



KAIROS Blanket Exercise

This guide and the First Nations, Métis, and Inuit professional learning website are designed for use by individual educators, cohorts, school communities, and school authorities.

www.fnmiprofessionallearning.ca/learning-to-relate/

This professional learning guide builds educator capacity by building awareness and understanding of historical events and current contextual realities associated with Canada's colonial history.



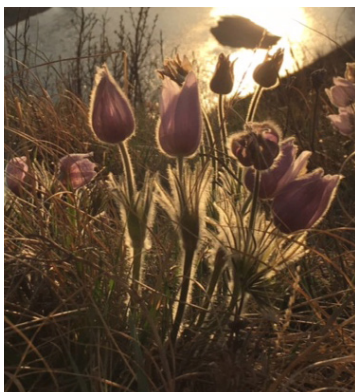
Participating in the **KAIROS Blanket Exercise** provides an experiential learning opportunity to explore Canada's colonial history. Facilitation includes Indigenous perspectives and content on a history which is not yet a part of the collective knowledge across our nation. In addressing the realities associated with this history, the **KAIROS Blanket Exercise** creates a relational space for dialogue and understanding. This session is designed for senior administrators, school administrators, teachers, educational assistants, school psychologists, and support staff.

This professional learning guide is intended to support the information that is on the **KAIROS Blanket Exercise** website at www.kairosblanketexercise.org. For information about the activity, the materials, and the resources, visit the website for up to date information. For ideas on how to organize the **Blanket Exercise** in your educational community, this guide will provide considerations to support implementation.

The first section includes logistics for getting ready for the exercise. The second section includes resources and suggestions for connecting the legacy of residential schools and intergenerational trauma with the historical elements that are explored by participating in the activity. The third section provides resources for organizing the activity and the final section includes debrief activities to engage in a professional dialogue.



Getting Ready



Information on opportunities for booking a **KAIROS Blanket Exercise** or becoming a facilitator can be accessed at www.kairosblanketexercise.org/become-a-host/ and www.kairosblanketexercise.org/become-a-facilitator/.

Information on the **Blanket Exercise** provided by the **Alberta Teachers' Association** can be found at www.teachers.ab.ca/For%20Members/Professional%20Development/IndigenousEducationandWalkingTogether/Pages/Workshops.aspx.



Getting Ready








There are many videos, PDF documents, and links for educators to view and explore prior to facilitating an activity. Individual organizations and school communities have adapted the exercise to include content which reflects a regional perspective and history. KAIROS has posted some of these on their site, others can be found by connecting with local educational communities and school authorities.

It's also important to let participants know that the session includes information about the legacy of residential schools and intergenerational trauma. The topics which come up playing the game or during the debrief can trigger an emotional response. As a reminder to care for self and others, share regional contact information for mental health support networks; including, for example the Alberta Community and Social Services Support Line at 211. Check www.ab.211.ca/.



Making Connections

Prior to organizing a session, respectfully engage in conversations with regional community members, Elders councils, wisdom and guidance committees, Indigenous advisory groups, and educational leadership about the information you want to present on Canada's colonial history. There may be key points that Indigenous community members want to be sure to include. Having follow-up information and resources to share with participants after the session may be a way to continue the conversation and deepen understanding.

-  Download the PDF **Our Way is a Valid Way Educator Resource Document** at <https://education.alberta.ca/media/563981/our-way-is-a-valid-way.pdf>.
-  Access the PDF **Our Way is a Valid Way Educator Reflection Guide Document** in sections on the ARPDC **Our Way is a Valid Way Moodle Site** at <https://learning.arpdc.ab.ca/course/index.php?categoryid=170>.
-  Visit the **Walking Together Digital Resource** at www.learnalberta.ca/content/aswt/.
-  Access the Google Doc **Walking Together Directory for Educators** at https://docs.google.com/document/d/1wfrm_AXaoTsWAO1fPNU1T4v-eV_AbC2SH0ku5dHgfi/edit.
-  View the CBC's **8th Fire (subscription)** at <https://curio.ca/en/collection/8th-fire-1615/>.
-  Download the PDF **8th Fire Guide for Educators** at https://media.curio.ca/filer_public/e5/c9/e5c95239-396c-4772-ae5-cf84389c7e00/8thfireguide.pdf.
-  View the **Project of Heart Ebook** at www.bctf.ca/HiddenHistory/ or download PDF resources.
-  Visit the **Legacy of Hope Foundation** at <http://legacyofhope.ca/> and access **Teacher Resources** at <http://legacyofhope.ca/education/>.
-  Download the PDF **Our Words Our Ways** at <https://education.alberta.ca/media/3615876/our-words-our-ways.pdf>.
-  Download the PDF **Education is Our Buffalo** at [www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Human-Rights-Issues/Education%20is%20Our%20Buffalo%20\(PD-80-7\).pdf](http://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Human-Rights-Issues/Education%20is%20Our%20Buffalo%20(PD-80-7).pdf).
-  Visit the **Empowering the Spirit** website at <http://empoweringthespirit.ca> to find a comprehensive collection of additional resources.



Facilitating

The following weblinks may be useful as supports for professional learning:



The history of the **KAIROS Blanket Exercise** as well as a video that shows the blanket exercise in action can be accessed on the About webpage at www.kairosblanketexercise.org/about/.



Several resources, including documents, reports and teachers' kits can be accessed at

www.kairosblanketexercise.org/resources/.

These resources address:

- Getting started
- Historical documents
- Commissions and reports
- Teachers' kits, activities and curriculum
- Films and videos



Debriefing

Support



During the debrief, you may want to hold a Talking Circle. A **Fact Sheet**, at www.learnalberta.ca/content/aswt/talkingtogether/facilitated_talking_circle_fact_sheet.html, and **Sample**, found at www.learnalberta.ca/content/aswt/talkingtogether/facilitated_talking_circle_sample.html, are provided in the **Guide for the Walking Together Digital Resource**, accessed at www.learnalberta.ca/content/aswt/talkingtogether/index.html.

Questions for debriefing

How does knowing about Canada's colonial history relate to understanding children and youth in your educational community?

How does understanding Canada's history and current contextual realities impact your role in your educational community?

How can you contribute to supporting children in your educational community?

What can educators do in the classroom to best support students?

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