will be placed in an aquarium where they can be inspected and identified using biological keys. The content of this program is tailored to fit the grade level” (Sask Parks, 2023, p.1).

This experience allows learners to dig deep and to immerse themselves in their surroundings.

This promotes hands-on learning, incorporating cognitive, psychomotor, and affective domains.

Overall, this is a very well rounded activity.

### *Connections to Indigenous ways of knowing*

This activity really helps learners connect with the land around them in a deeper way. A very interesting way to incorporate Indigenous perspectives in this activity would be to make it a focus on conservation of these lands and creatures as everything is connected and needs to be taken care of. Everything has a purpose and role, so it is important to learn Indigenous perspectives with connection to the creator.

### **Cypress Hills Provincial Park (Treaty 4 Territory):**

History of the land: According to the Canadian Encyclopedia,

“Cypress Hills Provincial park lands have evidence of human habitation 7000 years ago. Plains Native people wintered here, for the hills offered protection from the prairie winter winds and game was abundant. The hills were also important for spiritual quests and for the lodgepole pine that was used for the poles of their lodges and [TRAVOIS](#). The hills' name probably derives from an early French Canadian explorers' term, *montagne de cyprès*, used to describe their pine-covered character. The word *cyprès* (cypress) was widely, though erroneously, used in reference to Canadian pine forests. The area is identified as the Cypress Hills on the [PALLISER](#) map of 1857-60. It was a centre of whisky trade in the late 1860s, and in 1873 a gang of American wolf hunters massacred some Assiniboine there. The incident spurred Prime Minister John A. [MACDONALD](#)'s government to establish quick passage of the recently introduced bill to create the [NORTH-WEST MOUNTED POLICE](#). [FORT WALSH](#) was built in 1875 near the site of the massacre.

Ranching became important in the area after the Canadian Pacific Railway arrived at [MAPLE CREEK](#) in 1883. Beginning in 1906, part of the Cypress Hills was protected as a federal forest reserve. [RESOURCE RIGHTS](#) were transferred to the provinces in 1930. The Alberta portion remained a forest reserve (provincial) until 1951, when it was designated as a provincial park. Most of the Saskatchewan portion was designated as a provincial park in 1931. In 1989 [CYPRESS HILLS INTERPROVINCIAL PARK](#) became Canada's first and only interprovincial park.”

### **Unique Qualities**

-At Cypress Hills Provincial Park, there are many opportunities with some hidden gems within the park. Recommended for grades 4-12, the Sky-trek Astronomy- Evening Program which allows students to explore the stars in the observatory. According to Saskatchewan Parks, “tours and stories, students learn the wonders of the night sky and the importance of darkness to the natural world” (Saskatchewan Parks, 2023, p.1).

### *Connections to Indigenous ways of knowing*

With this activity, students can learn Indigenous knowledge through learning about stars with a different lens, learning the meaning behind different constellations and the cultural significance and stories behind them. According to the Rothny Astrophysical Observatory at the University of Calgary,

“Canada's Indigenous people looked to the sky for guidance in practical endeavours but also spiritual identity. They look to the sky as a map, clock and calendar for thousands of years. The movement of celestial objects were observed and followed using the stars as a compass, for orientation and direction.”

- At Cypress Hills Provincial park, another great unique learning opportunity is the Buffalo Habitat cultural program which explores the importance of the buffalo. Sask Parks states that this program is, “ an introduction to the most important mammal for Indigenous people of the Plains. Students will identify and understand the essential components of bison habitat as well as uses of bison for food, tools, shelter, clothing and spiritual purposes.” (Saskatchewan Parks, 2023, p.2).

For more information, visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Fort Carlton Provincial Park (Treaty 6 Territory)**

History of the land: According to Tourism Saskatchewan,

“Fort Carlton was an important hub for the Hudson's Bay Company (HBC) from 1810 - 1885. Located on the North Saskatchewan River and with easy access by land, this site was an ideal place to warehouse goods and gather provisions for other posts. An important negotiation site for Treaty Six in 1876, Fort Carlton was accidentally burned down during a hasty evacuation that took place during the Northwest Resistance of 1885.”

### **Unique Qualities**

Located 110 km North of Saskatoon and 82 km South of Prince Albert, Fort Carlton Provincial Park is filled with history as it is the location of negotiation and signing of treaty 6 (Sask Parks, 2023, p.2).

-At Fort Carlton, there are many fun activities for learners to participate in! One fun feature of this great park is that you can book in advance (or first come first serve) a package of Indigenous games to learn and play!

- **“Focus on Fort Carlton”** is a learning opportunity where learners can explore and learn about what it was like in the 1800s during the signing of treaty 6! Learners will be taken on a journey back in time learning about the livelihoods of First Nations, Metis, and European peoples in that time period. Learners will be able to explore Tipi encampments, the fort, and will be able to examine different Indigenous artifacts and trading goods (Sask Parks, 2023, p.1).
- **“Accepting the Queen’s Hand”** is another unique program Fort Carlton has to offer. This program does not include a tour of the fort, but includes activities and traditional games. “They will also participate in a Treaty 6 engagement activity geared to their grade level and discussion of the impact of the Indian Act where appropriate. Prior class discussions on topics are necessary for full engagement in this program” (Sask Parks, 2023, p.1).

