Rock Your Mocs With Métis Pride

Developed by the Culture and Identity and Veterans Team

Métis Nation Saskatchewan



What is “Rock Your Mocs” Week?

“Rock Your Mocs” week is a special time, each November, when people wear their moccasins to celebrate Indigenous cultures and traditions.



Why are Moccasins Important?



- Moccasins are special handmade shoes worn by many Indigenous Peoples for hundreds of years.
- They were often made from animal hides, like deer or moose hide.
- They were soft and comfortable for walking long distances.
- They helped protect feet while travelling across the land.
- Moccasins were made with care by skilled family members.
- Every pair was unique and special.

- Indigenous people wear their moccasins proudly to celebrate their culture and traditions.
- It is a time to celebrate who they are and where they come from.
- Schools, families, and communities can take part by learning about Indigenous cultures.
- It is an opportunity to show respect for First Nations, Métis, and Inuit Peoples.



Even if someone doesn't own a pair of moccasins, they can still partake by learning, asking respectful questions, and celebrating Indigenous cultures.

Have you ever worn moccasins?





Métis Moccasins: What Makes Them Special?

What do you notice about the moccasins in the pictures?





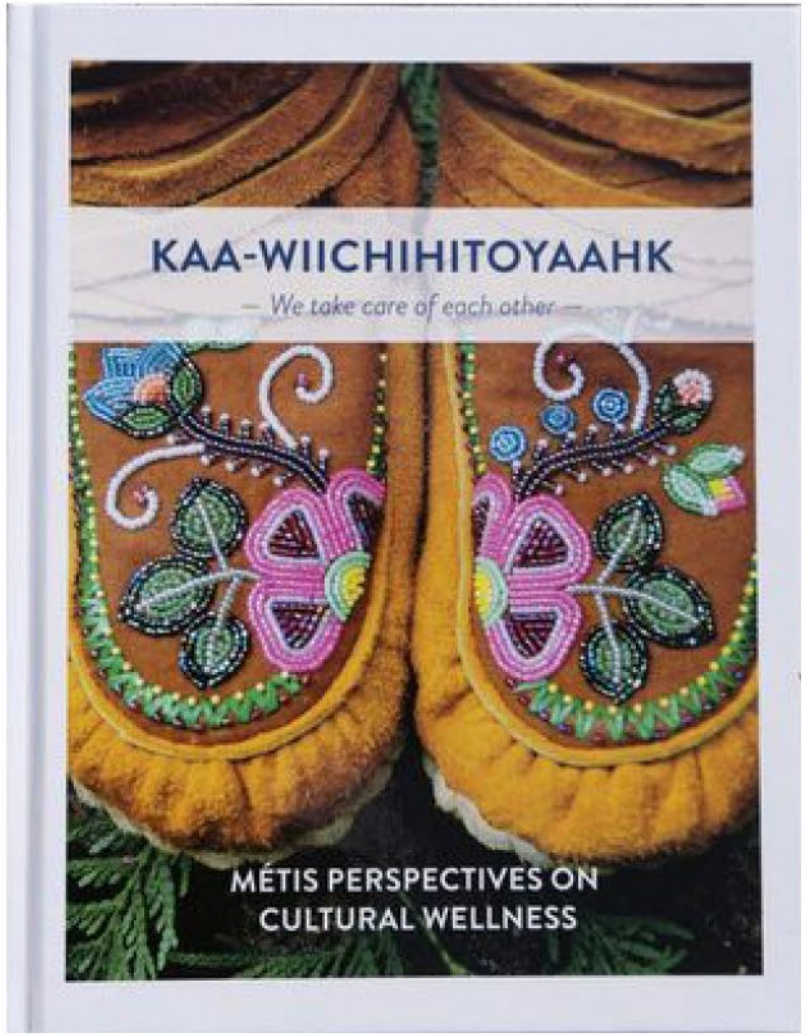








The Flower Beadwork People

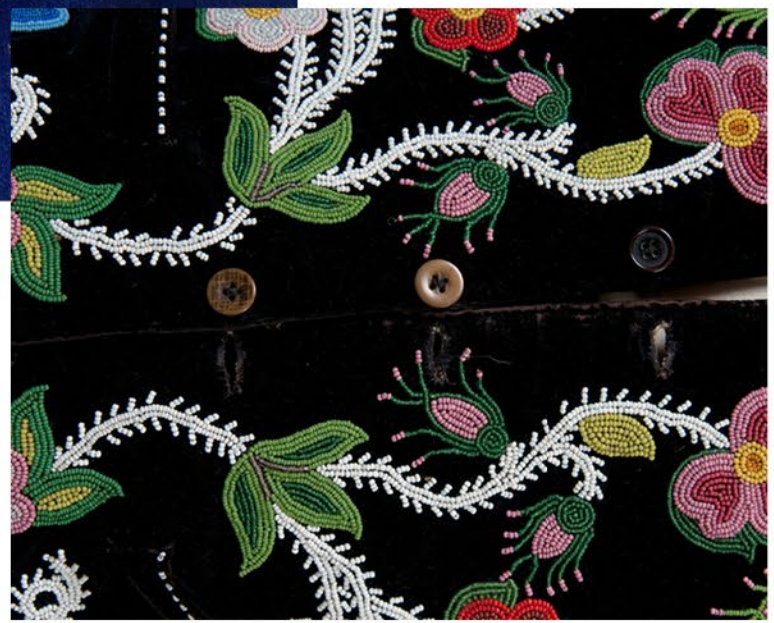


- Métis are sometimes called the “Flower Beadwork People” because of their beautiful floral beadwork.
- Métis artists became highly skilled at creating designs with tiny beads.
- Many beadwork designs were inspired by nature.
- Common designs include flowers, berries, leaves, and vines.
- These designs reflect the beauty of the land around us.

Métis Specific Beadwork Designs



