



## Introduction

The history of Canada is a very interesting one. Indigenous People lived in what we now call Canada long before European Settlers traveled across the ocean to settle in North America.

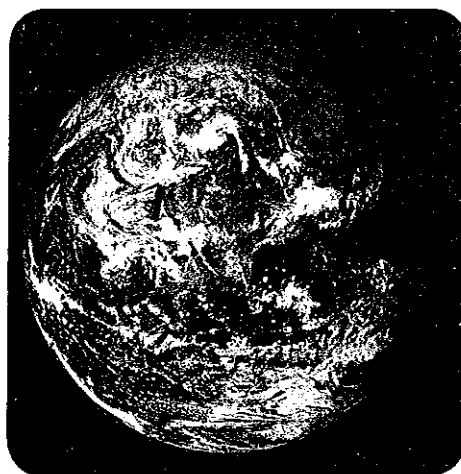
The Indigenous People are made up of different nations or groups of people who lived in various areas across North America. Back then, most Indigenous People referred to North America as Turtle Island.

Each nation has a unique culture and language. Some of the traditions and celebrations are similar because they celebrate the seasons of the year. An example of this would be the first fruit of the year. In areas of Canada the first fruit is the strawberry.



The Indigenous People had strong ties to the land. There were no grocery stores back then. The people had to hunt and harvest foods to eat, pick medicines to heal, and make their own clothes and shelter. The land provided them with all of this. Since the land gave the people so much to help in their everyday lives, they valued their relationship with the Earth.

They believed that the Earth should be treated with respect, and that a person should only use as much resources as they need. They thought that people should treat the Earth as if it were their own mother. This meant to treat the Earth with respect and be thankful for everything it provided for the people. This is why some people refer to the Earth as Mother Earth - it helps people remember to take care of her.





4. Draw a picture and write a sentence about a way that we can respect Mother Earth.

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