For more information, visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Lac La Ronge Provincial Park** **(Treaty 6 Territory)**

History of the land: According to the Canadian Encyclopedia,

“Lac La Ronge, 1414 km<sup>2</sup>, elevation 364 m, is located in the rugged, sparsely populated Canadian Shield country of central Saskatchewan, 235 km north of Prince Albert. About 58 km long and studded with many islands, it drains northeast via the Rapid River into the Churchill River. When the first Europeans arrived, the area was inhabited by Cree. Peter Pond built a fur-trade post in 1781; the village of La Ronge on the west shore is one of the oldest settlements in Saskatchewan. Today the area is a tourist centre catering to campers, fishermen and hunters. The name probably comes from the French verb *ronger*, "to gnaw," referring to the local beaver population.”

### **Unique Qualities**

“Lac La Ronge Provincial Park has close to 100 lakes and more than 30 documented canoe routes. Holy Trinity Anglican Church is the oldest standing building in the province. Programs are held at Nut Point Campground, which is adjacent to the town of La Ronge” (Sask Parks, 2023, p.2). Lac La Ronge is an ultimate destination for outdoor and land based education! All Educational programs for schools are offered in the spring!

- **“Skulls and Scat”**. Skulls and Scat is an activity offered in the park which focuses on awareness of the animals that live around them in the park, but also developing skills

which are useful to be aware of animals wherever you live! In this activity, learners will have the opportunity to analyze replicas of animal fur and skulls and their scat (feces) to understand how to identify what animals they belong to. In addition, students will then learn how these animals interact with each other. This activity is approximately 1 hour in length and is located at Nut Point Campground according to Sask Parks (2023).

#### *Connection to Indigenous ways of knowing*

With the “Skulls and Scat” activity, there are many ways to incorporate Indigenous perspectives within the activity. An idea that could come into play with this activity is the students could do an extended activity off of what they learned with how Indigenous peoples used the seasonal movement of animals as a way of finding food sources (White, 2018, p.1). An interesting way to use this knowledge is in a snowshoeing experience. While snowshoeing, students will be on the lookout for different tracks. While snowshoeing, students will search for tracks and will observe and hypothesize where they think the tracks are going and why they think animals the animal tracks are found in the spot.

For more details about the park and activities visit:

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Pike Lake Provincial Park (Treaty 6 Territory)**

#### Unique Qualities

“Located 20 minutes southwest of Saskatoon at the end of Highway 60. Over 200 picnic sites available for day use. Three group camping sites available for reservation by school groups. A 1.5 km interpretive hiking trail. Outdoor leisure pool available for reservation by school groups. Beach store with ice cream” (Sask Parks, 2023, p.2).

**“Learn How to Canoe”:** This activity gives students the opportunity to learn the basic skills of canoeing and safety. Certified instructors will teach 30 minutes of land instruction and 60 minutes of on water boating instruction. This activity is recommended for grades 8-12 (Sask Parks, 2023, p.2). This contributes to students’ lifelong learning for they will use these skills for the rest of their lives which can grow into the desire to learn other skills connected to canoeing and outdoor learning.

#### *Connection to Indigenous ways of knowing*

With learning how to canoe activity, it would be very beneficial to incorporate the history of the canoe. Birch bark Canoes were Indigenous people’s way of water

transportation and were later used in the fur trade (Marsh, 2006, p.1). Also, it would be interesting having students analyze the material of birch bark as it is waterproof, hard, light, and resilient (Marsh 2006). To add to the lesson, it would be very fun to have students experiment with different materials to see which material would be the best for making canoes. It would be up to the educator to choose different materials, but it is important to have weight, buoyancy, and solubility in mind. Students will then learn for themselves how useful birchbark really is, and from here, the lesson can extend and deepen with the history of birchbark canoes.

For more information, visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Buffalo Pound Provincial Park**

History of the land: The land was used by First Nations to corral bison. Because of this history, the park to this day maintains a captive herd in a paddock that's situated among the area's scenic rolling hills (Tourism Saskatchewan).

Located 1 hour west of Regina and 20 minutes East of Moosejaw.

#### Unique qualities

#### **Bison and Human History (Grade K - 9)**

According to Sask Parks, “Using the bison as a central theme, students will be introduced to the geological, natural, and human history of the Qu’Appelle Valley in this guided tour along the Bison View Trail. Students will learn about the relationship between the bison and the plains environment. They will also look at the relationship of the Indigenous peoples and the bison before the European settlement of the area and the changes which occurred” (Sask Parks, 2023, p.2).

#### **Homestead History (Grade 1 - 12)**

In this program, students will take a step back in time to learn about settlement in the Qu'Appelle Valley. Learn about settler daily life at the turn of the 20th century through a guided tour of the abandoned homestead site and hands-on activities and games. Students will compare and contrast how Indigenous peoples and settlers were dependent on the natural environment. The program will also encourage students to think about how history is interpreted by people within the context of their own beliefs, values and perspectives. The Nicolle Homestead is a 20 minute drive from the Park Entry Gate. Travel time is not included in the program time” (Sask Parks, 2023).

