**Indigenous Cultural Program Planning Form**

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| **School or Group Name:** |  | **Estimated Student #** |  |
| **Program Date(s):** |  | **Estimated Adult #** |  |
| **Planning Coordinator /**  **Attending Lead Teacher:** |  | **Grade(s):** |  |
| **Phone Number:** |  |  |  |

We look forward to planning your group’s program at the Cheakamus Centre! To assist us in building the schedule for your program, please complete this form and email it to [**office@cheakamuscentre.ca**](mailto:office@cheakamuscentre.ca) at your earliest convenience (at the latest, 4 weeks prior to your program). We will do our best to include your preferred choices. We thank you in advance for your understanding that some activities have limited capacity and are dependent on factors such as season, staff expertise, weather and grade level.

**Group Information:**

Please take a moment to describe your group composition (i.e. student council, youth group, grade level, relevant group dynamics), and your main reason for visiting the Cheakamus Centre:

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**Program Goals:**

Understanding the specific goals of your program will help our staff deliver the most effective program possible. Please outline below:

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**Complex Needs Planning:**

Are there any complex needs in your group that would be helpful for us to know about in the planning process? (i.e. students with mobility challenges, complex medical or behavioral conditions, accessibility requirements, etc.)

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***Note:*** *It is the responsibility of the school/organization to have a Care Plan for students with complex medical or behavioural needs.*

**Program Activities:**

Day programs have **two** Activity Rotations and the overnight program has **three** Activity Rotations. Please select and rank your top 4 preferred activities below, from 1-4 with 1 being your first choice. *Please refer to the next page for activity descriptions.*

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| **Indigenous Cultural Activities** | |
|  | Cedar Bark Weaving |
|  | Wool Weaving |
|  | Hunting and Fishing |
|  | Wood Working |
|  | Plant Gathering / Ethnobotany |
|  | Traditional Indigenous Games |

**Overnight Programs Only:** please indicate your preferred evening activity (X one box):

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|  | Night Walk |
|  | Campfire & Legends |

Notes on activities and preferences (i.e. *would you like additional self-directed times? Does your group have experience with certain activities? Etc.)*:

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**Huy Chexw A** (thank you) for taking the time to complete this planning document. This information will help us cater the program to your group and help achieve the goals of your visit!

**Program Activity Descriptions:**

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| **Indigenous Cultural Programs** |
| **Cedar Bark Weaving**  Practice your hand with traditional techniques and tools in working with cedar. Depending on the group, projects might include cedar rope, cedar mat or paint brushes. |
| **Wool Weaving**  Explore the traditional Coast Salish art of wool weaving, learning about the many applications of this important cultural practice. |
| **Hunting and Fishing**  Learn to look for animal signs and increase your level of awareness with your surroundings. Students will learn about traditional hunting and fishing practices and try their hand at different tool making techniques. |
| **Wood Working**  Experience using traditional tools and techniques to split kindling and create works of art. Traditional tools include our rock hammer, wooden mallet, bone wedge, wooden wedge and adze. |
| **Plant Gathering/Ethnobotany**  Draw on indigenous teachings and local knowledge and explore the forest to learn about traditional medicines, food and resources. |
| **Traditional Indigenous Games**  Learn to play several traditional games testing skill, strength and your friendly competitive spirit. |
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| **Evening Programs** | |
| **Campfire and Legends**  Enjoy an evening around the campfire listening to legends and stories. | |
| **Night Walk**  Take a sensory walk around the site and explore how animals adapt to low light conditions. | |

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| **Morning Activities** |
| **Day 1 - Cedar Walk**  Discover the traditional uses of the Cedar tree and its cultural significance to the Coast Salish peoples. Students will visit an old-growth cedar, as well as a culturally modified tree. |
| **Day 2 - Group Wide Traditional Games**  Try your hand at one of the traditional games that First Nations have played for generations. Games typically played are Knobby Ball or Shinny. |