

EXPLORING THE LAND AROUND US

NOTICE THE LAND WHERE YOU LIVE

Land is life. How can we care for the earth as the indigenous people do, seeing it not as “owned property” but as an ever-changing home for all beings? As Lenape Center Co-Founder and Co-Director, Curtis Zunigha, shared in the Lenape Center workshop, taking care of our earth is another act of honoring indigenous people.

Wherever you are living, move yourself to a spot outside that makes you feel calm and happy.

What colors and shades of light do you see? What sounds do you hear? What do you smell?

When you open your mouth, what can you taste? What do you feel on your body? What do you feel in your heart?

Imagine the people that have been here before... what are they doing?

Imagine who might be here in the future... what are they doing?

Now be here now... Notice what makes this place feel good. Think of a memory you've had here, or a memory you want to create. Say thank you.

LEARN ABOUT THE INDIGENOUS PEOPLE WHERE YOU LIVE

Indigenous people lived all over America before European colonizers came and took over this country.

Visit this link: <https://native-land.ca/> to discover what indigenous people lived where you live.

How do you pronounce the name of the indigenous people? What languages do they speak?

In the past, what were their homes like? What was their transportation, food, clothing?

What else can you learn about them?

Where do they live now?

WRITE A POEM

Create a poem or story about where you live and its history of indigenous people.

You can write your own poem, or use the following template for inspiration:

I live in _____.

I am called _____.

Where I live, I like to _____
_____, and
_____.

The indigenous people who lived here before me are _____.

They _____
_____, and
_____.

I notice _____.

I wonder _____.

I hope _____.

SHARE WHAT YOU LEARNED

How will you share your story or poem with other people? Can you call someone and read it to them? Can you hang it up in your living space?