#### **Douglas Provincial Park (Treaty 6 Territory)**

-Located 10 minutes south of Elbow on Highway 19.

- Large picnic area with a covered picnic shelter and charcoal briquette barbeques.
- Beach wheelchair available for booking.
- Group camping sites available.

### *Indigenous Activities:*

## **1. “Creeping Coyote”**

### **Setup**

- Find a place outside with fallen leaves and branches.
- Blindfold a student and have them stand in the middle of the group.
- Place a flag or object at the foot of the blindfolded student.

### **Instructions**

- Have the coyotes (or the other students forming a circle around the blindfolded student) at some distance.
- Quietly, the coyotes try to get the flag and make it back to the outside circle without being heard by the blindfolded student.
- If the blindfolded student hears a noise, they point in the direction of the sound; if the blindfolded student points at a coyote, the caught coyote must return to the outside circle to begin again.
- The winner is the coyote who captures the flag unheard.

### **Cultural Awareness**

- This is a great game to enjoy outside, taking in all the senses.

## **2. “Ant Trail”**

### **Setup**



- Talk to the class about ants and their amazing world, their different roles in the colony, and how they work as a team.

### **Instructions**

- Line the students up in a single line and go for a walk.
- Explain to the students that they are worker ants foraging for food and building materials to take back to the anthill.
- The first ant picks up an object that attracts them on the trail and gives it to the ant behind them; then, the first ant runs to the back of the line.
- The object gets passed down to the end of the line where the first ant is; the first ant then keeps it.
- Continue with the lead ant picking up objects until the end of the walk.
- In a circle, share why each object was collected and how they might help the colony.

### **Cultural Awareness**

- Although Indigenous Nations are diverse, we all share the value that everyone is included and plays a role in our community.

### Unique Qualities

**Sand Dunes Hike:** Take an adventurous trek through the rolling sand and aspen bluffs. Experience what makes the park an island refuge for wildlife and identify their measures of survival. We will learn about the mammals that make their home here and how to identify them.

### **Good Spirit Provincial Park (Treaty 4 Territory)**

-Located 30 minutes northwest of Yorkton and 20 minutes south of Canora. -15 km of active sand dunes to explore. -18 km of scenic hiking trails to explore, including the Trans Canada Trail. -Large picnic area

with covered picnic shelter and briquette barbeques.

-Mini golf and rentals at Par-Tici-Putt.

-Beach store with ice cream and hot food.

Good Spirit Bible Camp located adjacent to the park.

### Unique Qualities

Good Spirit Provincial Park has many activities and programs offered for students.

#### **Discover the Dunes Hike (Grade K-8)**

According to Sask Parks, “Students will be led through aspen woodland and sand dunes ecosystems on this beginner level. Students will engage in experiential learning while discovering the unique flora and fauna that call these ecosystems home. Students will learn to identify signs of wildlife, poisonous plants and significant features of the sandy ecosystem that stabilizes the dunes. Finally, students will understand the importance of maintaining healthy ecosystems and how we can do our part in Saskatchewan” (Sask Parks, 2023, p.2).

*Connections to Indigenous ways of knowing ideas.*

To relate to this activity, it would be great to have an elder along in the hike, as it would be very interesting to learn more information about different plants and their uses medicinally. It is important to make sure that an Elder is comfortable and that you seek the right person to share and receive this knowledge.

#### **Fire Starting**

In this program, students will learn how to safely build and handle a fire which connects to the importance of wildfires and controlled burns to forest ecology which will be discussed (Sask Parks, 2023, p.2). This is very important information to learn and are very important skills which students will use as lifelong learners.

*Connections to Indigenous ways of knowing*

Controlled burning has been used by Indigenous as a traditional land management practice with many purposes such as reducing buildup of forest fuels (vegetation that may ignite easily), pest management, ecological restoration, habitat enhancement and restoration to help forage larger mammals such as deer, moose or elk. Controlled burnings can also be beneficial in reducing invasive species and promotes ecosystems that support wildlife, food, and medicinal plants (BC Wildfire Service, 2022, p.1).

For more information, visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Meadow Lake Provincial Park(Treaty 6 Territory)**

Meadow Lake provincial park is 6km North of Dorintosh, 5km North of Goodsoil, and 24km North of Pierceland (Sask Parks, 2023, p.2).

#### Unique Qualities

##### **Our Connection to the Land**

Sask Parks states, “the program is designed to connect students to natural and cultural history, the natural environment and geography. Students will be introduced to the medicinal uses of plants in the park, the parts of a Tipi and their connection to the land as they explore their own beliefs and values” (Sask Parks, 2023, p.2).

##### **Self-Use-Kits**

The park offers kits that can be used for learning such as the Plants and Trees Kit which educates in identifying trees and plants in the park, the Birds and Animals kit which helps students identify animals and birds in the park, and the Aquatic Ecosystem Exploration kit which helps identify underwater life in the park (Sask Parks, 2023, p.2).

