#### STORYTELLING THROUGH PUPPETRY WITH



DERRIC STARLIGHT AND FRIENDS FEATURING KENDRA JESSIE



#### **Primary workshop**

DerRic Starlight is from the Tsuut'ina Nation west of Calgary, Alberta, and can also trace his ancestry to the Blackfoot Confederacy. He is a comedian, puppeteer, screenwriter, and pro-wrestling promoter. DerRic has created his own cast of Native puppet characters and has travelled all over North America since 1997. He has starred in many different television productions with The Aboriginal Peoples Television Network (APTN) and has won the prestigious Gemini Award of Canada as a voice actor. In 2021, DerRic became an official puppeteer with The Jim Henson Company.

Kendra Jessie is a Cree and Ukrainian woman from Sucker Creek First Nation in traditional Treaty 8 Territory in northern Alberta. Kendra has a Bachelor of Sport Management Honors degree from Brock University and she is a fancy shawl dancer, certified fitness trainer, and wellness advocate. Through her work she has goals to inspire the future generations, and reclaim space for Indigenous people and their voices within the wellness and sport industries.

## **Workshop activities**

### Video 1: The medicine within

OOSE HIDE

AMPAIGN AMPAGNE

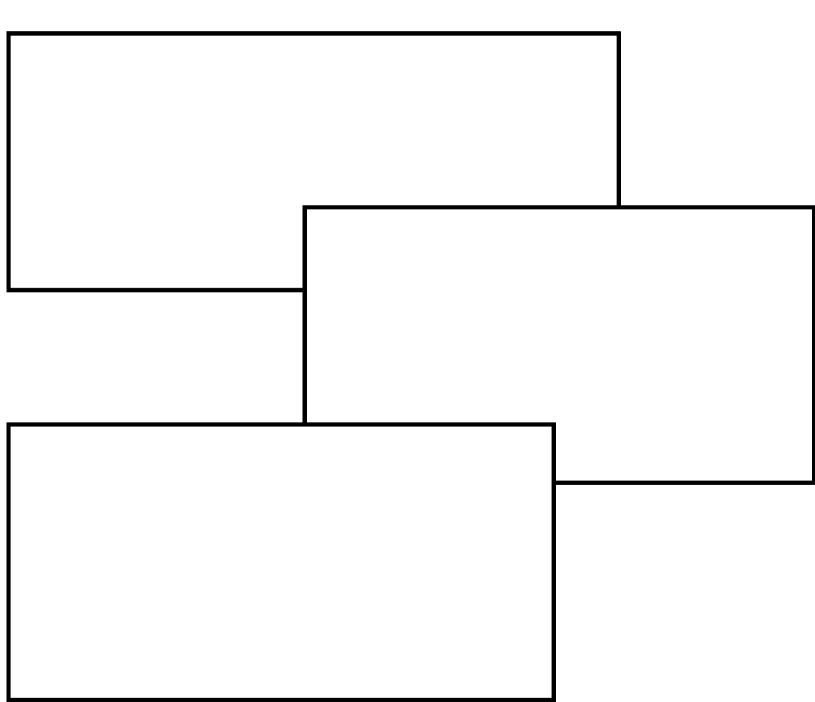
In the first video we learn about good medicine and how the Moose Hide Campaign is spreading medicine across Turtle Island. We learn that good medicine lives inside all of us and that we can be good medicine to the people we meet, the places we go, and to ourselves.

In the boxes below, draw 3 ways that you are good medicine.

In the first, show how you can be good medicine to others.

In the second, show how you can be good medicine to the environment.

In the third, show how you can be good medicine to yourself.



# **Workshop activities**





### Video 2: Let's learn some dance steps!

Follow the video and learn how to do some dance steps with Kendra!

After you run through the video and learn the dance steps, come back in circle and go through the following discussion questions.

- How did dancing make you feel? (Think about how you felt physically, but also think about your mood and if dancing changed your mood in any way.)
- What are some things you like to do that make you feel good?
- Kendra talks about dancing being hard work. Have you ever learned something that you found challenging?
- We can all do hard things why do you think it is important to do things that are sometimes hard or challenging?
- What are some things we can all do that help take care of our bodies, of our hearts, of our minds, and of our spirits?

## **Workshop activities**

### Video 3: Let's meet DerRic! Create your own puppet!

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Follow this <u>link</u> to access templates to create your own puppet! Choose from either a split puppet, a hand puppet, or a finger puppet. Please note that you will need supplies for the split and hand puppet. Download the resource pack for all three options and detailed instructions.

When you are done, have each student fill out a puppet creation certificate for their new friend.

	Puppet	Creation	Certificate
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	Name of creator:
	Key information about your new friend:
/	Name:
	Age:
	Favourite food:
	Favourite colour:
	My puppet spreads good medicine by:
Photo identification	n