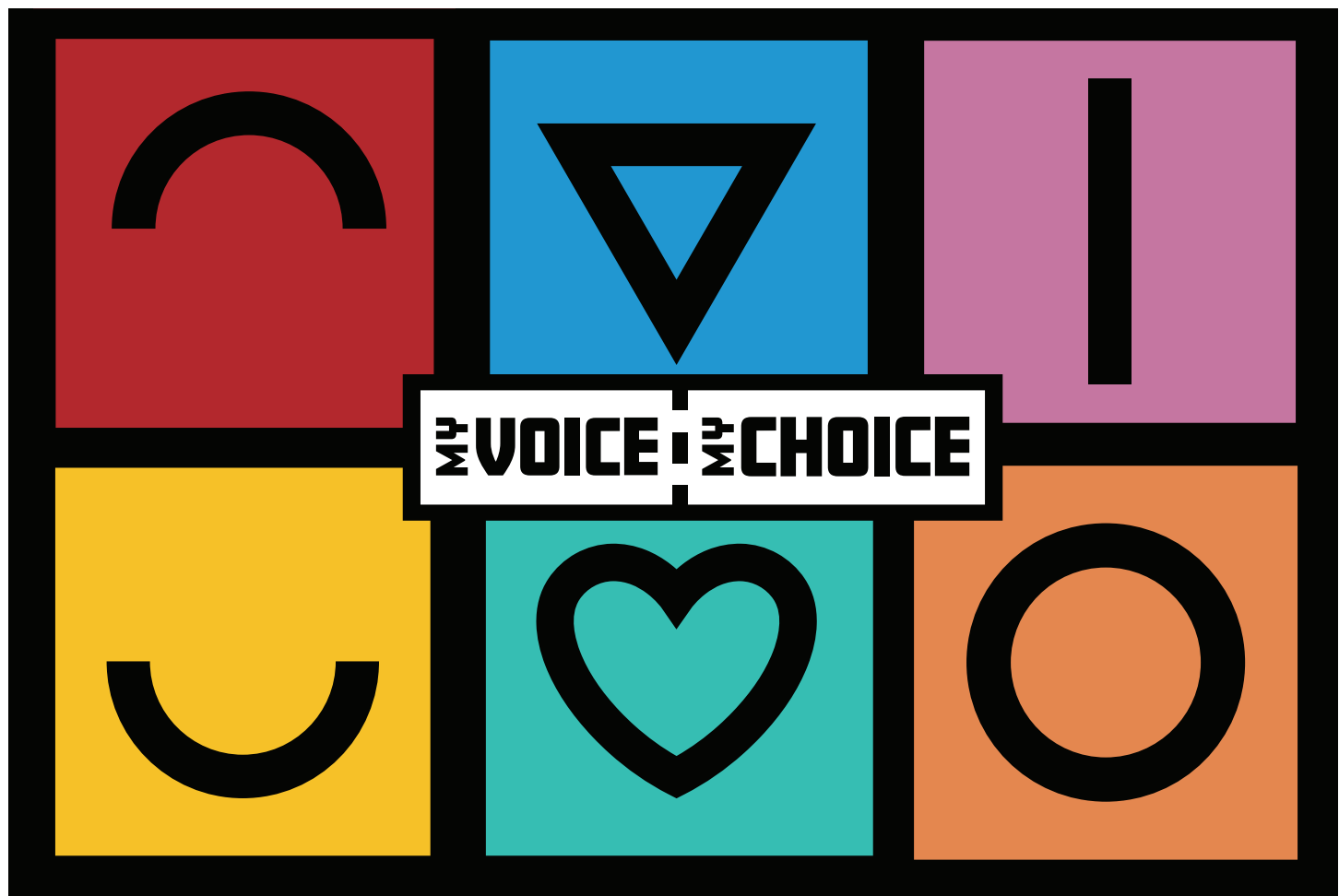


PARTICIPANT'S GUIDE



LOOKING AFTER OUR LAND



WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

The subscription box: The box contains supplies and activities for you. You can plant seeded paper, use colouring sheets, and learn more about the environment in Northwest Territories and how you can take care of it. There's also a first aid kit which you are encouraged to bring with you if you decide to go out on the land.



There are additional resources listed you can explore or codes you can scan with a phone to access good information on land and environmental issues.