For more information about programs offered, visit,

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Rowan’s Ravine Provincial Park (Treaty 4 Territory)**

-Located on Last Mountain Lake,  
50minutes (80KM) NW of Regina or  
40minutes (50km) W of Southey on  
HWY220.

-Large green space with accessible picnic  
areas and briquette barbeques. -Sandy  
beach, large swimming area and  
regulation size beach volleyball courts.

-Premiere fishing on the longest natural  
lake in SK.

-Kayak, canoe, and paddle board rentals  
available.

-Close proximity to a 9-hole golf course.

Mama Bears Den Restaurant, G & S Marina

## Unique Qualities

At Rowan's Ravine Provincial Park, there are many great programs offered within the park!

**Natural Neighbors:** "During this short hike full of games and activities, students learn how animals use their 5 senses to adapt to the environment around them. Students will learn about the habitat requirements of animals in Rowan's Ravine Provincial Park— food, water, shelter and space. They will also come to understand their role in habitat protection" (Sask Parks, 2023, p.2).

## **Fire Starting**

"The program introduces students to the basics of campfire building and wilderness survival. Students always enjoy the fire building group challenge! This program can be offered right at your campsite making it a great option for groups staying overnight. Bring along some hotdogs or marshmallows for lunch or a tasty treat to follow" (Sask Parks, 2023).

In Indigenous culture, fire offers remembrance, healing, togetherness, connection and strength. Fire is sacred because it is used as an Indigenous traditional wellness approach. A sacred fire is an important part of indigenous spirituality, communication with the spirit realm and our ancestors. Fire is also used in ceremony and is a way to reflect on our purpose on earth.

"Because the fire is sacred, there are specific protocols in place to keep the sacred fire pure and burning brightly. Only sacred items such as tobacco, sage, cedar, and sweetgrass can be placed in the fire. This acknowledges our ancestors.

Additionally, food for our ancestors can be placed in the fire.

The sacred fire is never left alone. It is always watched and attended to by a Fire Keeper"(St. Johns, p.4).

## *Connections to Indigenous ways of knowing ideas*

With these activities, it would be very fun to dive deeper into survival skills. With this, it would be very interesting to have an elder (if they are comfortable) teach different skills and what it means to live off the land and to connect with the land. As they learn these skills, it would be great to put them to use in an outdoor camping trip.

For more information visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

## **Candle Lake Provincial Park (Treaty 6 Territory)**

History of the Land:

According to the Saskatchewan Archives, the name “Candle Lake” is derived from the Cree Indigenous belief that a strange light can be seen on the lake surface. The light is apparently always seen in the direction of several Indigenous graves on the north shore of the Lake.

-Located 50 minutes (80 km) north of Prince Albert, off Highway 120.

-Programs are conducted at Fisher Creek, located on the west side of the lake or Minowukaw Beach Campground, located on the east side of the lake.

-Amenities include walking trail, washrooms, fire pit and group camping .

### **Minowukaw Marvels and Dune Discovery;**

“Explore the unique features of Minowukaw Beach, both natural and man-made. Learn about the fragile dunes ecosystem, explore the Candle Lake fishway and listen to the legends of Candle Lake. Contact staff to discuss specific learning outcomes. Guided hikes focus on natural and cultural history of the park. Topics include: cultural history of Minowukaw Beach and Candle Lake; the dunes ecosystem; the importance of the fishway; plant identification; animal track and scat identification; bird identification and the forest and fen ecosystems” (Sask Parks, 2023, p.1).

According to the Saskatchewaner, Candle lake is a great place for great adventures, there are 2 beaches, camp grounds, great opportunities for canoeing, fishing, kayaking, and hiking! For more information visit the Saskatchewaner’s Instagram page @Saskatchewaner

## **Duck Mountain Provincial Park (Treaty 4 Territory)**

History of the Land:

“About 10,000 to 12,000 years ago, when the glacier was receding northward, the now familiar form of Duck Mountain emerged as one of the first areas of dry land. Early nomadic tribes came to this new land to hunt animals such as the now extinct mammoth”(Province of Manitoba, p.2).

This park is located 20 minutes east of Kamsack and an hour northeast of Yorkton. Duck

Mountain Provincial Park is unique for having characteristics of a northern lake in southern Saskatchewan! Duck Mountain has amazing hiking, biking, and cross-country skiing trails while having a downhill skiing with many lakes within the park to canoe and kayak on! It truly is a park for all four seasons. The park's biggest attraction is Madge Lake which has 2 beaches, campgrounds throughout the park, horseback riding, an activity theater, and so much more!

### **Explore the Calcareous Fen**

Wander along 600 meters of accessible boardwalk through the unique calcareous fen ecosystem. Learn about the various carnivorous plants, unique flora and rare wildlife that inhabit this area. The trail is on the south end of the park and therefore transportation is required to get there.

