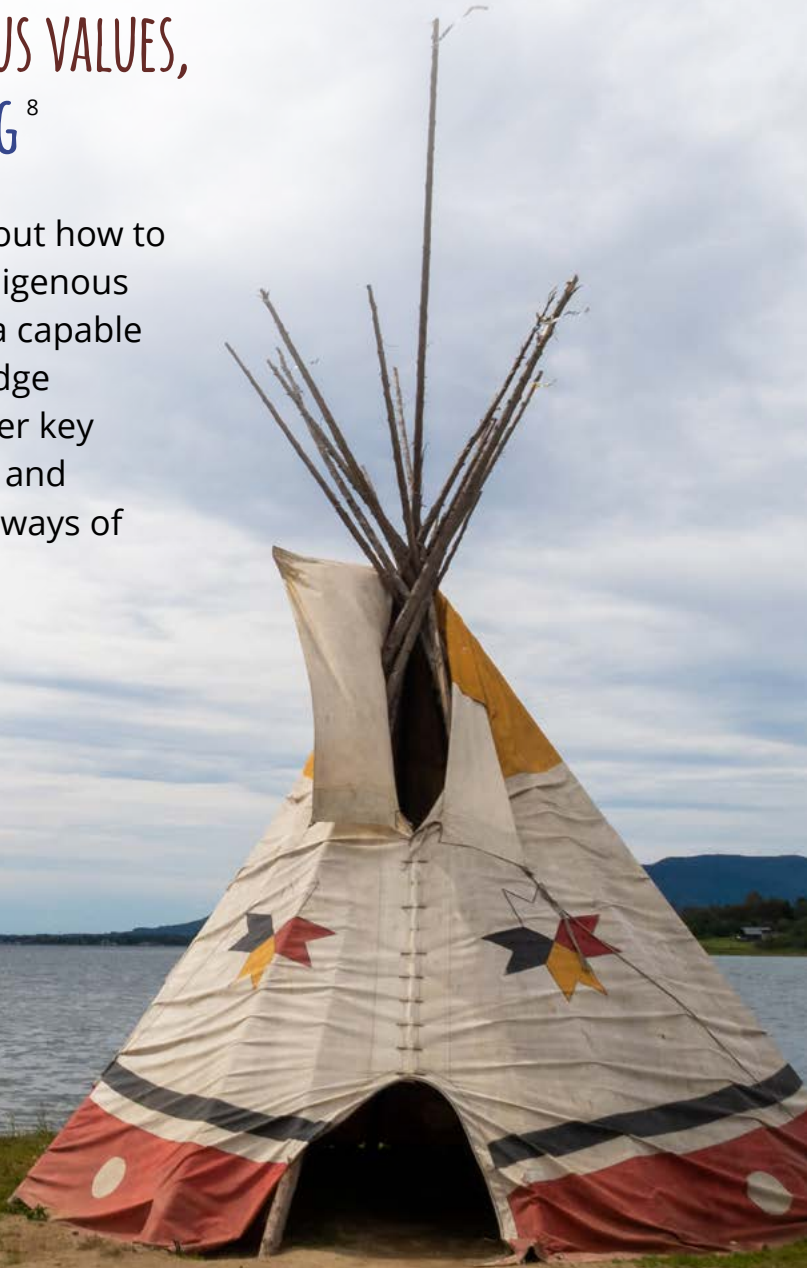


OUTDOOR PLAY AND INDIGENOUS VALUES, BELIEFS AND WAYS OF KNOWING⁸

There are different ways to think about how to help children grow and learn. An Indigenous point of view is to see each child as a capable person that adults should acknowledge and respect. You can read some other key Indigenous values on the next page, and see how they compare to “Western” ways of thinking about children’s learning and development.



Adapted and shared with the permission of Dr. Angela James

This content forms part of a larger booklet entitled “Why Outdoor Play Matters for Children: A practical guide for parents and caregivers”. To see the full booklet, and references, please go to recreationns.ca.

PARENTS AS FIRST TEACHERS

This shows the importance of nurturing, love, belonging and trust in raising children, rather than focusing on becoming independent.

CYCLES OF LEARNING

This value uses cyclical and spiral stories in learning, This can be ideas or skills that weave together to form meaning and understanding, This is different than a “staircase approach” which is like adding one idea on top of another with each idea needed to be understood by itself in order to understand the next.

THE CONNECTION OF MIND, HEART, BODY AND SPIRIT

This describes how the mind, heart, body and spirit are all equally important in a child’s or person’s development.

DOING AND STORYTELLING AS KEY WAYS OF LEARNING

Using hands-on learning and telling stories that supports development of mind, heart, body and spirit instead of focusing on development of the mind through book—and classroom-based learning.

SPIRITUALITY AS A PART OF CULTURE

Respect for self, others, as well as the land and the spirit world, rather than simply cooperating or getting along with others.