

How can we live mino bimaadiziwin?

Listening

How can “listening” help us live mino bimaadiziwin (the good life)?

Student Tasks

Begin with Your Experience

Think about these questions as you start:

- *Have you ever had to listen really carefully to someone or something? What made you want to listen?*
- *Has someone ever told you a story that changed how you saw things?*

Listen to the Teachings

[Indigenous Knowledge | Listening: Video 1](#)

Morris Shapwaykeesic from Whitesand First Nation shares the story of his life journey, including memories of his early life living on the Land before being sent to the hospital with tuberculosis when he was very young.

[Indigenous Knowledge | Listening: Video 2](#)

Morris Shapwaykeesic from Whitesand First Nation speaks about finding comfort by sitting with Elders.

[Indigenous Knowledge | Listening: Video 3](#)

Morris Shapwaykeesic from Whitesand First Nation describes the importance of Elders on his life journey as they have shared their knowledge through oral tradition, allowing him to feel connected.

Questions:

- *What are some of the emotions you felt as you listened to Morris's story?*
- *Why is it important to listen to stories like this, even when they are hard to hear?*
- *What can we learn from Morris about strength and survival?*
- Morris shares many experiences. What stood out to you the most?

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- What kind of listening is needed to really hear what he's teaching - not only through words, but through the deeper meaning?
- How might listening to these teachings change how we treat others?

Indigenous Knowledge | Listening: Video 4

Graeme Saukko-Sved and Erin Kelly, Geomatics/Environmental Technicians at Four Rivers Environmental Services Group with the Matawa Tribal Council, teach youth how to prepare a sturgeon.

Questions:

- *What do you notice about the way people speak about the sturgeon?*
- *Why do you think listening is important when learning about a being like sturgeon?*
- *What might the sturgeon be teaching us if we really listen?*

Indigenous Knowledge | Listening: Video 5

Eddy Baxter from Eabametoong First Nation, who is a land-based learning instructor for the Matawa Education and Care Centre, teaches a student how to filet a fish.

Questions:

- *What are the steps shown in the video?*
- *Why might it be important to listen carefully to instructions when preparing food from the Land?*
- *What does this kind of listening teach us about respect?*

Indigenous Knowledge | Listening: Video 6

Julian Tisato, a Whitewater & Swiftwater Rescue Instructor from Boreal River Rescue, and Eddy Baxter from Eabametoong First Nation, a land-based learning instructor for the Matawa Education and Care Centre, showcase and teach youth how to tie knots.

Questions:

- *What is one thing you notice about how the learners are listening?*
- *How is learning through doing (watching and trying) a kind of listening too?*

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Reflect and Share (Putting It Together)

Take some time to write, draw, or talk about:

- *What is one thing you heard in these videos that you don't want to forget?*
- *What is one kind of listening you want to practice more - listening to people, to stories, to the Land, or to yourself?*

Optional sensory/embodyed prompt:

Think of a time when you listened with your whole body, not just your ears. What were you paying attention to? How did it feel?

What is one thing you carry from these stories and experiences that you want to remember? How might it help you live in a good way?