



Overview

This Learning Experience introduces two primary Mi'kmaw concepts to learners: **netukulimk** and **msit no'kmaq**. They are fundamental to understanding Mi'kmaw culture and practice. If learners 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 msit 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 LEs.

Focus

We recommend opening this Learning Experience 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. Learners will work with more age-appropriate definitions on the worksheets, but reviewing this vocabulary will help when viewing the videos.

Another excellent starting place for learners would be with the Netukulimk film produced for Mi'kmaw History Month in 2018. 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, learners will read the definitions of netukulimk and msit no'kmaq (alone or in pairs as appropriate). They are then asked to rephrase the definition in their own words and to provide three examples of each. As a final element, learners are asked to use the illustration space on the worksheet to draw a picture that shows the relationship between the two concepts.

PE!

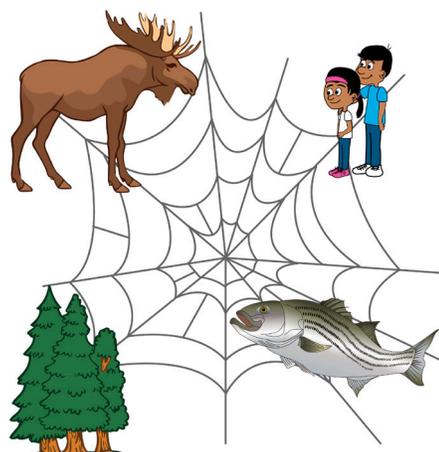
It is important that learners have a clear understanding of the following content:

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

Additional Resources

- See the **Family, Culture, Community** introduction for an explanation of netukulimk and msit no'kmaq.
- For additional resources, see the digital version of this LE at **Mi'kmawey Debert Cultural Centre website:**

<http://mikmaweydebert.ca/f4>



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 Mi'kmaw worldview, animals, plants and people are all related and we must respect those relationships.

CHOOSE 3 important words from the definition

GIVE an example of netukulimk

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

GIVE an example of msit no'kmaq

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

