
Practice Tips for Connection and Belongings ~ Children 4-10

The following are a list of suggested questions, please feel free to use and/or to modify if you are struggling to ask good questions. Remember to be relational, playful and stay curious!

1. La Paraantii -

- What makes someone your family?
- Who do you go to when you need help?
- Who makes you feel safe?
- Who do you like to spend time with?
- Who do you play with a lot?
- Who helps you when you are sad?
- Are there people who you don't live with that feel like family?
- If you are feeling angry or upset, who can you talk to?
- What do you miss most about your mom?
- What do you miss most about your dad?
- What do you like to do with your family?
- Who do you wish you could see more?
- How does your family show they love you?
- Can you name a few people that you trust? What is it about them that makes you trust them?

1.1 Suggested Activities for La Paraantii:

- Ask them to draw a picture of their family, ask who each person in their picture is. (you can use the templates provided at the end of this document or ask them to draw their family on a blank page)

2. Niikinaahk – The place where you live and the people taking care of you

- What is your favorite thing to do at home?
- What do you like about your house?
- Who lives in your home?
- Who takes care of you?
- What makes your home a good place to live?
- Where is your favorite place in your home?

3. Aen Michif Niiya -

- What does it mean for you to be Metis?
- What makes you happy about being Metis?
- What do you do with your family that you think is part of the Metis culture?
- Do you know any Michif words?
- Do you go to gatherings with your family or at LMO?
- Who helps you learn about being Metis?
- What do you want to learn more about in Metis Culture?
- Do you have a Metis Sash? How does the sash make you feel to wear?

4. Miyooayaan – Feeling safe in your mind, body and spirit

- What makes you really happy?
- What do you do to take care of yourself?
- What helps you feel better when you are sad or having a bad day?
- What makes you feel safe?
- Is there anything that makes you feel not safe?
- What makes your heart feel happy and warm?
- What makes you feel brave or strong?
- What helps calm down your body when you feel upset?
- What activities make your mind and body feel good?

4.2 Suggested Activities for Miyooayaan:

- Feelings Rainbow- The purpose is to help children identify, name and talk about their emotions in a visual and creative way.
How to use the feeling rainbow:
- Ask the child what color they feel when they feel sad, happy, scared.... Have the child color that section of the rainbow for the emotion and label the emotion in that section. Continue going through the emotions until your rainbow is full. (You can also allow the child to share what emotions they want on their rainbow, I had a child identify they want “embarrassment” on their rainbow which is an emotion I would not have thought of to add).
- Once their feeling rainbow is full of colors and labeled emotions, you can use it as a tool to discuss each emotion.
Options for Questions to use:
- “Can you tell me about a time you felt [feeling]?”
- “What happens that makes you feel [feeling]?”
- “What helps you when you feel [feeling]?”

5. Otipemisiwak

- What makes you feel proud of yourself?

- What do you like to learn about?
- What is something you want to get better at doing?
- What do you want to be when you grow up?
- If you had a big dream what would it be?
- Who helps you when things are hard?

6. Lii Bonn Zaafayr Di Vii

- Who are your friends?
- What do you like to do for fun?
- Who are the people you like to spend time with?
- Is there something you used to do that you miss?
- What games do you like to play?
- What do you like to do at school?
- Is there something new you want to try?
- What do you like to do at LMO?
- Is there a sport or activity you want to learn?
- Are there things you don't like to do very much?
- Is there ever a time that playing with other kids feels hard?
- Are there any activities or programs that you go to?

