



# NETUKULIMK AND MSĪT NO'KMAQ (F4)

## OVERVIEW

This unit introduces two primary Mi'kmaw concepts to students: *netukulimk* and *msĭt no'kmaq*. They are fundamental to understanding Mi'kmaw culture and practice. If students do not have a basic understanding of these concepts, it will be difficult for them to understand Mi'kmaw decision-making during treaty negotiations as well as in other contexts.

## LEARNERS WILL...

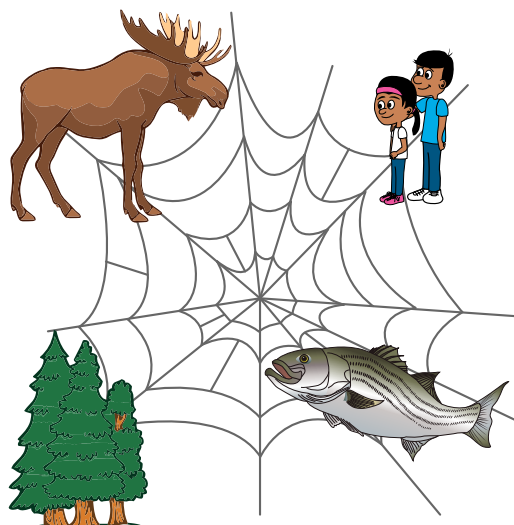
- ▶ Absorb age-appropriate definitions of *netukulimk* and *msĭt no'kmaq*.
- ▶ Articulate the meaning of these concepts in their own words.
- ▶ Understand that these concepts are important to understanding Mi'kmaw history and culture.
- ▶ Know that they will encounter these concepts in future treaty education units.

## FOCUS

We recommend opening this unit with two (very short) introductory videos from the Unama'ki Institute of Natural Resources. They can be found at, <http://www.uinr.ca/programs/netukulimk/>. Some vocabulary preparation may be helpful including the terms **interdependence**, **sustenance**, and **sustainability**. The definitions the students will work with on the worksheet have been rephrased to age appropriate language, but this vocabulary preparation will help them when viewing the videos.

Another excellent starting place for learners would be with the Netukulimk film produced for Mi'kmaw History Month. This short film has the advantage of young people speaking about *netukulimk*, so learners may relate well to it. See <http://mikmaqhistorymonth.ca/video/>

Using the provided worksheet, students will read the (provided) definitions of *netukulimk* and *msĭt no'kmaq* (alone or in pairs as appropriate). Using the worksheet, they then are asked to rephrase the definition in their own words and to provide three examples of each. As a final element, students are asked to use the illustration space on the worksheet to draw a picture that shows the relationship between *netukulimk* and *msĭt no'kmaq*.



**PE!**

It is important that students engaging in this unit have a clear understanding of the following content:

- The Mi'kmaq as the Indigenous people of Nova Scotia and the Atlantic region.
- Mi'kma'ki as the ancestral homeland of the Mi'kmaq.

## ADDITIONAL RESOURCES

- See page 15 for an explanation of *netukulimk* and *msĭt no'kmaq*.
- The Unama'ki Institute of Natural Resources has additional videos and other content about *netukulimk*. See [www.uinr.ca](http://www.uinr.ca). For a longer video, see Seeking Netukulimk at [www.youtube.com](http://www.youtube.com). The Seeking Netukulimk video is particularly appropriate if this unit is being adapted to an older grade level or if teachers want a better understanding of the concept. It ties treaty rights together with *netukulimk* in a clear and meaningful way.

# NETUKULIMK AND MSIT NO'KMAQ

**NETUKULIMK** (neh-doo-guh-lim-k) is gathering what we need from the world around us to feed, clothe, shelter and do all the things we need to do to take care of ourselves. *BUT*, netukulimk, also means that we take care of ourselves without harming the environment around us. In a Mi'kmaw worldview animals, plants and people are all related and we must respect those relationships.

**CHOOSE 3 important words from the definition**

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**GIVE an example of netukulimk**

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**MSIT NO'KMAQ** (m-sit no-guh-ma) means "all my relations" and when Mi'kmaw people say "msit no'kmaq," it is a way of saying "I understand

that we are all related and I am grateful to be tied together in spirit with animals, plants and all living beings." Many Mi'kmaw use this phrase during ceremonies to honour and thank the Creator for all life.

**CHOOSE 3 important words from the definition**

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**GIVE an example of msit no'kmaq**

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**DRAW a picture that shares how you understand netukulimk and msit no'kmaq.**