



Berries are a Treat

Berry Relaxing

Goal: Pick local seasonal berries. Take the time to experience nature, relax, bond, and share with your fellow berry-pickers.

Why is this important? Berry picking is a fun form of outdoor exercise, contributing to spiritual, individual and community wellbeing. Everyone can experience land-based activities, learn traditional skills and gain respect for life.

References: Boulanger-Lapointe, N., Gerin-Lajoie, J., Siegwart Collier, L., Desrosiers, S., Spiech, C., Henry, G.H.R., Hermanutz, L., Levesque, E., & Cuerrier, A. (2019). Berry Plants and Berry Picking in Inuit Nunangat: Traditions in a Changing Socio-Ecological Landscape. *Human Ecology: An Interdisciplinary Journal*, 47(1), 81-93. <https://doi-org.uwinnipeg.idm.oclc.org/10.1007/s10745-081-0044-5>