6.2 Suggested Activities for Lii Bonn Zaafayr Di Vii:

- Ask child to draw a picture of themselves and their friend

7. Kaawiichihitoyaahk

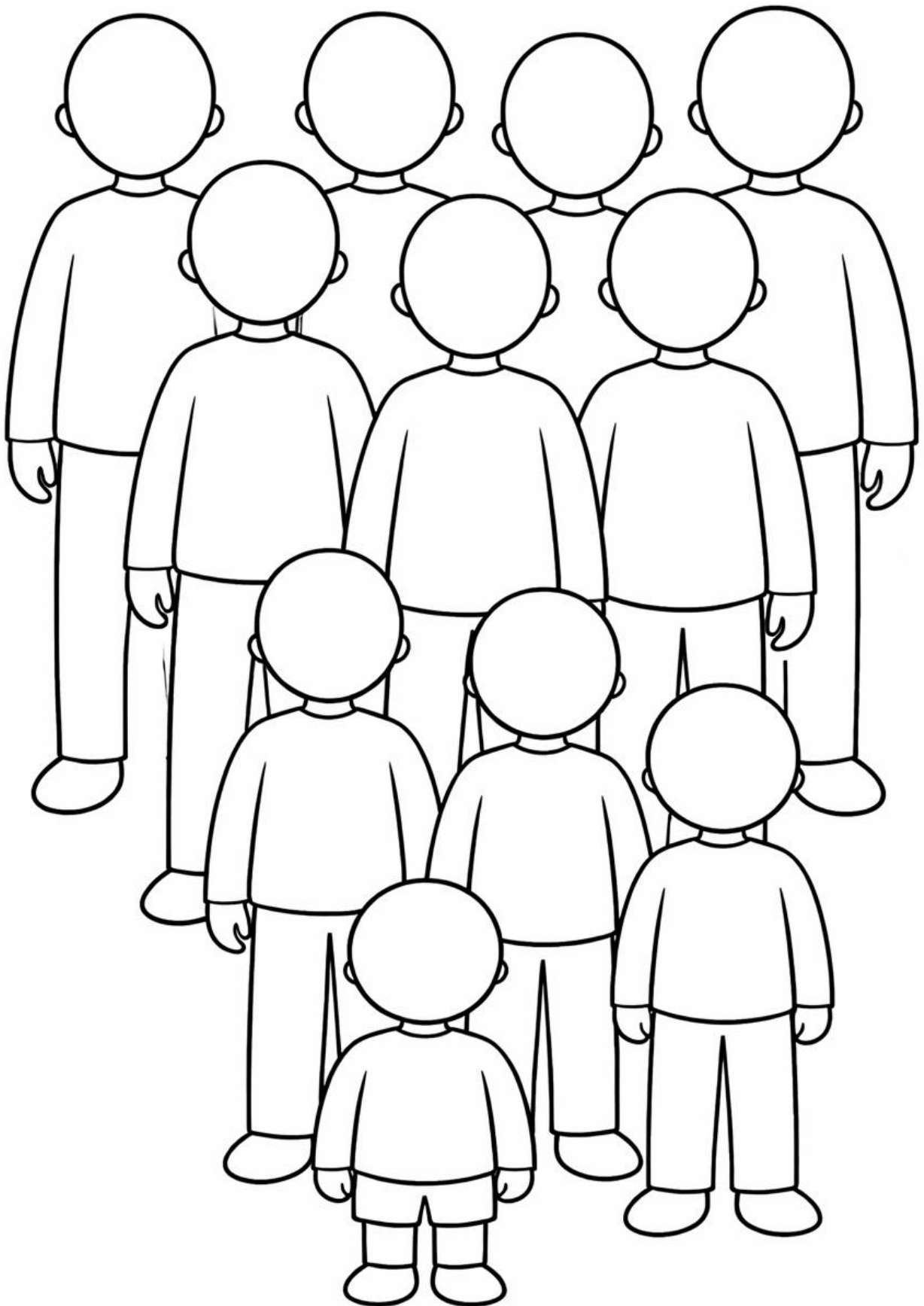
- Who do you help and how do you help them?
- What do you do when someone is sad?
- What nice things do you do?
- How do you help take care of people at home?
- How do you show kindness to your friends?
- How do you feel when you help other people?
- Do you like to help your family?
- What do you like to do to make your family happy?
- What does it mean to be kind or generous?
- Are there times that someone might not want to share?
- How do you feel when someone isn't being kind or sharing?
- Can you tell me a story about a time you were a good helper?

