



TRADITIONS

**WHY
ACT
NOW**

Honour Your Culture

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**WHY
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What are traditions?



Why are they important?

Why should you care
about them?



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If the world became 1 village...

<https://www.youtube.com/watch?v=FtYjUv2x65g>

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First Nations Diversity In Alberta

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Tradition...
is existing knowledge.

A group of ideas that have
lasted for a long time.

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DYNAMIC tradition:

People try to improve the ideas, traditions change over time.



A Tribe Called Red

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STATIC tradition: Focus is on keeping the tradition exactly the same over time.



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What is **culture**?

- the values, beliefs, attitudes and practices by members of a group
- the set of rules that are used to guide the behaviour of a group

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Canada has many different First Nations; each with their own culture and traditions.



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For our parents and grandparents, it is important for them to pass on culture to us.

Otherwise, if they didn't, it could become forgotten.



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Did you know...



Food is one of the most important markers of ethnic identity & is held onto the longest!

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For example:

Canadian food identity includes:

- Maple syrup
- Alberta Beef



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Why is food the most important ethnic marker?

Connection

*We are one with Mother Earth.
Family & Friends keep us connected.*



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Eating habits are easy to maintain because...

It can be done at home!
You can easily keep up your traditional eating patterns.



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What are **customs**?

Basis of culture.
The habitual ways of behaving.



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Example: In Canada, families do not encourage belching at the table = poor manners

In some cultures, belching is encouraged.
Indicates that the meal was very good.

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Example: In Canada, people respect personal space. When using public transit, people spread out and make room between each other.

In Tokyo Japan, people are more comfortable being close to one another.

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Let's look at Canada as an example...

Indigenous culture is a rich part of this country's history.

Indigenous people were the first to occupy the land and they learned to be very resourceful!

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Indigenous people utilized the land/water for everything; Hunting, trapping, fishing, gathering & farming.



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This mixed diet was very good for health!

Today, as we move towards modern times, the **traditional** ways of living off the land are being replaced with **convenience**.

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Not only are traditional foods being replaced with store bought foods,



people are becoming **less active** by not hunting, fishing, farming etc.

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Why should you care?

1) Pride

- Honour your culture and identity

2) Health

- Honour your body, mind and spirit

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3) Sense of belonging

- Honour each other and support one another

4) Increased confidence

- Honour yourself – be proud to be you.

5) Spending quality time with family & friends

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When you choose **NOT** to care about it...

You begin to lose your language and culture.



Honour Your TRADITIONS

“I am Proud to be Indigenous because...”

- **We are ‘*the Keepers of the Land*’.**
- **My traditions are important to me.**
- **It is my connection with my family & community.**

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Honour your traditions.

By continuing traditions,
your traditions will continue
for **GENERATIONS**.



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So what should you remember from today:

- Traditions only get passed on when you make the choice to pass them on (#proudtobeme)!
- Food is one of the easiest & most popular ways to honour culture.

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- Honour your traditions and culture.
- Being part of a culture, gives you a sense of belonging and identity.

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**THANK YOU
Hiy- Hiy!**

