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MOVEMENT IS MEDICINE WITH KENDRA JESSIE

Welcome to the Movement is Medicine workshop with Kendra Jessie!

Kendra Jessie is a Cree and Ukrainian woman from Sucker Creek First Nation in traditional Treaty 8 Territory in northern Alberta. As an Indigenous woman, she uses her Instagram and TikTok platform to educate people about Indigenous culture and spread awareness about the issues of Indigenous communities as well as inspire future generations. As a fancy shawl dancer, Kendra loves to share her culture through the art of dance.

Kendra is a certified personal fitness trainer, Nike N7 athlete and wellness facilitator who advocates for healing and balance within Indigenous communities through mindful movement, holistic health and cultural practices.

Within this workshop Kendra speaks to self confidence, living in the moment, using movement as medicine, healing from inter-generational trauma, and her story to live life on a good path.

This workshop is recommended for middle and high school classes. It does mention substance use and residential school trauma.





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Movement is Medicine

Hear about Kendra's story and how she is working to heal intergenerational trauma and how movement is her medicine.



Click or scan



Discussion Questions

Kendra speaks about her experience with intergenerational trauma. The reality across Canada is that nearly every Indigenous person you know is a residential school survivor, a child of a survivor, or a grand child of a survivor.

As a class, discuss these concepts:

What is a residential school?

How do you think trauma changes a person's behaviours?

What are some pathways to healing from trauma?

Kendra says she learned from an elder that living in the future can cause anxiety and living the past can cause depression. Think about this teaching.

What does it mean to you?

Do you agree or disagree?

How might living in the present benefit us?

What are some ways that you stay grounded in the present?

Kendra speaks to feeling capable of more but not being able to live up to it or be confident enough to set goals. She felt stagnant in life and wasn't happy with where she was at. It can be common to feel like you are in a rut. Kendra speaks to substance use and how she wasn't using substances in a good way and how she wanted to live a sober life. She speaks to replacing bad habits with good ones.

Do you have activities or passions that help you stay on a good path?

Kendra says "Allowing yourself to feel those emotions...your pain and your trauma, you can't go around it or above or under, you have to go through it."

What does this mean to you?

How can you (or how do you) release negative emotions that you're feeling?

Kendra uses sports and fitness - are there other ways that help you feel grounded and balanced?

Learning activity

Kendra speaks to the intergenerational trauma in her family and how she is healing from those traumas that have been passed down to her. Part of healing from that trauma is learning to regulate your emotions. Kendra uses the medicine wheel to balance her mental, emotional, physical, and spiritual health. Fitness, ceremony, dancing, speaking out when she needs help, therapy, nutrition, and rest all play a huge part in this for Kendra. We encourage you to think critically about your habits and how they effect your health. In the medicine wheel below write down 2-3 things in each quadrant that help that part of your health.