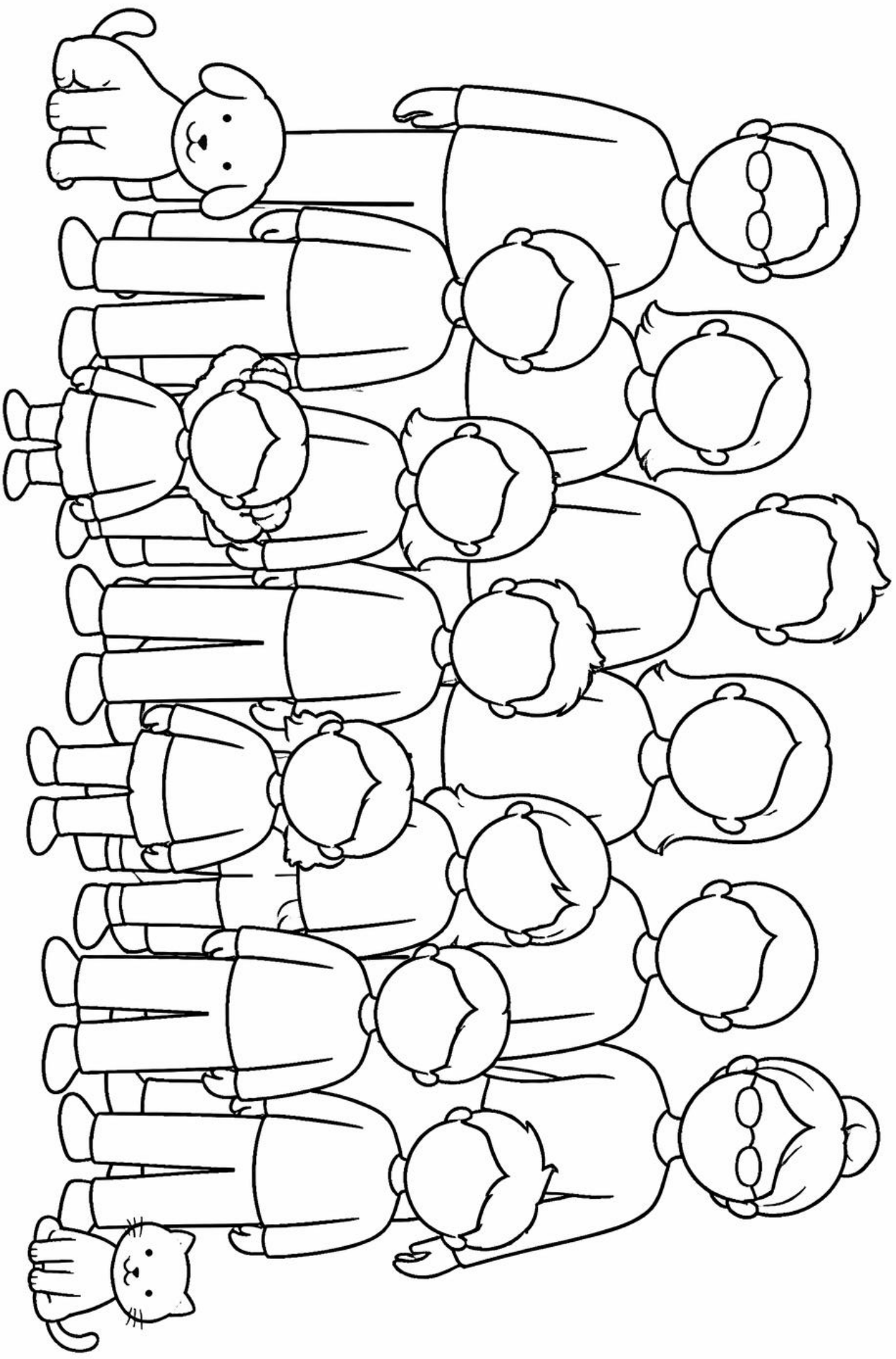
8. Nistwayr

- Do you know why you don't live with mom and dad?
- What have people shared with you about why you don't live with your mom and dad?
- What do you think social workers do to help kids and their families?
- Do you know why you have a social worker?
- What are your biggest questions about not living at home?
- Who could we ask those questions to?

