

# You Hold Me Up Grade 3 Lesson Plan

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Resources used and possible concerns	Picture book “You Hold Me Up” by Monique Gray Smith and illustrated by Danielle Daniel
Author/creator and/or literature background	<p>Monique Gray Smith</p> <ul style="list-style-type: none"><li>- Is Cree, Lakota, and Scottish</li><li>- Her books have been nominated and won numerous awards, such as the 2014 Burt Award for First Nation, Métis and Inuit Literature, and the TD Canadian Children’s Literature Award.</li></ul> <p>Danielle Daniel</p> <ul style="list-style-type: none"><li>- Is Métis</li><li>- Founder and CEO of Mighty Village, a national children’s literacy initiative to help promote a more inclusive society.</li></ul>
UPE course connections (not exhaustive)	<ul style="list-style-type: none"><li>- <b>EDUC 435</b> Students read and respond to literature by analyzing the text and pictures and interpreting acts of kindness and building upon them to their own ideas of what kindness can look like and how they can apply it in their own community and personal lives.</li><li>- <b>EDUC 450</b> Diversity in Learning using an interdisciplinary perspective by including subject areas in Language Arts, Fine Arts, and Social studies as well as the social-emotional development of empathy in children. The book exposes students to different races, backgrounds including the Indigenous people through the illustrations and author’s note.</li><li>- <b>EDUC 525</b> This lesson provides an insight into the historical educational system in Canada. Students will gain an understanding of the historical period of residential schools in Canada, and its impact on future generations of Indigenous people. They will be exposed to the injustice the Indigenous students experienced and how these cruel acts acted to ‘hold someone down’ as opposed to ‘hold them up’.</li></ul>



	<p>were not treated with dignity or respect.</p> <p>This lesson aims to encourage students to use their words and actions in a way that holds people up, in a way that respects their dignity, and helps them feel safe and comfortable. To be kind, to share, to learn together and support each other.</p> <p>Purpose: This lesson aims to foster values in young citizens such as empathy, taking responsibility for actions, building relationships and a sense of community inside and outside the classroom</p>
Lesson/activities	<ul style="list-style-type: none"><li>● Introduce author and her background as a Cree, Lakota and Scottish writer. Explaining that the Cree people are one of the largest groups of First Nations in North America. Explain that Lakota are a Native American tribe belonging to the Sioux people and who live in North and South Dakota.</li><li>- Show Cree and Lakota land map (image 1 &amp; 2)</li></ul> <p>** This webpage can be used as a teacher resource on how to introduce Native Americans to kids: <a href="http://firstpeoplesofcanada.com/fp_groups/fp_groups_overview.html">http://firstpeoplesofcanada.com/fp_groups/fp_groups_overview.html</a></p> <p>** This webpage offers some student-friendly information about the Cree Tribe: <a href="https://www.thecanadianencyclopedia.ca/en/article/cree">https://www.thecanadianencyclopedia.ca/en/article/cree</a></p> <ul style="list-style-type: none"><li>● Introduce the illustrator and her background as a Métis writer and illustrator of stories. Explaining that the Metis is a Indigenous group of people with a distinct culture and language. They are mixed with Indigenous and European ancestry.</li><li>- Show Metis land map. (Image 3)</li></ul> <p>** This webpage can be used as a teacher resource on the Metis people: <a href="http://firstpeoplesofcanada.com/fp_metis/fp_metis1.html">http://firstpeoplesofcanada.com/fp_metis/fp_metis1.html</a></p>

- Preview Book:  
Read the title and view the cover page.  
Ask Scaffolding question:  
What do you think 'hold me up' means?
- Teacher reads book to students.
- Post reading activities:  
Ask students to focus on the illustrations and what they notice from the facial expressions of the characters.  
The mouths of the characters are drawn as hearts.  
Students can speculate that this is done because of the kind words they use to hold each other up.
- Read the author's note and use it to introduce students to the historical period of residential schools.