### **Grassland Ghosts Hike**

“While predominantly forested, Duck Mountain Provincial Park harbors isolated pockets of native grassland. In Little Boggy Creek Valley, prairie remnants are covered in flowers and grasses that are becoming increasingly rare outside of protected areas. The hot, dry conditions on the south-facing slopes of the valley discourage the growth of trees, allowing the prairie community to thrive. Controlled burning of this area keeps the aspen forests at bay and preserves an ecosystem that once dominated Saskatchewan. This hike is a good extension of the Calcareous Fen hike due to its proximity” (Sask Parks, 2023, p.2). Controlled burning has been used by Indigenous peoples as a traditional land management practice(BC Wildlife Service, 2022, p.1)

### **Biodiversity at its Best Hike (Grade 4-7)**

“Hike through the southern part of the park's boreal forest, located on the western edge of the Duck Mountain Uplands. The richness of plant and animal life on the Great Trail can only be appreciated by a visit to the park. Over 180 species of birds and 35 species of mammals can be seen on this route. Such a wealth of life is possible due to the variety of settings and ecosystems found within the park. In addition to old growth aspen forests, there are forests of white spruce and balsam fir, black spruce bogs, paper birch stands, and lake shorelines that extend for miles” (Sask Parks, 2023).

### *Connections to Indigenous Ways of Knowing*

#### **The Importance of Birch Bark:**

“Algonquin First Nations peoples used birch bark to cover their wigwams to stay warm and dry, and ‘birch-bark biting’ was the practice of perforating paper-thin birch bark in the fabrication of containers, artistic designs, and pictographic scrolls the Ojibwa, Cree, and other Algonquin First Nations people once relied on. Birch-bark biting was especially

helpful for quillwork to decorate clothing and moccasins, and items such as drums, boxes, pipes and tipis and wigwams.

Some tribes carried their children in portable cradles made of birch bark and buried their dead in coffins made from bark. Other tribes used the leaves and bark of white birch trees to heal various skin-related conditions, while hunters would make birch bark “megaphones” to try to imitate the sound of female moose in an attempt to lure male moose close enough to kill.

Although it may be the birch bark canoe’s cultural legacy that most Canadians identify with and are intrigued by because it represents traditional engineering, science, art, culture, and education, it’s important to note that it is birch bark as a material that helped build the country we live in today”(Wye Marsh, 2024,p.1).

Duck Mountain Provincial Park has an abundance of birch trees which gives opportunity to try out birch bark activities such as birch bark biting with students, family, and friends.

### **Great Blue Herron Provincial Park (Treaty 6 Territory)**

- Located 45 minutes (70 km) north of Prince Albert, or 10 km from Christopher Lake.

-Murray Point at Emma Lake, offers a large picnic area with covered shelter and firepit. A wheelchair accessible trail is located in the campground.

-Anglin Lake is a shallow, sheltered chain of lakes, which are great for canoeing. Group camping areas have docks and easy access to lake.

-Anderson Point at Anglin Lake, is home to the historic Anderson trapper’s cabin.

### **Where the Wild Things Are**

“Students will learn about habitat necessities for all living things through vigorous games and activities. The emphasis will be on learning how carnivores, herbivores and omnivores depend on each other for a healthy ecosystem to grow and thrive” (Sask Parks, 2023, p.2).

### **Anderson Cabin Tour**

“Tour the site of the historic Anderson cabin. Learn about the life of trappers Alex and Emma Anderson, who made their living off the land and lived in this simple log cabin from the 1930s until 1989. In this tour, students will have the opportunity to imagine what life as a trapper in the 1930s the historic buildings”(Sask Parks, 2023).

### **Anglin Trails Guided Hike**

“Explore the Anglin Lake Trails with a guided hike. Distances and difficulty of the trail can be tailored to the class. Contact staff to discuss specific learning outcomes. Guided hikes focus on natural and cultural history of the park. Topics include :history of Anglin Lake; how the lake was formed; trapping and forestry history of the area; importance of lake for loon populations; plant identification; animal track and scat identification; bird identification; and the Boreal forest ecosystem” (Sask Parks, 2023).

### **Moose Mountain Provincial Park (Treaty 4 Territory)**

History of the land:

“ Long before the park was established, the forest and lakes on the [plateau](#) that the park is on had been an important source of resources for the local [Indigenous](#) peoples and early settlers. The forests provided shelter, firewood, fishing, and [game](#).”(Wikipedia, 2023, p.1)).

Located 25 km North of Carlyle on Hwy 9 or 59 km South of Whitewood on Hwy 9.

Scenic hiking trails.

-Picnic area with fire barbeques and green space for playing games.

-Large beach with beach change house and playground.

-In-park businesses include mini-golf, 18hole golf course, waterslides horseback riding and a beach store with ice cream!

-Group campsites.



### **Wetland Adventures**

Discover the diversity of life in the lake. Using a large seine net, students will complete a hands-on study of aquatic organisms and shoreline plants to better understand the inter-relationships that exist within the lake ecosystem. Rubber boots required (Sask Parks, 2023, p.2).