Remember these are all just elicit questions you can start your conversations with. The real skill and the important piece to remember is to amplify the child's answer so you are able to get to the depth of what will be most helpful in truly understanding this child's voice.

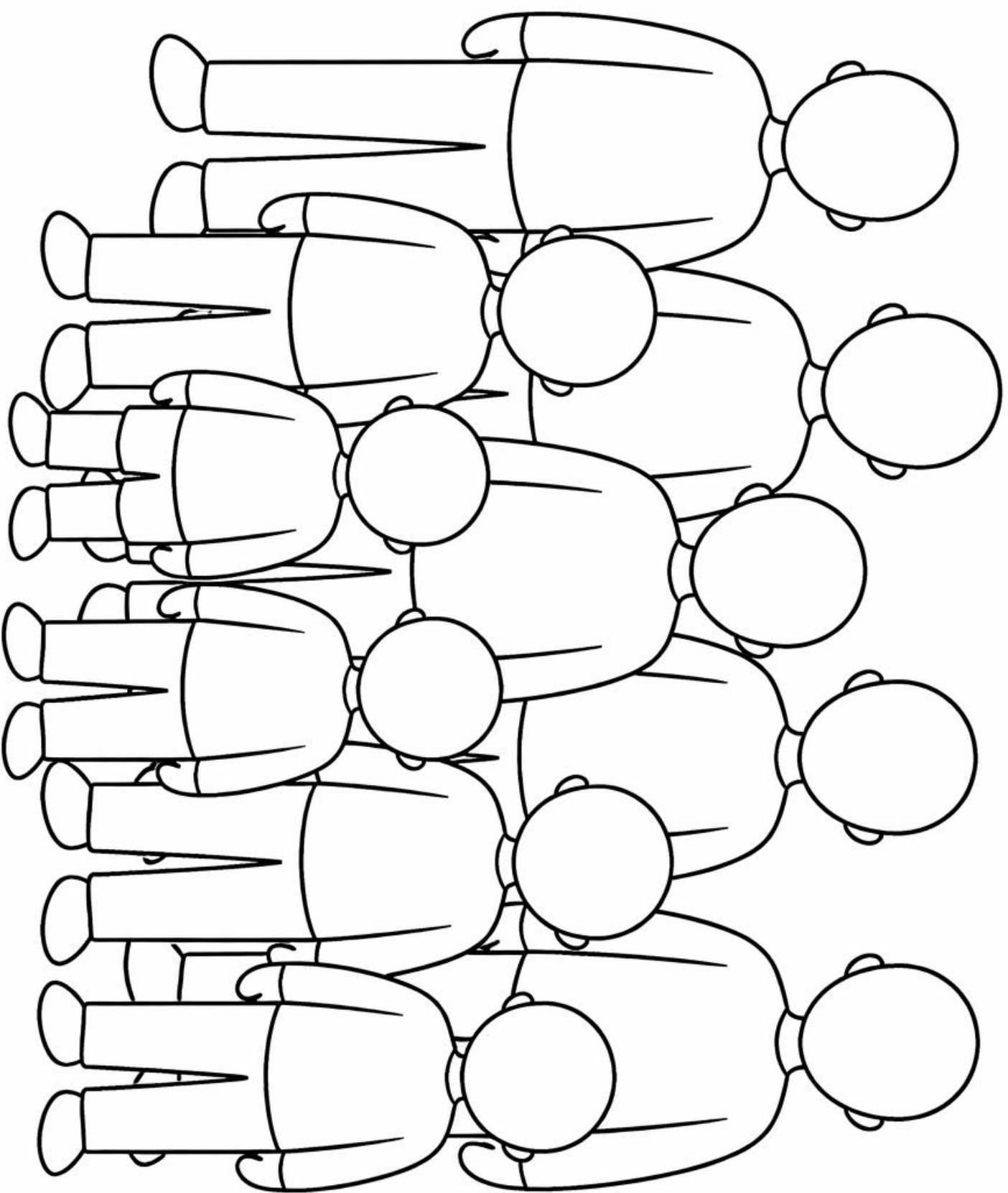
Ma Famii

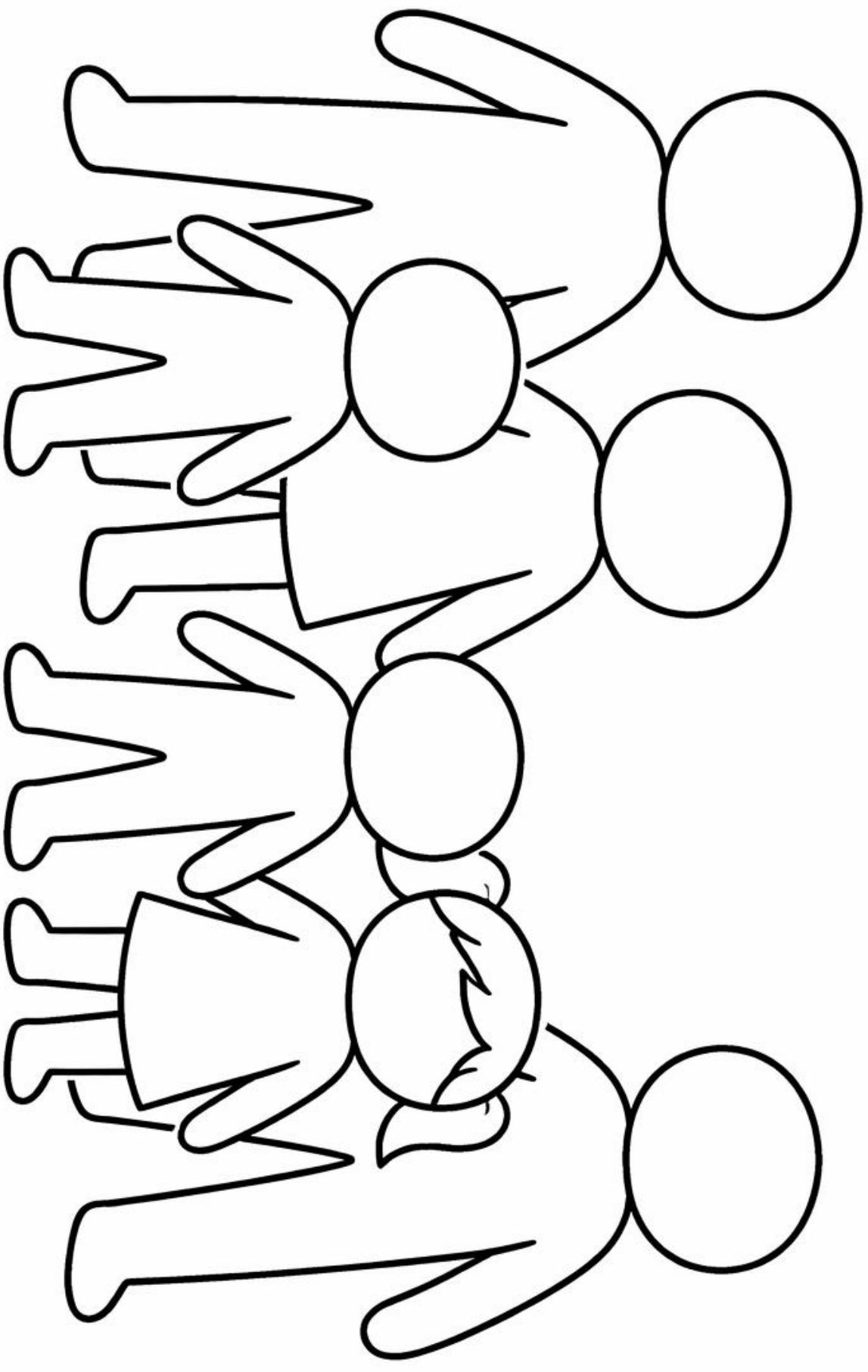




Ma Fami!

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Ma Fami!

Feelings Rainbow

