

Mi'kma'ki Blanket Exercise October 28th 1:30 - 6:00pm at Sherbrooke Lake Camp

On October 28th, from 1:30pm - 6:00pm Sherbrooke Lake Camp and The Camping Association of Nova Scotia and Prince Edward Island ([CANSPEI](#)) are hosting a Mi'kma'ki Blanket Exercise at Sherbrooke Lake Camp. Arrival between 1:30pm - 2:00pm with the session starting at 2:00pm with Sunshine. Developed by our host, the Blanket Exercise is an interactive and experiential teaching tool that explores the history and contemporary relationship between Indigenous and non-Indigenous peoples in the land we now know as Canada.

During this 2-3 hours workshop, participants step on blankets representing the land and into the role of First Nations, Inuit and Métis peoples. The narrative shared by the host covers pre-contact, treaty-making, colonization, resistance and much more. The exercise is concluded with debriefing through talking circles and folks with Mental Health First Aid and mental health training will be available to participants to support them as needed. Sunshine Paul-Martin, from Eskasoni First Nation, is a L'nu'k Language and Cultural Specialist in Millbrook First Nation who has been offering the Blanket Exercise with Kairos and independently for years. She will be hosting the Mi'kma'ki Blanket Exercise and sharing smudge and prayer with us on October 28th.

As both [Sherbrooke Lake Camp](#), a United Church Camp of Canada, and The Camping Association of Nova Scotia & PEI (CANSPEI) strive to improve their Peace and Friendship with Indigenous communities, this workshop offers the opportunity for all in our faith and non-faith-based camping communities to reflect on the foundation of history to date in Mi'kma'ki.

This exercise invites youth and adults to join in learning together. If you're interested in participating in this event, please [Register Here](#) to join us. If you have any questions or concerns please don't hesitate to contact us. There is no cost associated with this for registrants as it is made possible through the Justice and Reconciliation Fund at The United Church of Canada.