

Grounding with the land: A self-directed on-the-land experience

Land-based learning is one of the most common Indigenous pedagogies. We will ask you to go outside of yourself and do some self-reflection using this type of experience, and then in the first live session of the course, we'll talk about what we learned and the implications land-based learning has for teaching, learning, and potentially our practice.

In advance of the first live session of the course, we encourage you to spend some time on the land (at least 5-10 minutes) and come prepared to share with the group about your experience.

It's completely possible to have an authentic on-the-land experience in your own space, whether it be a balcony, doorstep, backyard, a walk down the street, park, or more rural location.

We encourage you to use your 5 senses to think about "place" or "home" differently.

- What did you see?
- What did you smell?
- What did you touch?
- What did you hear?
- Are you reminded of a certain taste?
- How did you feel?
- What was the experience like for you?
- What did you take away from the experience?

Be creative in how you choose to capture your experience. You can write about it, take photos, tell us a story, etc.