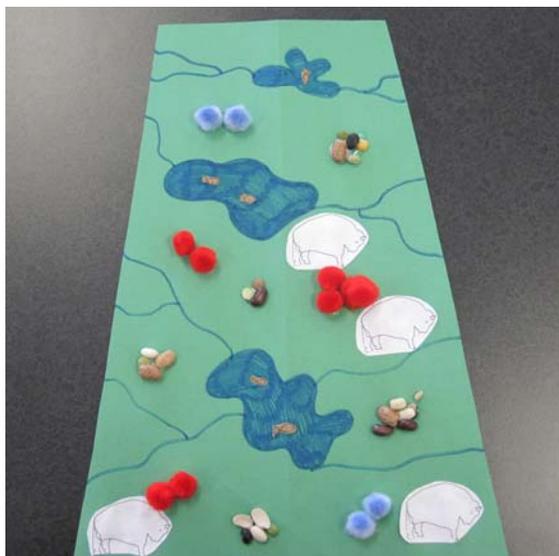


## Make 'n Take



**Name of Make 'n Take:** Roaming the Land  
**Theme and Topic:** History-The First Nations Lived Here First- Pre-Contact Lifestyles  
**Name(s) of Teachers:** Kathy Lascelle and Penny Leko  
**Name of School:** St. Dominic - Holy Family RCSSD #140  
**Grade** K  
**Date:** January 18, 2010

### Materials:

Green construction paper in the shape of Saskatchewan, red/blue pom-poms for berries, blue marker for lakes and rivers, seeds for root veggies, small animals stickers, buffalo cut outs.

Book - *Hidden Buffalo* by Ruby Wiebe

### Procedure:

1. Read the book *Hidden Buffalo* by Ruby Wiebe and discuss what kinds of foods First Nations peoples survived on e.g.:  
Saskatoon berries, wild turnips, buffalo, badger
2. Hand out green "Saskatchewan" shape and discuss the pictures in the book and how there are no roads, towns, cars or cities
3. What did Saskatchewan look like back before the newcomers came to live on the land?  
Lakes and rivers, trees and hills

4. What else do we need on the land? We already have green grass. (look at the pictures from the book). “lakes” - add water masses and lakes with blue marker
5. What else do we need on the land? “berry patches” add red and blue pom poms for berry patches.
6. Root vegetables like turnips and carrots. Add to picture by using seeds. Talk about how there were no stores to buy groceries or restaurants to eat in.
7. Lead the discussion about living off of the land and finding meat to eat. Discuss the trapping and hunting of small animals and fishing for food. Add stickers of small animals to map.
8. Buffalo – discuss how they hunted the buffalo, used all parts of the buffalo, and needed to move to where the buffalo roamed
9. Look out the window and compare what the land looks like now and how we find our food today