

Connection



In the springtime the wild strawberry plants come alive. Patches of brown plants start turning green again, and flowers start blooming. New shoots are sent out stretching over rocks & fallen logs in hopes of connecting with the soil in order to keep producing berries.

Sometimes we can get bogged down with all the “to-dos” in life. When this happens, it’s helpful to remember the wild strawberry plant, the roots seek to find a path through all the debris and stuff in their way in order to connect with what really matters.

Here are some resources you can use that focus on making a connection.

Title	Item	Synopsis
JAAT SDIIHLTL'LXA: Woman Who Returns	https://gem.cbc.ca/media/short-docs/season-1/episode-26/38e815a-00a6fb70121	This CBC short doc features a young Haida woman who returns to Haida Gwaii in order to make a connection with her grandmother & her culture. Runtime is about 14 min. Good for grade 7 and up.
The story of Sasq'ets	http://www.stoloshxweli.org/2014/08/20/sasqets-full-story/	This is a short traditional story about Sasq'ets (Sasquatch) told in Halq'eméylem with English print near the bottom of each page. The stories of Sasq'ets can help with feelings of loneliness and fear, and remind us that in times like this, the importance of connecting with spirit, mystery, creation, something bigger than ourselves. Good for all grades.
Myles	https://www.tvokids.com/school-age/ravens-quest/videos/myles	Myles is a 10 year old Ojibwe boy from Brandon, MB. He connects with Elders, creation, and the 7 teachings for help and guidance. Runtime is 7 min. Good for grades 1 and up
Stó:lō co-ed song	https://www.youtube.com/watch?v=gmX7MTApc64	Sometimes the best thing we can do to connect with one another is sing together. This video by Curtis Leon shows young and old proud to share the gift of song with each other. Runtime is about 4 min. Good for all grades.