

Level: [Grade] K – 7 - Part 1

### Social Emotional Learning through Indigenous Literature:

Indigenous literature supports personal and social growth - Learning about the feelings of others and ourselves influences our health and well-being.

### Goals/Objectives:

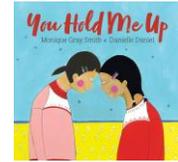
- Students and their families will see themselves reflected in their education process
- Students will begin to understand how Indigenous Oral traditions like storytelling, supports the wellbeing of Indigenous communities

### Materials Needed:

- Laptop or ipad to access video, internet access
- Blank white paper,
- pencil, coloring pencils or markers

### Task Instructions: (Step by Step)

1. Before you watch the video - Think about what the title of the book might mean – What does “You Hold Me UP” mean?
2. Watch the Video - Copy and Paste this link into your browser  
<https://youtu.be/Uiuev2fxvRU> (Monique Gray Smith – You Hold Me UP)
3. When finished the video:
  - Think more about what “You Hold Me Up” means to you. Ask family members what it means to them. In the video, Monique used words like:  
  
You hold me up when you are **Kind to me**, when you **Share** with me.
4. Listen to the story again and choose one word the author used that means the most to you, that shows how You could *hold* some up or how you feel when someone has *held* you up before. (HINT: She also used words like: **listen** to me, or **comfort** me)
5. K-3 students After you have chosen 1 or 2 of the authors ways that we hold each other up, draw a picture of you holding someone up in that way.  
(Example: I might choose the word **Comfort** and draw a picture of me hugging my brother or my sister or even my cat, because sometimes cats need comfort too and cats comfort us too!)



6. Gr 4 – 7 students – After you have chosen 1 of the ways you see yourself Holding someone up, describe what happened. You can draw a picture and tell us what is happening by writing a short paragraph **or** you can draw a 3 part comic strip showing:
  - a) showing what happened that showed someone might need a friend,
  - b) what you did or could do to be that friend and
  - c) how that person felt after you helped
  
7. Hold Someone Up today – make someone smile today 😊

**Adaptations/Adjustments: (consider different environments)**

How did the children in the video demonstrate Holding each Other up? Talk to your parent or brother or sister about the video. Ask them to share their story of Holding some up with you. Think about one person you can talk to if you need to be comforted. Hug someone you love today.

**Extensions (Optional):**

Take a picture that demonstrates the feeling of being held up. Write a description of the photo to go along with it. Take a short video of you practicing holding someone in your family up.