Five-Petal Flower: A common floral design in Métis beadwork, often made with five rounded petals.



Mouse Tracks:
A small, repeated design that looks like the tracks or footprints of a little mouse.

Symmetry in Métis Beadwork

- Métis beadwork often uses balance and symmetry.
- Flowers, leaves, and stems may be repeated on both sides of a design.
- Some designs look lik mirror images, while others have a more natural, balanced look.
- Artists carefully select colours, shapes, and placement to create beautiful designs.
- Look closely: Can you find the **symmetry?**





Beadwork was not only found on moccasins, but was used to decorate many different traditional items. Métis artists added beadwork to bags, clothing, gauntlets (special hand covering), and other important items.



Arm Cuffs



Vests



Octopus Bag



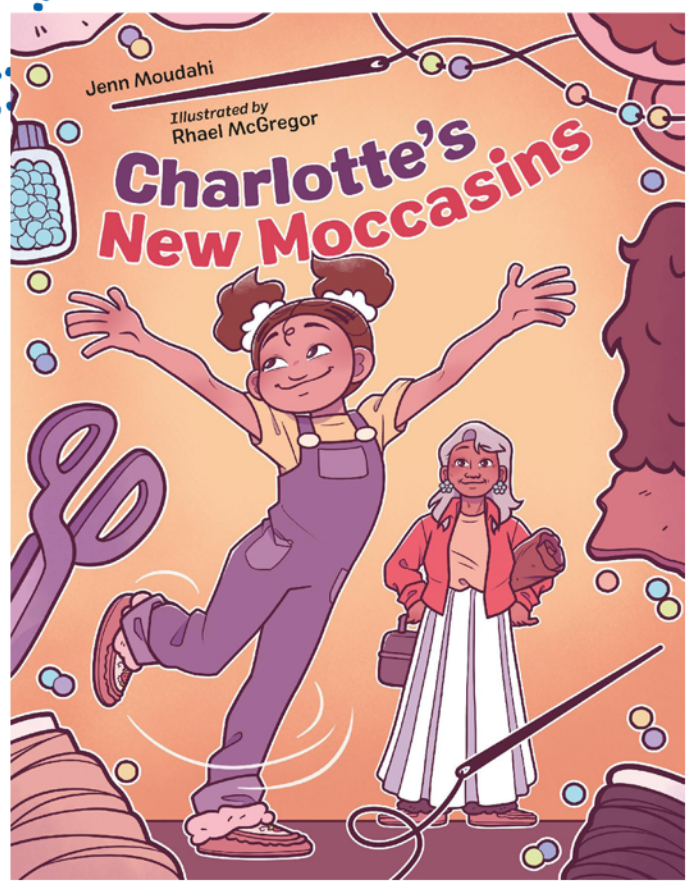
Gauntlets

- Métis artists used more than just beadwork to decorate clothing and moccasins.
- Some moccasins feature beautiful embroidery or tufting.
- Embroidery uses colourful thread to sew designs into materials.
- Tufting creates soft, raised designs using materials like caribou fur.
- Tufting has the appearance of small pom-oms on a design.





Read Aloud:
Charlotte's New Moccasins



Overview:

Charlotte has outgrown her moccasins, so she and her Mom head to Grandma's for new ones.

Grandma teaches Charlotte how to make her new mocs step-by-step, and she learns a valuable skill from her beloved Elder in this heartwarming multigenerational story.

Time to Create!

Using the template provided by your teacher,
design your own pair of moccasins!

Think about:

- What represents YOU?
- What colours tell your story?
- What flowers or plants inspire you?
- What symbols remind you of your family or community?

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Thank You

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