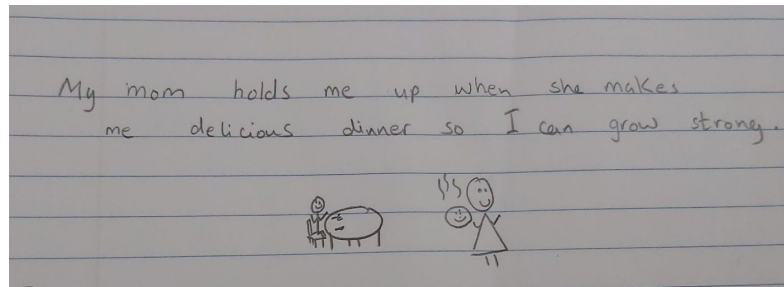
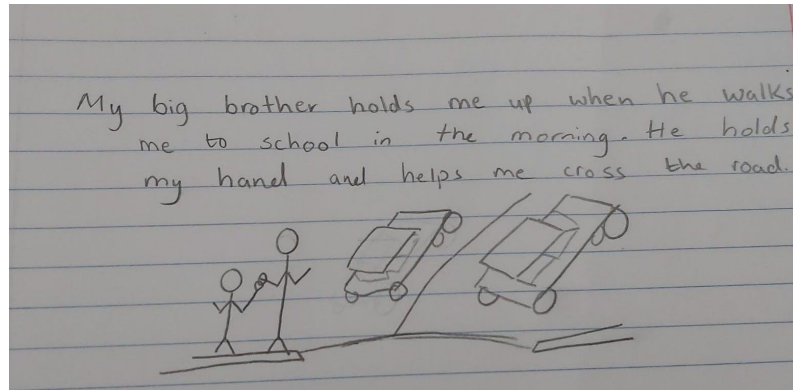
Discuss how Indigenous students were not 'held up'. They were taken away from their families and placed into residential schools where they were not allowed to see their loved ones, speak their language or practice their culture. This must have been scary for the children and they must have missed their families.

Use this as an opportunity to explain how our actions and words have the power to lift someone up and bring them happiness so we must choose our words carefully and think "will this make them happy or sad if I say this?".

- Option #1 Activity:  
Draw and write about someone who holds you up. Students are asked to reflect on their daily lives and find the different ways people are kind to them. Encourage students to think about their immediate family first and then expand their thinking to their larger community. This activity helps students identify the kindness in others and become more appreciative and grateful. Discuss examples before setting task.

Example:

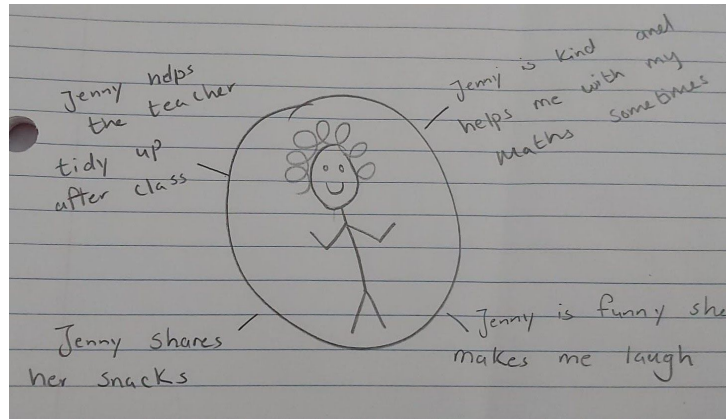
Differentiation



\*This activity can be adjusted depending on student capabilities. It can range from drawing a picture and labelling it, telling the classroom, or writing a few words to a paragraph.

- Option #2 Activity:  
Print photos of every student and display them in the classroom. Ask students to choose words to represent the positive traits each student brings with them to the classroom community. This can serve as encouragement when students are down they can look at the kind words of their classmates. This activity can help students practice empathy as they think about others and find the good traits everyone has inside of them. This activity will also help build a stronger classroom community.

