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.

Moccasins are special handmade shoes that many Indigenous Peoples have worn for hundreds of years. They were usually made from animal hides, like deer or moose hide. Moccasins were soft and comfortable, which made them great for walking long distances. They also helped protect people's feet while they travelled across the land. Many moccasins were carefully made by skilled family members, and every pair was unique.

- 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.



During Rock Your Mocs Week, Indigenous people proudly wear their moccasins to celebrate who they are and where they come from. Many schools, families, and communities also take part by learning about Indigenous cultures and showing respect for the many different 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?



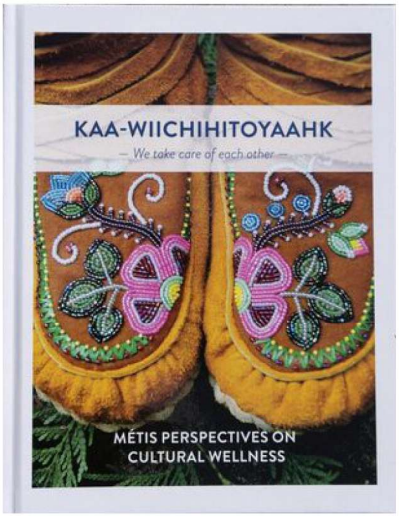




Students might notice:
flowers
leaves
vines
symmetry
colourful beads
leather

Ask students:
What flowers do you recognize?
Can you find any leaves?
Can you find a vine?
What colours do you see?
Which design is your favourite?

The Flower Beadwork People



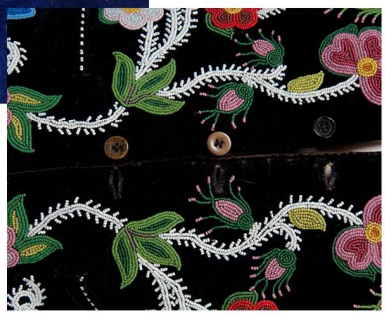
- Métis are sometimes called the “Flower Beadwork People” because of their beautiful floral beadwork.
- Métis artists became highly skilled at creating designs with tiny beads.
- Many beadwork designs were inspired by nature.
- Common designs include flowers, berries, leaves, and vines.
- These designs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

Métis people are sometimes called the 'Flower Beadwork People' because of their beautiful and colourful floral beadwork.
Métis artists became very skilled at creating beadwork designs using tiny beads. They found inspiration from the world around them, especially from nature. When you look closely at Métis beadwork, you might see flowers, berries, leaves, and vines that look like the plants we see on the land.

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.

You might notice some special designs when we look at Métis beadwork. One example is the **five-petal flower**, which has five petals and is often used in floral designs. Another is called **mouse tracks**. It is a small pattern that looks a little bit like the footprints of a 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?**





Symmetry means that two sides of a design are balanced or look similar.
Métis beadwork artists often use symmetry to create balanced and beautiful floral designs. Flowers, leaves, stems, and other shapes may be repeated or placed on both sides of a design.

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

Every artist had their own ideas and their own style. This means that every piece of beadwork was special and unique. No two pieces were exactly the same!

Beadwork was used to decorate many different things. It wasn't only found on moccasins. Métis artists also added beadwork to bags, clothing, gauntlets (special hand coverings), and other important items.

- 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.

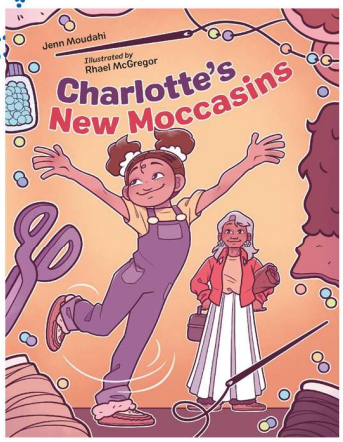




Beadwork was not the only way Métis artists decorated clothing. Some moccasins also have beautiful embroidery or tufting. Embroidery uses colourful thread to sew designs into the material. Tufting is a technique that adds soft, raised designs, almost like little pom-poms, using materials such as caribou fur. These techniques took a lot of time, patience, and skill, and they helped make each pair of moccasins unique.

