



Powwow Dancing

To the Beat of the Drum

Goal: Attend your local powwow. While there, try to learn from individuals who can teach you about the meanings of different dances and regalia.

Tip: Powwow dancing is universal for First Nations people and provides spiritual and physical health and wellbeing benefits. Dancing to the beat of the drum, allows for self-expression and can be incorporated into play.

Why is this important? Starting and finishing off our day with simple stretching exercises can help us cope with everyday unexpected incidents and stresses. Note: Only stretch as far as you feel comfortable, do not over extend.

References: Ellis, C., Lassiter, L. E., & Dunham, G. H. (2005). Powwow. University of Nebraska Press.
<http://search.ebscohost.com.uwinnipeg.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=135769>

Caregiver Handbook: Powwow Ceremonies