### **Canoe-See**

“Learn basic canoe skills while exploring Little Kenosee Lake during this paddle program. All program leaders are certified with Paddle Canada. Canoes, paddles and personal flotation devices are supplied. The program is limited to 16 -18 paddlers” (Sask Parks, 2023).

### **Forest Ecologist for a Day**

“Students will be introduced to the unique forest ecosystem of the Moose Mountains. This interactive hike contains many engaging activities and games that will help students learn about tree identification, the food web of the forest and the diversity of vegetation and wildlife in the interconnected forest ecosystem (Sask Parks, 2023).

### **Saskatchewan Landing Provincial Park (Treaty 4 Territory)**

-Located 30 minutes (52 km) north of Swift

Current off Highway 4.

-Large picnic area serves as an ideal lunch location at Cottonwood beach.

### **Rings, Ruts and Remnants Hike:**

Students uncover the stories of First Nations, Métis, land surveyors, settlers and ranchers; whose footsteps they follow on this approximately 2.7 km hike. Passing remnants of Saskatchewan Landing’s history, students will consider how land changes through human intervention (Sask Parks, 2023, p.2).

### **Prairie Vista Hike:**

Hiking a 2.7 km loop, students experience unique environmental features of Saskatchewan Landing, including a prairie coulee and mixed grass prairie ecosystems. Students will also understand the park’s geological significance and the role of glaciers and ice sheets in shaping this region of the Saskatchewan River.

### **Lake Study:**

Students will explore Saskatchewan Landing’s aquatic habitats. Using dipping nets, students will attempt to collect living plants and invertebrate near the shoreline of the lake and identify the organisms found using hand lenses and biological keys. Students at a Grade 7 level or higher will also use microscopes to examine the organisms closer and perform a number of water

quality tests including pH, dissolved oxygen, phosphate, nitrate, and turbidity and determine the health of the lake using both qualitative and quantitative assessments (Sask parks, 2023, p.1).

For more information visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

### **Echo Valley Provincial Park (Treaty 4 Territory)**

History of the Land: The rolling hills of the Qu'Appelle Valley were formed by glaciers thousands of years ago. These hills were grounds where Buffalo roamed and the Cree and Saulteaux lived nomadically and found shelter within the environment the valley had to offer.

#### **Wetland adventures:**

Discover the diversity of life in the lake. Using a large seine net, students will complete a hands-on study of aquatic organisms and shoreline plants to better understand the inter-relationships that exist within the lake ecosystem. Rubber boots required (Sask Parks, 2023, p.1).

#### **Fire Starting:**

The program introduces students to the basics of campfire building and wilderness survival. Students always enjoy the firebuilding group challenge! This program can be offered right at your campsite making it a great option for groups staying overnight. Bring along some hotdogs or marshmallows for lunch or a tasty treat to follow (Sask Parks, 2023, p.2).

#### *Connections to Indigenous Ways of Knowing*

In Indigenous culture, fire offers remembrance, healing, togetherness, connection and strength. Fire is sacred because it is used as an Indigenous traditional wellness approach. A sacred fire is an important part of indigenous spirituality, communication with the spirit realm and our ancestors. Fire is also used in ceremony and is a way to reflect on our purpose on earth.

#### **Canoeing:**

Lake or Pasqua Lake. All program leaders are certified with Paddle Canada. Canoes, paddles and PFDs are supplied. The program is limited to 18 paddlers (Sask Parks, 2023).

#### *Connection to Indigenous Ways of Knowing*

With learning how to canoe activity, it would be very beneficial to incorporate the history of the canoe. Birch bark Canoes were Indigenous people's way of water transportation and were later used in the fur trade (Marsh, 2006, p.1). Also, it would be interesting having students analyze the material of birch bark as it is waterproof, hard, light, and resilient (Marsh 2006). To add to the lesson, it would be very fun to have students experiment with different materials to see which material would be the best for making canoes. It would be up to the educator to choose different materials, but it is important to have weight, buoyancy, and solubility in mind. Students will then learn for themselves how useful birchbark really is, and from here, the lesson can extend and deepen with the history of birchbark canoes.

### **Scenic Valley Trek (k-5):**

During this beginner interactive hike, students will discover the history of the Ice Age as they gaze their eyes over the vast valley, coulees and Qu'Appelle River. They will explore the plants and animals that call the park home and observe changes in ecosystems as they move from the valley floor up to the grasslands above. The hike is 1 km in length.

### **(6-12)**

During this guided hike, students will gain in-depth knowledge about the glacial spillway that formed the Qu'Appelle Valley thousands of years ago. They will explore the changes in flora and fauna from the valley coulees all the way up to the prairie grassland at the top of the valley. Students will learn to identify some of the park's common species from birds and ungulates, to native and invasive grasses. The hike is 2.5 km.

### **Green Water Lake Provincial Park (Treaty 4 Territory)**

-Located 35 minutes north of Kelvington

and 20 minutes southwest of Porcupine Plain.

-Over 200 species of birds.

Briquette barbeques in the day-use area are ideal for group picnic. -Group camping sites are available. -Green Hills Golf Resort located at the south end of the park.

