

SUNSHINE'S LIST

Millbrook First Nation | (902) 986-2281 | sunpaulm@gmail.com | Indigenous Resources

Here are some Indigenous resources for my teachings. These are made for self-educational purposes and will enlighten you as to why my people are the way they are. Please pick & chose which interests you to learn more about why my people are the way they are. Wela'lin ☺

YOUTUBE VIDEOS FOR THE BLANKET EXERCISE

- ∴ The Stranger - Secret Path – Gord Downie
<https://www.youtube.com/watch?v=za2VzjkwTfc>
- ∴ We are Treaty People – Treaty Education Nova Scotia
<https://www.youtube.com/watch?v=RElug0TiAZw>
- ∴ Mi'kmaq Honour Song – George Paul or Eastern Eagle
<https://www.youtube.com/watch?v=rpUuTtI2W3A>
<https://www.youtube.com/watch?v=Uihr0mfiBSA&list=RDUihr0mfiBSA>
- ∴ Incident at Restigouche 1981 “Mi'gwetetm”
<https://www.youtube.com/watch?v=RdYdqF1a7S0&t=74s>
- ∴ “Stolen Children” Residential School Survivors speak out
<https://www.youtube.com/watch?v=vdR9HcmiXLA&t=86s>
- ∴ Forgiveness – Pi'kun Poulette
<https://www.youtube.com/watch?v=TB1rjotkBZ0&t=6s>
- ∴ Powerless – Classified
<https://www.youtube.com/watch?v=9W69e9jDRq0>
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- ∴ Visit the only Mi'kmaq Immersion School in the world – Eskasoni Immersion School
<https://www.youtube.com/watch?v=UhaDmBkhuy>
- ∴ Blackbird by the Beatles sung in Mi'kmaq – Emma Stevens
<https://www.youtube.com/watch?v=99-LoEkAA3w>
- ∴ Ko'jua – Morgan Toney
<https://www.youtube.com/watch?v=xnpvxx0xyMU>
- ∴ Gentle Warrior – Kalo'lin Johnson
<https://www.youtube.com/watch?v=UkUxIFw5vOg>

- ∴ Strong Women's Song – Shelley A Young
<https://www.youtube.com/watch?v=FJB-ysGzu80>

BOOKS:

- ❖ The Sharing Circle – Theresa Meuse-Dallien
- ❖ Orange Shirt Day – Phyllis Webstad
- ❖ Marrow Thieves – Cherie Dimaline
- ❖ Braiding Sweetgrass – Robin Wall Kimmerer
- ❖ Trickster Series – Eden Robertson
- ❖ Firekeepers Daughter – Angeline Boulley
- ❖ Rez Ball – Byron Graves
- ❖ Moon of the Crusted Snow – Waubeshig Rice
- ❖ God is Red – Vine Deloria jr
- ❖ For Joshua – Richard Wagamese
- ❖ Keeper in Me – Richard Wagamese
- ❖ Ancestor Approved – Cynthia Leitich Smith
- ❖ Rain is not My Indian Name – Cynthia Leitich Smith
- ❖ Jingle Dancer – Cynthia Leitich Smith
- ❖ Indian Shoes – Cynthia Leitich Smith

MOVIES | SHOWS:

- Indian Horse
- We Were Children
- Rhymes for Young Ghouls
- Bones of Crows
- Beans
- Ten Canoes
- Barking Water
- Powwow Highway
- Smoke Signals
- Legends of the Falls
- Thunderheart
- Dance Me Outside
- Before Tomorrow
- The Grizzlies
- Scarlett Letter
- Squanto
- Charlies Country
- Chicken Run (Mi'kmaq version produced by Tom Johnson)
- Killers of the Flowermoon
- Geronimo
- Wind Talkers
- Pocahontas
- Mohawk Girls
- Reservation Dogs

- Northern Exposure
- Mekko
- The Snow Walker
- Wildhood
- In the Beginning was Water & Sky
- For Love
- Gather

DOCUMENTARIES:

- What is Treaty Education
- Something in the water – Ellen Page
- Incident at Restigouche 1981
- Burnt Church Fishing Dispute
- The Mi'kmaq Nation – A story of survival
- Mi'kmaq Creation Story
- Land & Sea – The Mi'kmaq Journey
- APTN Investigates – Living Treaties part 1
- APTN Investigates – Claim to the Game
- APTN – A Relocation Experiment part 1 & part 2
- APTN – Racism lives here part 1 & part 2
- APTN – History Decolonized : a look at Edward Cornwallis & why the statue toppled
- Visit the only Mi'kmaq Immersion School in the world
- The Holders of the Crown – Chief Reg Maloney
- The Game of Hockey – A Mi'kmaw Story
- Ma'kits Doll

SELF-CARE:

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| • Smudge | • Read a Book |
| • Walk Exercise! | • Hug Someone |
| • Pray | • Music |