





# A Blackfoot Movement Story



An Introduction to  
the Blackfoot Creation Story





# Introduction

Oki, Nitnako Itamspiaaki, Hello, my Blackfoot name is Happy Dancing Woman, which comes from the deer family. My legal name is Sandra Lamouche I am a Cree woman, I am married into the Piikani Nation and have two sons that are Cree and Blackfoot. I started to read to them "The Sun Came Down" a few years ago because I wanted them to learn their culture and history. This is a Blackfoot story about creation and many other stories.



This Blackfoot Movement Story was created as an introduction to the Blackfoot Creation Story, the original story is much longer and more detailed. This is a summary of some of the main parts of the story and gives an idea of how things were created from a Blackfoot perspective.

An elder once said to picture yourself in the stories so you can understand and relate to the story better. Many Indigenous stories are meant to be interpreted in the context of each listener's own experiences and life.

The creation story was made into a movement story because it helps students to be involved in the story and helps them to remember the story as well. This is such an important story to understand that we are connected to creation and to imagine how the earth was also created.

Some of the movements, such as deep breaths, can help with sensory issues, anxiety, and focusing. Some movements, such as squeezing, can support body awareness and self regulation. Additionally, the movements in the story will help support the development of physical literacy through the exploration of different gross motor movements, repetition and fun. This resource was created in partnership with Be Fit For Life through a project grant from the Recreation and Physical Activity Branch of the Alberta Government. The project was designed to bridge movement, specifically in a school setting, with traditional Indigenous culture and knowledge.

This resource can be used in a gymnasium or a classroom setting. It can be read like a book or posted as a temporary or permanent circuit where students can travel from station to station reading and moving at their own pace.



Visit [www.befitforlife.ca/resources](http://www.befitforlife.ca/resources) to find extension activities to this resource including games, nature activities, mindfulness activities and connections to Blackfoot language.

Thank you to Trevor Prairie Chicken, a Blackfoot artist from the Piikani Nation for his artwork depicting the Blackfoot story about creation.



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In the beginning, there was nothing...  
The creator was alone in the universe.



Move though the space you are in as if there is  
nothing else around. This means that you can't  
touch anything or anyone! Move your body in  
different ways. How fast can you move? How  
slow can you move?



He got bored so he gathered  
together space dust.



Pretend there is space dust all around. Can you  
reach up and gather space dust? How much can  
you gather? How high and far can you reach?



With the space dust he made a ball of mud to play with. He played with this ball of mud for a long time.



Pretend to make a ball of mud with your space dust. Roll it on the ground, throw it up into the sky, kick it or bounce it to a friend. How else could you play with your ball of mud?



After a while he made himself small  
so he could explore the ball of mud  
and it became the earth.



Make yourself as small as you can, hug your knees  
into your chest with your arms and squeeze. Then  
take your ball of mud and spread it around as if  
you were creating the land. What will you include  
as you make the land? Rivers, mountains or oceans?  
Make your favourite animal!



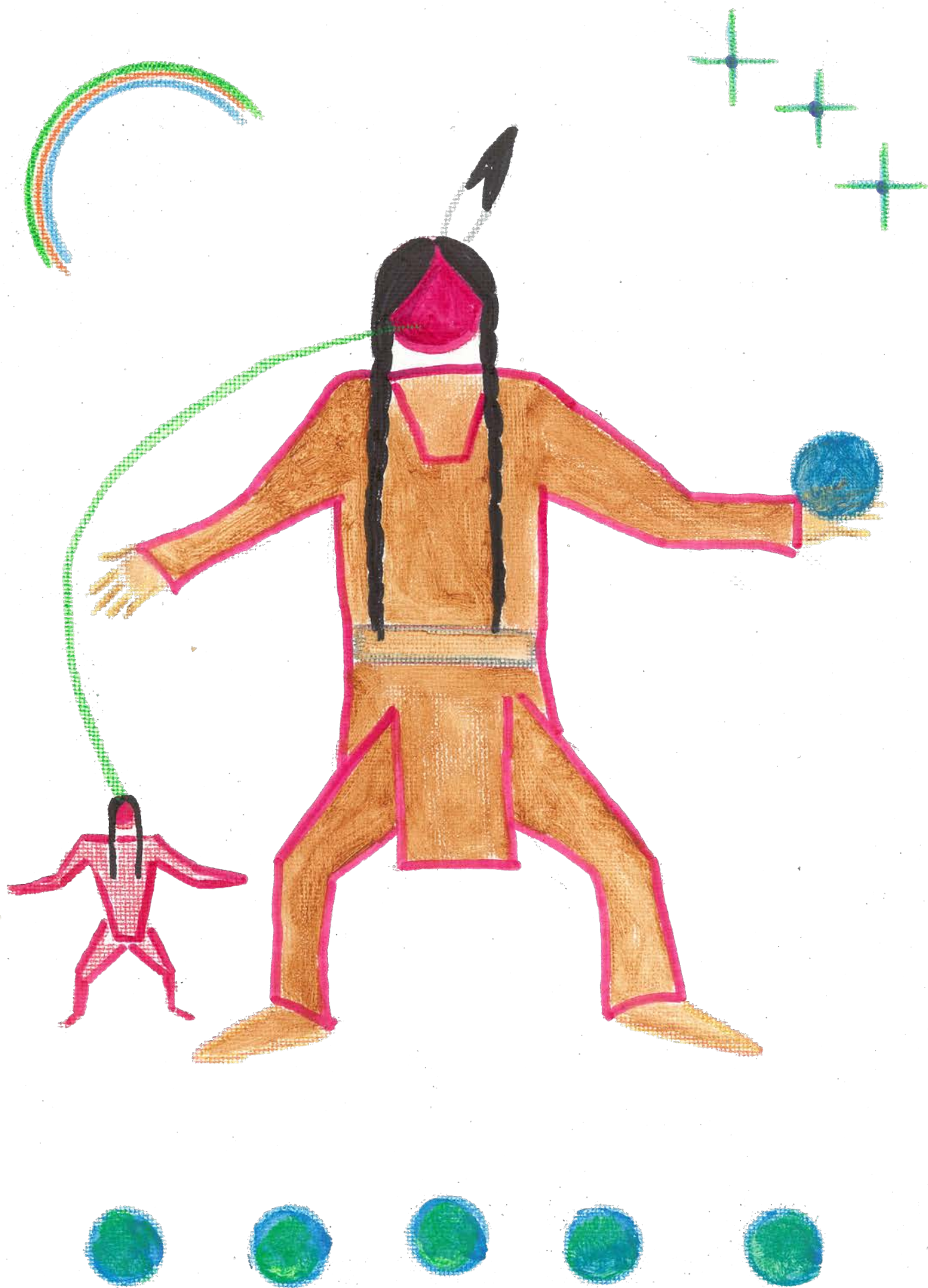
Soon the creator got lonely, he wished he had someone to talk to so he made the first man out of mud and clay.



Pretend to build your own body out of mud and clay. Start down at your toes and make your way up to your head, squeezing and smoothing out the mud and clay as you go.



After the creator made the first man  
he gave him the breath of life.



Move your body like it is your lungs  
breathing. Make yourself small as you  
breathe out and large as you breathe in. Breathe  
in and out 10 times!