-Miniature golf at the Park Store.

-Beach store with ice cream.

### **Survival Skills Hike (Grade 5-12)**

This interactive program teaches students about basic survival skills in the forest. Students will learn to pack a survival kit, build a basic shelter and learn safety when encountering wildlife.

### **Habitat Exploration Hike:**

A Park Interpreter will lead students on the Highbush Interpretive trail where they will be invited to identify a wide variety of plant and animal species and discover the habitats that these species call home. Students will explore animal furs, skulls and footprints along the trail.

### **Learn to Canoe:**

In this introductory canoeing program, Paddle Canada certified instructors will teach students the basic skills needed to safely handle a canoe on calm water. Students will receive 30 minutes of on-shore instruction followed by 45-60 minutes of in-boat skill development. This program accommodates up to 10 students per session. Therefore, we recommend booking self-guided programming as well for groups larger than 10 students (Sask Parks, 2023, p.2).

With learning how to canoe activity, it would be very beneficial to incorporate the history of the canoe. Birch bark Canoes were Indigenous people's way of water transportation and were later used in the fur trade (Marsh, 2006, p.1). Also, it would be interesting having students analyze the material of birch bark as it is waterproof, hard, light, and resilient (Marsh 2006). To add to the lesson, it would be very fun to have students experiment with different materials to see which material would be the best for making canoes. It would be up to the educator to choose different materials, but it is important to have weight, buoyancy, and solubility in mind. Students will then learn for themselves how useful birchbark really is, and from here, the lesson can extend and deepen with the history of birchbark canoes.

### **Aquatic Ecosystem Exploration:**

This investigative program takes place on the main beach where students will explore aquatic habitats through a pond study. Using dipping nets, students will attempt to collect living invertebrate near the shoreline of the lake. Living organisms will be placed in an aquarium where they can be inspected and identified using biological keys (Sask Parks, 2023, p.2).

### **Animal Detectives:**

Who's hiding in the forest? Bugs, animals and birds blend in with their surroundings, making them hard to spot. Explore the forest using all of your senses and watch for the clues that animals leave behind. This activity is great for grades pre-k to 1 (Sask Parks, 2023).

For more information visit

<https://www.tourismsaskatchewan.com/places-to-go/provincial-parks/do-in-saskparks/teachers>

**Narrow Hills Provincial Park (Treaty 6 Territory):**

-Located 150 km north-east of Prince Albert, or 75 km north of Smeaton off Highway 106.

-Amenities, park office and interpretive centre are located at Lower Fishing Lake.

-Fully accessible beach and program area at Lower Fishing Lake.

-Great hiking, canoeing and fishing opportunities at more than 20 lakes.

**Skulls and Scat:**

This popular program teaches students about animal awareness. They get to see firsthand with the help of replicas what an animal skull, tracks, scat and fur look like and how they will be able to determine what animals may be living in a particular area by viewing their scat or tracks. The interpreters discuss a variety of species within the park and how they interact within the Boreal Ecosystem (Sask Parks, 2023, p.2).

**Aquatic Ecosystem Exploration Kit:**

Students are encouraged to collect living organisms from the lake and place them safely in the aquarium(s) provided. The supplied written materials will help students and group leaders identify each organism that is found. Group leaders may choose to offer students the opportunity to discuss the importance of biodiversity and a healthy ecosystem. This pack contains equipment and materials for approximately 20 students (Sask Parks, 2023).

**Discover the Gem Lakes:**

Explore the scenic vistas of the Gem Lakes interpretive trail. Find out how the lakes were formed, why they reflect their vivid colors and learn about the park's unique landscape Hiking boots or sturdy shoes are recommended due to the steep terrain (Sask Parks, 2023).

### **Indigenous Game & Activities:**

#### **1. TOE JUMP RELAY**

##### **Setup**

- Using cones, mark a playing field.
- Divide students into teams of 4-6.;  
divide those teams into two subgroups.
- Subgroups start on opposite sides of the playing field.

##### **Instructions**

- Toe jump relay starts with one student from each team holding one set of toes while hopping across the playing field.
- Teams try to complete as many successful relays as possible within the time limit.
- Educators are encouraged to have students switch hands and toes.
- Students can hold onto their ankles if it's too challenging to hold their toes.

##### **Cultural Awareness**

- The Inuit have always enjoyed a variety of games and sports.
- Skills developed by these games were often those necessary for everyday survival in a harsh environment.
- Thus, the game's aim is to develop physical strength, agility and endurance.

For more information and activities visit:

[https://schoolpap1.ca/wp-content/uploads/2022/03/Indigenous-Games-Handout-FINAL\\_010322b\\_WEB.pdf](https://schoolpap1.ca/wp-content/uploads/2022/03/Indigenous-Games-Handout-FINAL_010322b_WEB.pdf)

2. THE TIE UP GAME (Inuit & Turtle Mt. Chippewa) - In the traditional culture of some Indigenous peoples, there was a way of making young people learn to work together. If two young people were fighting or arguing, an uncle or aunt would often tie the two together in a way that cooperation between the two had to occur or they would not be able to get out of the tie-up. In this game, the two would be loosely connected by one rope passing over the other person's rope with both ends of each rope simply holding each wrist with a slipknot. The two players are told that they must work together to become separated from each other "without taking the slip knots off their wrists." After much encouragement to keep trying or after both players are talking to one another and cooperating with one another, the children could be released without telling them the solution. The social skills are sharing, cooperating, and conflict resolving.

