



# Ama Smawal: Learning from Our Elders

Indigenous Youth Wellness Program #5 Feedback Surveys Winter 2025

## Youth and Young Adult Traditional Wellness Survey Feedback



**12** surveys gathered

**Who in your community would like to teach you, share wisdom, experiences and knowledge about connection to land, ceremony, culture, and being Indigenous?**



Elders, knowledge keepers

Elders, knowledge holders

**What is happening in your community that supports traditional health and wellness?**



Traditional harvesting, Pow Wow, Language classes

LFC Programming

Unsure

Sweats, gatherings, pow wows



The Link Program



Animal and fish surveys to show amount of resources available to the community

**What traditional teachings would you like to learn about for connection to land, ceremony, culture and being Indigenous?**

Art, gardening, baking/cooking

Dance & music



Language, meaning of activities, prayers.



Traditional harvesting, fishing, games, art

Language!

Spiritual ceremonies for healing

Berry/mushroom harvesting



I would like to learn how to hunt

**What do you want to learn about?**

**Interest**

Mental wellness	83%
Emotional wellness	83%
Indigenous Ceremonies: Sweatlodge, Smudging, Water Ceremony	83%
Beading, drum making, hide tanning, fishing net instruction	75%
Traditional food gathering, preparation, and storage	75%
Traditional exercise and games	75%
Harvesting wild game, hunting camp, hunting protocols & getting started	67%
How we identify as Indigenous Peoples, family, knowing your roots	67%
Gardening	67%
Spiritual Wellness	67%
Citizenship, Kinship, Genealogy	67%
Language	58%
Plants and medicines	58%
Medicine Wheel Teachings	58%
Traditional dance, jigging, cultural movement	58%
Mountain or Vision Quests	58%
Métis Sash, infinity symbol	58%
Red River Cart Teachings	33%



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## Youth and Young Adult Activity Survey



These reflections are from youth and young adults who participated in the program. The program included pemmican making, St'at'imc language learning and story sharing with St'at'imc Elders, sweat lodge protocol teachings and preparation, and a sweatlodge ceremony and spirit bath following traditional protocols.

### What was the activity you participated in?

Pemmican making & storytelling



Sweatlodge ceremony

Deer stew



Deer meat stew preparation



Sweat/fire keeper



Sweatlodge & spirit bath

Sweatlodge protocols & preparation on site



### What did you like best about the activity?



Interpersonal cooperation

Everything

THE GROUP WORK

Learning about how ancestors used to snack on pemmican while hunting & gathering

Connecting with community



Hands on collaborative activity with knowledge keeper support



Mixing

Dinner/nutrition

Everyone being together

Interacting with other participants

Learning about how to prepare a sweatlodge

Learning more about Indigenous ways for a healthier life



### What would you change for the next activity?

Nothing this time - there was plenty of time



I liked the program as it was

Water bottles

Hot tea



Dancing



Nothing!

Team building exercises, ice breakers



More group activities

More language, common words for foods used, a couple easy sentences we can say

**15** surveys gathered

All youth shared they would recommend this activity to others

### Anything else to say?

"Thank you very much for providing these activities where learning is linked with having a great time and connecting with each other."

"I had a great time, would love to attend another one!"

"keep up with the work"

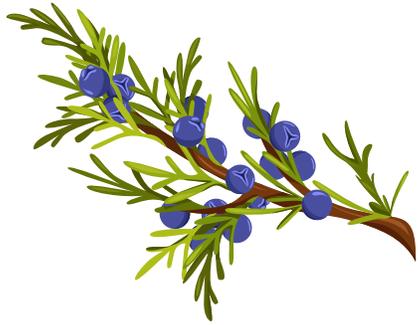
"Thank you everyone who made it possible."

"I loved it all. Thank you!"



## Elder Facilitator Feedback and Recommendations

**5** surveys gathered



### What was the activity you led?

Pemmican making demo

Sweatlodge ceremony

Sweatlodge prep

Assisting with pemmican making

Pemmican one table supervision

I also did prayer in St'at'imc for meal

### What worked well when leading the activity?

I have pre-made pemmican so participants can try to taste, then I do a demonstration of how I make. Hands on is too much material, very limited resources (fish, berries).

Everyone helped

Variety of ingredients; natural ingredients

Everyone participated

Everyone involved, great meeting new people, meeting friends and happy

All was good



### What did not work well and what would help to improve or support in leading the activity?

Coffee grinder is only good for dry material, not berries. Pre-made ground fish takes a lot of time to prepare.

All was great

Sandwich board at entrance with event notice

Everything went as planned

Late participants; had to tell my story twice.

I just do my part

### Additional Thoughts

*"It all went good"*

*"Good to be with everyone"*

*"Was great to work with everyone"*

*"Everyone needs to wash their hands!"*