“Which technique would you like to try? Why?”

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.

"As we listen to this story, think about all the work and care that goes into making a pair of moccasins. Also, listen for how a moccasin can tell a story about the person who wears it."

After Reading

Ask:

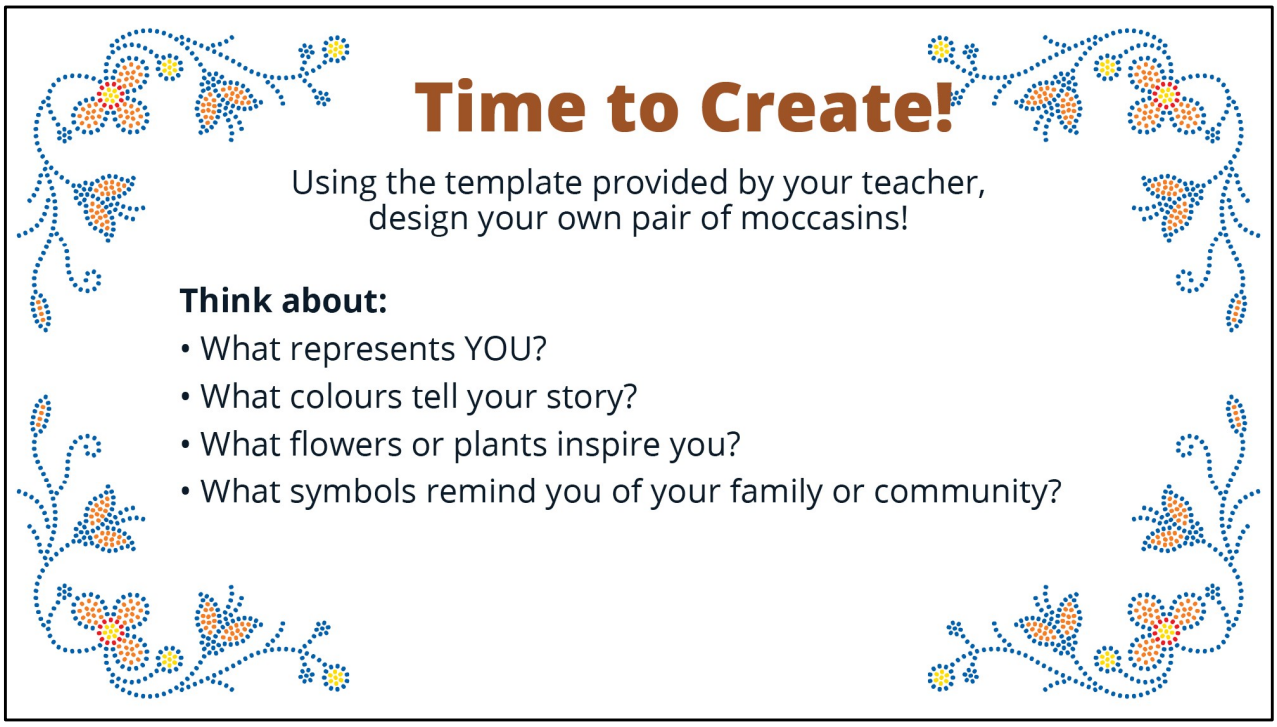
Who helped make the moccasins?

What did you notice about the process?

What makes the moccasins special?

What stories or memories can be connected to a pair of moccasins?

How are the moccasins more than just shoes?



Teachers: Please use Black Line Master moccasin template included in the lesson plan

Invite students to design their own pair of moccasins inspired by what they have learned about Métis beadwork. Encourage them to choose colours, flowers, plants, or other meaningful symbols that represent their personality, interests, family, or community. Students will write a short description explaining the meaning behind their designs. Display the completed moccasins on a classroom bulletin board during Rock Your Mocs Week to celebrate each student's unique artwork while honouring the creativity of Métis artists.

Maarsii
Thank You

mns.ca