Land Matters

No matter where your ancestors came from, it's important to know the traditional territory you live on. Don't know? Scan this QR code with your phone to find out. <https://www.pwnhc.ca/territorial-evolution-of-the-northwest-territories/>

Acknowledging Indigenous people as the original caretakers of the land is part of truth and reconciliation.

The land takes care of us by providing us what we need to live such as food, water, and shelter. Aside from basic needs, there are lots of other benefits to being connected to the land!



Increases good mood



Physical activity



Improved air quality outdoors



Community involvement



Decreases stress and anxiety



Disconnecting from screens



Learning more about culture



Positive relationships with others



NORTHWEST TERRITORIES TREATIES AND LAND CLAIMS



Questions to think about:

1. Do you know which traditional territory you live on?
2. Do you know what the land acknowledgement is for your area?
3. What is the best thing about living in the Northwest Territories?
4. How does the land take care of us?
5. Why is it important to take care of the land?
6. What are some ways we can take care of the land?
7. What are some land based activities you know of?
8. What do you think the benefits are of being outside on the land?
9. What is your favourite thing about being on the land?





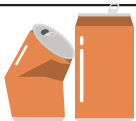








Climate Change and Land Stewardship

It is important for us to take care of the land we rely on by doing things like cleaning up after ourselves, reducing waste, recycling, and being thoughtful about conservation with hunting and fishing. Remember that even the small things you do like properly throwing away trash can help to protect the environment in a big way!

For example, check out the “Trash Talk” chart here to learn about how garbage impacts the environment:

Trash Talk

Item	Time to Breakdown
Cigarette butts 	18 months to 10 years
Fabric 	2 weeks to never (Depending on material)
Plastic bags 	10-1000 years
Plastics straws 	50 years
Aluminum cans 	80-100 years
Plastic bottles 	450 years
Disposable face masks 	450 years
Fishing line 	600 years
Glass 	Over 1 million years
Styrofoam 	Never
Tinfoil 	Never

*Litter also breaks down more slowly in cold temperatures like those in Northwest Territories.



Want more trashy information? Check out this two minute animated video, “How Long Trash Takes to Decompose”. <https://www.youtube.com/watch?v=zp4HsMWA3HQ>



This subscription box includes seed paper for you to plant indoors in a pot or out on the land. This video can help explain how seeded paper works. <https://www.youtube.com/watch?v=LUAHA2PxFGE>



What happens if it doesn’t work? To tell you the truth, it might not! Things don’t always grow the way we think they will and there are lots of reasons for that. Try not to be discouraged if nothing grows or it doesn’t grow well. Better yet, learn how to make your own seeded paper using the steps below to keep for yourself or give to someone else! You can do an web search on how make your own seeded paper or check out this page: <https://www.naturesseed.com/blog/how-to-make-plantable-seed-paper/>

Safety on the Land

Being on the land can be good for overall wellness. It’s important to understand the risks and have a safety plan. Having a phone with you is a good idea, but you can’t rely on it for everything!

Safety Issue	Examples	Prevention Ideas
Weather	<ul style="list-style-type: none">• Sunburn• Heatstroke• Windburn• Storms	<ul style="list-style-type: none">• Sunscreen• Dress according to weather• Watch weather forecast before leaving
Wildlife	<ul style="list-style-type: none">• Aggressive animals• Insects	<ul style="list-style-type: none">• Education on local wildlife safety measures• Carry a whistle• Bug spray
Terrain	<ul style="list-style-type: none">• Poisonous plants• Uneven ground• Ice and snow	<ul style="list-style-type: none">• Learn about poisonous plants• Wear proper footwear
Personal Preparedness	<ul style="list-style-type: none">• Apparel• Communication• Supplies• Skills and Experience	<ul style="list-style-type: none">• Hand Sanitizer• Flashlight• First Aid Kit• Water/Food• Multi-tool/knife• Travel with someone• Tell someone where you are going• Bring phone (but don’t rely on it)• Bring a printed map and compass


















It's a Wild Life

We share land with some interesting species! When we're out on the land, we may be trespassing in their home. Some human behaviour can make their lives worse, so here is some basic information on this and how you can be a better person to share the planet with:

Issue	Why is it an issue?	How can I be a better human?
GARBAGE AND LEFTOVER FOOD 	It can hurt animals and/or make them sick.	<ul style="list-style-type: none"> • Clean up after yourself. • Separate garbage and recycling into proper containers. • Tie knots on top of plastic bags. • Cut elastic bands and loops of plastic six-pack can holders before throwing them out. • Avoid sky lanterns and balloons or switch to biodegradable balloons. • Wash out containers and put lids back on before recycling.
CLOSE ENCOUNTERS WITH WILDLIFE 	Wild species and humans can cause harm to each other.	<ul style="list-style-type: none"> • Keep a safe distance • Avoid touching, feeding, or picking up wild animals. • Educate yourself about wild species and what to do if you see them.
OVERHUNTING AND OVERFISHING 	Can reduce number of species and cause harm to other species in the ecosystem. Impacts communities who rely on fish and wildlife to live.	<ul style="list-style-type: none"> • Follow conservation laws. • Don't take more than you need.



Living in NWT means you share a home with many unique species. You may even find you have something in common with a few of beside living in the same area. Check out these squares and see which is matched closest to your personality.

BARREN GROUND CARIBOU Social Fast Strong Resilient Can see things others can't Love to travel with others 	MOOSE Strong Fast Smart Caring toward loved ones Curious Aggressive if provoked (or tired/hungry) 	RAVEN Empathetic Mischievous Social Smart Picky about their mates Good problem solver Adaptable Holds grudges 	MUSKOHEN Strong Protective of others (especially young ones) Resilient Stand their ground 
WHOOPING CRANE Aggressive Dislikes being bothered by people Loud Like to dance Faithful Adaptable 	REINDEER Social Protective of others Fast Always on the move Loves to travel with others Shy 	DALL'S SHEEP Social Prefer to be in power over others Athletic Protective of young 	BLACK BEAR Extremely shy Prefer to be alone Protective of young Curious Intelligent Prefer to avoid conflict unless necessary 
MUSKRAAT Love the water Prefer evening hours to daytime Cautious Aggressive if provoked Protective of family 	BELUGA Smart Mischievous Extremely social Loud Curious Playful 	POLAR BEAR Strong Fast Patient Adaptable Attentive to young Playful Protective Like to stay clean Not very social 	BISON Strong Fast Social Reasonable Love to travel Resilient Brave 
WHITE PELICAN Social Athletic Quiet Cooperative Usually friendly 	PTARMIGAN Social Playful Gentle unless threatened Adaptable Flirty 	GRIZZLY Smart Athletic Not very social Curious Attentive to young 	



Extra Resources for You

For more information on looking after our land — check out some of these websites by searching for them online or scanning the QR codes with your phone.

THUNDERBIRD STRIKE

This website features Indigenous perspectives and information about how tar sands affect the land. There are videos, reflection questions, and an interactive game that can be played on smartphones, a tablet, or a PC.

<https://www.thunderbirdstrike.com/>

ECOLOGY NORTH

Ecology North promotes positive relationships with the environment in NWT.

<https://ecologynorth.ca/>

6 STEPS TO MAKING YOUR OWN SEED PAPER- NATURE CANADA

For facilitators or youth interested in making their own seeded paper, this website provides step by step instructions with visuals to learn how.

<https://naturecanada.ca/news/6-steps-to-making-your-own-seed-paper/>

TRADITIONAL FOODS ARE HEALTHY FOODS- NWT ASSOCIATION OF COMMUNITIES (NWTAC)

NWTAC has put together several toolkits to empower communities. The toolkit, “Traditional Foods are Healthy Foods” helps youth to learn more about the animals and plants of NWT with an emphasis on Indigenous cultures. The toolkit also contains nutritional information, recipes, and colouring pages.

<https://traditionalfoods.toolkitnwtac.com/>

OCEAN WISE SHORELINE CLEANUP

Want to lead a community cleanup, but don’t know where to start? This organization can help you!

<https://shorelinecleanup.org/>

“Land of our Future”

Background information: This is a 15 minute film produced by the Institute for Circumpolar Health Research and funded by the First Nations Inuit Health Branch and the Munk-Gordon Arctic Security

Program. The film features four high school students from Yellowknife who interview hunters, elders, and government leaders about climate change in the Northwest Territories.

<https://vimeo.com/66203406>



Government of | Gouvernement des
Northwest Territories
Territoires du Nord-Ouest