3. GUESSING THE STICK - "How many sticks" was a guessing game to test perception, intuition, and observation, played quietly by the children as the adults played their hand games. Any number of small straight sticks were gathered (at least 20) and put into a bundle to be held by one person. The bundle was divided and held in each hand then quickly shown to two other players who looked at the bundles before they were hidden or guessed. The object of the game was to estimate how many sticks were in each bundle. The one whose guess was exactly right was the winner. The winner of the guess is given one of the counting pegs. The winner of the game is when one person accumulates all three counting pegs. A GAME FOR ALL AGES (Wilson, p.5).

4. STICK PULL GAME - was used to help strengthen the hands and wrist of the Dene and prepare them for the fishing season. Often large fish swam along the shores and rivers enabling the Dene easy access. They would simply reach down and grab the fish near the middle of its back and throw it up on the land or shoreline. Though it may sound easy, the ability to grab a 20-pound white fish or an aggressive Pike out of the water and toss it up on the shore required quickness, eye-hand coordination and incredible wrist and finger strength. Fish are often very slippery to hold and being able to grab a heavy fish out of the water is very difficult. So in order to remain strong and able Dene men would challenge each other in a stick pull (Wilson, p.6)

- o ● The stick is approximately 25 centimeters (12 inches) long, with a center diameter of 2.5 centimeters (1 inch)
- o ● The stick has to be greased with Crisco oil or lard to create a very slippery surface.

- o ● Opponents will stand with feet shoulder width apart and the right foot of one participant will touch the right foot of the other participant.
- o ● On the signal, “Ready, Pull”, the opponents to try and pull the stick out of each other’s hand. Students cannot jerk or twist the stick or bend the arm during the stick pull. Students are not allowed to lean forward or to the side.
- o ● There are two ways to win the game, a student must be able to pull the stick back beyond their waist (or hip) and hold the stick in this position for a 2 second count or they can pull the stick out of the other student’s hand.

## 5. CREEPING COYOTE

### Setup

- Find a place outside with fallen leaves and branches.
- Blindfold a student and have them stand in the middle of the group.
- Place a flag or object at the foot of the blindfolded student.

### Instructions

- Have the coyotes (or the other students forming a circle around the blindfolded student) at some distance.
- Quietly, the coyotes try to get the flag and make it back to the outside circle without being heard by the blindfolded student.
  - If the blindfolded student hears a noise, they point in the direction of the sound; if the blindfolded student points at a coyote, the caught coyote must return to the outside circle to begin again.
  - The winner is the coyote who captures the flag unheard.

### Cultural Awareness

- This is a great game to enjoy outside, taking in all the senses.

6. TANTANKA TATANKA – (Tatanka is the leader of the buffalo) Tatanka, Tatanka comes from the Dakota people. It is a game that is usually played by women and small children; they would



mimic their fathers and grandfathers who used to go on the buffalo hunt. The game helped the women and children learn how to lead the buffalo into the compound during the hunt. The game is aimed at younger kids so they can learn these skills early on and be experts when it was their time to go on the hunt.

The only equipment needed then was a Tatanka head; they would most likely be playing in a chosen open area or the buffalo compound. There were no prizes as the game was for fun and to learn survival skills.

During the buffalo hunt everyone who as able bodied to help would do so. This game taught the women and children how to help out when they needed to. It also taught them the basics of chasing, running, and fleeing.

This game would be played in the spring and summer before the big buffalo hunt so they would be prepared to help out when the time came. The game was taught so women and children were able to do their part during the buffalo hunt. Everyone needed to take part in this hunt because it was such a big task and their survival depended on the buffalo. The fleeing, running, and chasing were important because they would be leading buffalo that were most likely stampeding and if they couldn't run away when they needed to then they could be injured.

Rules:

One student is chosen as the Tatanka and the rest of the student's line up against the wall. The Tatanka calls out "Tatanka, Tatanka" and the students run across to the other side of the gym and try not to get tagged by the Tatanka. If a student is tagged they become part of the Tatanka's herd and have to try tag more students to become part of the herd. When there are no more runners the game is over and new Tatanka is chosen (Wilson, p.6).

7. LINE TAG (Blackfoot) - All playing members make a line holding hands. The idea of the game is for the first person in line to tag the last person in line. Everyone else tries to help the first person. If the line breaks, the last person goes to the front of the line to become the "tagger." Every time the last person is tagged, they become the "tagger" at the front of the line. The idea of the game is to avoid being "tagged" longer than anyone else. The social skills in this game include cooperation, and encouragement. Strength is important as the chasers try to keep the line together and the person being chased works against the numerical advantage of the chasers (Wilson, p.7)

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