



Greetings everyone.

To continue the 4Directions group, we continue to share a weekly plan of resources to use on each unit.

You are all welcome to use it any day of the week as you see fit to ensure that all members of the group continue to feel the presence of their spiritual and cultural practices. Of course, in the spirit of reconciliation and community, neighbors and friends of the group members are also welcome to join to learn about Indigenous culture and life.

To preserve the intention of the 4Directions as a sharing circle, you can set up the people you support in small groups in the living room (maintaining the 6 feet/2 meter between people). Using the laptop, ipad or Smart TV along with reading the notes that follow, people can also be supported to explore the weekly program.

People can also work individually in their own room using their own devices if they choose that. When you begin, all you need to do is support people to read through the guide and pause to play the video links that are noted. Thank you.

Thank you for finding the courage to continue to share your gifts of caring and support with one another and your creativity to create meaningful experiences with people who you support.

Please touch base if you have any questions.

*Kind regards,
Andrew & Sheryll Ann*

*Andrew Terhoch
Spiritual Health Practitioner
aterhoch@stamant.ca*

*Sheryll Ann Manela
Recreation Instructor
smanela@stamant.ca*

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For assistance please contact (204) 256-4301.

July 2 – Canada Day and Friendship

Greetings to all and hope you all enjoyed celebrating Canada day with your family and loved ones as establishments slowly reopen.

Let us welcome each member of the circle with this [song](#).

There are a number of Indigenous Peoples who have mixed feeling celebrating Canada Day as it represents a tragic history for them when they signed treaties which were never acknowledged. Still, there is the other half that is optimistic and celebrate the resilience of First nations, Metis and Inuit People. They celebrate the fact that they are still here.

For a quick history of Canada, watch this [video of Canada in a nutshell](#).

To commemorate a day of friendship, we will talk about Native American Friendship Bracelets.



It's a craft, a symbol, a piece of jewelry. Native American friendship bracelets, which originated from traditional Native American crafts and were given as signs of friendship, remain a popular item today. These colorful bracelets are viewed as a sign of devotion because the giver creates it with a specific friend in mind.

Meaning and History of Native American Friendship Bracelets

Native friendship bracelets originate from traditional patterns of hand weaving and knot craft. These colorful bracelets are woven or braided with different colors of embroidery thread or other materials. There are various styles and patterns of Native American friendship bracelets, and most are based on a half-stitched knot. The many patterns include broken ladder, chevron, diamond, and a totem pole.

It is said that whoever receives Native friendship bracelets should wear them until the threads break and the bracelet falls off. Wearing the bracelet honors the hard work put into making it, while removing it indicates that the friendship has gone bad. According to Native American culture, someone who receives a bracelet should make a wish, which will come true if Native American friendship bracelets fall off naturally.

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Native American Friendship Bracelets in Popular Culture

Native American friendship bracelets saw a resurgence of popularity among 1970s teens, when wearing these items was in style. They remain popular among children today.

Creating Native friendship bracelets is a fun and creative activity that results in a one-of-a-kind gift for a valued friend. Color options and additions such as beads and feathers make for a memorable keepsake.

It is said that colors used in Native American friendship bracelets reflect personality traits of the wearer. For example, red signifies honesty, black is for strength, blue is for loyalty. In this way, the Native American friendship bracelet is said to mirror the wearer.

Activity: Making Native American Friendship Bracelets

Native friendship bracelets can be made in various shapes and sizes, although the length will generally run from 7 to 9 inches. They can be created slim, or as thick as a cuff. There are many books and instructional materials available to help people create their own Native American friendship bracelets.

For our activity, we will make a chevron friendship bracelet.

You will need:

4 color of embroidery floss (or yarn) that is 60 inches long

Tape (or clip to attach one end)

Scissors

Watch this [video tutorial for easy chevron friendship bracelet](#). Wear the bracelet or give it to a friend.

To close the circle, watch this [video showcasing that we are all one](#). We are Canadian eh!

Meegwich,

Sheryll Ann



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