



## 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