

## References

Academic Kids. (2005). *Pemmican*. Academic

Kids Encyclopedia. <https://academickids.com/encyclopedia/index.php/Pemmican>

Bouvette, R. [canadienneshitface]. (2006). *Red River Jig* [Video].

YouTube. <https://www.youtube.com/watch?v=8txmJPbBPLA>

Burton, W., & Patton, A. (2007). *Fiddle Dancer*. Indigenous & First Nation kids books-Strong nations. [https://www.strongnations.com/store/item\\_display.php?i=1954](https://www.strongnations.com/store/item_display.php?i=1954)

CBC, Kids. (2020, May 7). *Studio K away: Métis jigging* | *CBC Kids* [Video].

YouTube. <https://www.youtube.com/watch?v=i9BgghUnB8M>

Cowichan Valley School District (2021). *Printable resources. Indigenous*

*education*. <http://abed.sd79.bc.ca/curriculum-rePrintableResourcessourcess/printableresources/?fbclid=IwAR0lpMUZrxLeKVMsNXi9IvsfOrXSAiON1jCxxNf8VRsElvCtJUtgJ6EEq8M>

Dorion, L. (2014). *Strong readers Métis series: A Red River cart*. Indigenous & First Nations kids books -Strong nations.

[https://www.strongnations.com/store/item\\_display.php?i=5402](https://www.strongnations.com/store/item_display.php?i=5402)

Fauchon, P., & Sirois, O. [Heritage Musical Spoons]. (2016, May 27). *How to play musical spoons*.

[Video]. YouTube. <https://www.youtube.com/watch?v=Cc7lnBPalcU>

First Peoples of Canada. (2007). *The Métis - food / hunting /*

*tools*. Canada's First Peoples. [http://firstpeoplesofcanada.com/fp\\_metis/fp\\_metis3.html](http://firstpeoplesofcanada.com/fp_metis/fp_metis3.html)

Fraser Valley Métis Association. (2019). *Michif lessons*. FVMA. <https://www.fvma.ca/michif>

Fur trade: Indigenous Peoples Atlas of Canada. (2018, June 04). *Fur trade*. Canadian Geographic. <https://indigenouspeoplesatlasofcanada.ca/article/fur-trade/>

Goulet, R. [learnmichif]. (2010, March 30). *Learn 1-10 Michif* [Video].

YouTube. <http://www.learnmichif.com/storytelling/shawn-bourks/1-to-10-in-michif-cree>

Lee, Y. (2021). *The Métis flag*. Louis Riel Institute. <http://louisrielinstitute.ca/the-metis-flag.php>

Morris, E. (2020). *The Metis clothing for men and women*. NAHO History Organization.

<https://www.naho.ca/2019/07/03/the-metis-clothing-for-men-and-women/>

Usask Research profile and impact. (2019). *Métis jigging: A better cardio workout than aerobics or a*

*run?* University of Saskatchewan. [https://news.usask.ca/articles/research/2019/m%C3%A9tis-](https://news.usask.ca/articles/research/2019/m%C3%A9tis-jigging-a-better-cardio-workout-than-aerobics-or-a-run.php#:~:text=Traditional%20M%C3%A9tis%20jigging%20may%20provide,University%20of%20Saskatchewan%20(USask))

[jigging-a-better-cardio-workout-than-aerobics-or-a-](https://news.usask.ca/articles/research/2019/m%C3%A9tis-jigging-a-better-cardio-workout-than-aerobics-or-a-run.php#:~:text=Traditional%20M%C3%A9tis%20jigging%20may%20provide,University%20of%20Saskatchewan%20(USask))

[run.php#:~:text=Traditional%20M%C3%A9tis%20jigging%20may%20provide,University%20of](https://news.usask.ca/articles/research/2019/m%C3%A9tis-jigging-a-better-cardio-workout-than-aerobics-or-a-run.php#:~:text=Traditional%20M%C3%A9tis%20jigging%20may%20provide,University%20of%20Saskatchewan%20(USask))

[%20Saskatchewan%20\(USask\)](https://news.usask.ca/articles/research/2019/m%C3%A9tis-jigging-a-better-cardio-workout-than-aerobics-or-a-run.php#:~:text=Traditional%20M%C3%A9tis%20jigging%20may%20provide,University%20of%20Saskatchewan%20(USask))