

MCSW AGM & EDUCATION EVENT 2019

CONCURRENT WORKSHOP

KAIROS BLANKET EXERCISE

Summary



The KAIROS Blanket Exercise explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. Blankets arranged on the floor represent land and participants are invited to step into the roles of First Nations, Inuit and Métis peoples. Participants “walk” through situations that include pre-contact, treaty-making, colonization and resistance. This workshop opens the minds and hearts of participants as they learn why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can take action together.

The Exercise concludes with a debriefing, conducted as a ‘talking circle’, during which participants discuss the learning experience, process their feelings, ask questions, share insights and deepen their understanding.

The KAIROS Blanket Exercise program is a unique, interactive and participatory history lesson developed in collaboration with Indigenous Elders, knowledge keepers and educators. Participants will be guided through the experience by trained KAIROS Canada facilitators.