

Match Game (Grade 6 – 12)

Definition List

Ancestors

Family members or others from the same culture who have passed on to the spirit world since the beginning of time or more recently.

Band

The title given by the Federal Government to identify groups within the First Nation as defined by the Indian Act.

Band_Member

A person who is member of a Band, as defined by the Indian Act.

Bill C-31

A law passed in 1985 that reinstated First Nation women who were not recognized as a Band Member after marrying a non-First Nation man before 1985.

Cedar

The leaves of a cedar bush referred to as a sacred medicine, used as protector medicine during a smudging ceremony or sprinkle offering to Mother Earth.

Ceremonial Tobacco

Organically grown and referred to as a sacred medicine. Can be used as a sign of being thankful during smudging ceremonies, a sprinkle offering to Mother Earth or, as a gift of thankfulness to an Elder.

Chant

Traditional song that can help connect to the spiritual world, sung during times of healing, giving of thanks for creation, protection of Mother Earth other ceremonies.

Fasting

A time when a person refrains from food and water for the purpose of cleansing the mind, body and spirit under the guidance of an Elder.

First Nation

Title given to the first people living in North America.

Glooscap

A Mi'kmaq legendary figure often used to explain Creation.

Honor Song

A Mi'kmaq song created in 1980 by George Paul and is sung before ceremonies and cultural celebrations.

Indian Act

A law made by the Federal Government in 1876 that regulates the reserves.

Indigenous

Title referring to the First Nation, Metis and Inuit of Canada.

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Inuit

Group of Indigenous people who inhabits Northern area of Canada.

Medicine Pouch

A leather bag of various sizes, usually worn around the neck and used to carry sacred medicines or other meaningful things.

Medicine Wheel

Teachings that help a person's journey in life that includes their spiritual, environmental, physical and mental well-being.

Metis

An Indigenous group of people having Indigenous and European ancestry.

Metis Sash

A tie belt made of specific colored material worn around the waist symbolizing cultural pride.

Mi'kma'ki

Traditional unceded ancestral lands of the Mi'kmaq – includes Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland, parts of Quebec and Maine.

Mi'kmaq Grand

Appointed members that serve Mi'kmaq in different celebrations.

Offering

The sprinkling of sacred medicines offered during ceremony.

Powwow

The gathering of people for the purpose of social time, sharing cultural education, talents of crafters, dancers and drummers.

Prayer Tie

A small material bundle that holds ceremonial tobacco and other sacred medicines used as an offering gift during times of thanks to others and to the spirit world.

Regalia

The traditional clothing worn during powwows or ceremonies.

Reserve

Title of the lands set aside by the Federal Government used by a First Nation Band, as defined by the Indian Act.

Residential School

A school in which Indigenous students were forced to attend.

Ribbon Shirt

A material shirt or vest of various colors that is designed with ribbons and worn during ceremonies for connection to cultural past, present and future.

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Sacred Fire

A fire used to make offerings of sacred medicines for a connection to the spirit world.

Sacred Medicines

Used in a smudging or offering ceremony and can include Sweet Grass, Cedar, Sage and/or Ceremonial Tobacco.

Sacred Pipe

A two-piece pipe used during ceremony as a sign of peace and friendship.

Salitey

The Mi'kmaq gathering time held after a funeral that includes feasting, socializing and auctioning of donations.

Smudge Bowl

Shell or other naturally made bowl shaped item used to hold sacred medicines that are lit during ceremony.

Smudging

The lighting of sacred medicines during ceremonies and allowing the smoke to act as a cleanser for the mind, body and spirit.

Sunrise Ceremony

A ceremony held at sunrise giving thanks to Creation for the white of dawn and yellow of day.

Sunset Ceremony

A ceremony held at sunset giving thanks to Creation for the red of dusk and black of dark.

Sweat Lodge

A dome shaped structured used for the purpose of cleansing the mind, body and spirit.

Wampum Belt

Used by Indigenous people, a belt like shaped item made mainly of shells and beads, used to communicate messages, decisions and record historical events.

Wholistic Balance

A teaching focused on the spiritual, environmental, physical and mental well-being of a person.