Example:



- Extension Activity:

Encourage students to go home and hold someone in their community (family member, friend, neighbor) up with their words or actions. Go over some examples again of what those kind acts can be

Create a bulletin board outside of the classroom titled *"This is how we hold each other up"* with an explanation line under the title saying "we hold each other up by saying and doing kind things to others". Students can write down/ draw how they held someone up. This can serve as inspiration for other students in the school who see the bulletin board and can inspire more acts of kindness in the larger community.

## Supporting Sources (APA):

Canada's First Nations: An Introduction. (2017). Retrieved from: [http://firstpeoplesofcanada.com/fp\\_groups/fp\\_groups\\_overview.html](http://firstpeoplesofcanada.com/fp_groups/fp_groups_overview.html)

Daniel, Danielle. (n.d.). About. Retrieved from: <https://danielledaniel.com/about-1>

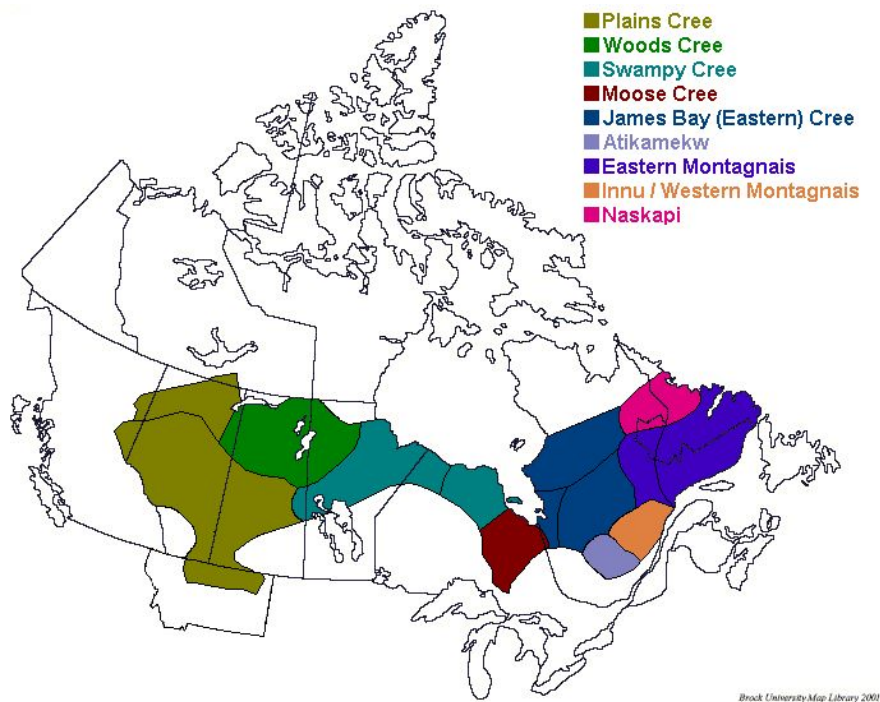
Gray Smith, M. (n.d.). About. Retrieved from: <https://www.moniquegraysmith.com/about>

Preston, R. (2012, Sept 9). Cree. Retrieved from:  
<https://www.thecanadianencyclopedia.ca/en/article/cree>

The Métis: A New Canadian Nation. (n.d.) Retrieved from:  
[http://firstpeoplesofcanada.com/fp\\_metis/fp\\_metis1.html#](http://firstpeoplesofcanada.com/fp_metis/fp_metis1.html#)

Images:

Image 1 Cree



“Cree”. Native-Land, 5 Jun. 2018,  
<https://native-land.ca/maps/territories/cree/>

Image 2 Lakota



"The Republic of Lakotah". Decolonialatlas, 3 Dec. 2014, <https://decolonialatlas.wordpress.com/2014/12/03/north-america-in-lakota/>

Image 3 Metis





"Metis Homeland map, 2018". Windspeaker, Shari Narine, 19 Feb. 2020,  
<https://windspeaker.com/news/windspeaker-news/another-metis-genealogical-map-causes-confusion-sparks-suspicion>