#### FROM THE FOREST COMES OUR STORY / NIPUKTUK WEJIAQL ATUKUAQNN – PUPPET CREATION

- 2003-2007
- youth outreach and language revitalization community-based, participatory action research – health research

In 2003, the Institute of Aboriginal Peoples' Health (IAPH) within CIHR awarded a research grant to Cheryl Bartlett for a project entitled "Integrative Health and Healing: co-learning our way to expanding wholeness through restoration of relationships with the land". Mi'kmaw Elders in this project worked with researchers to envision outreach activities that could pilot the Elders' belief that children need experiential learning with and in the natural world. Elders felt that such might foster root level growth for healthy living and healthy communities by emphasizing

creative relationship and creative choice as elements in the life paths of children.

We named one of these outreach activities "From The Forest Comes Our Story" and envisioned it as an innovative puppet making and puppet performing exercise. And so, in Summer 2004 undergraduate summer research assistants Bonnie Bernard, Dina Bernard, Stephanie

Bernard, Jenna Doucette, and Mimi Simon along with research assistants Sana Kavanagh and Nadine Lefort and artist Basma Kavanagh gathered diverse and easily collected materials in the woods, such as pieces of bark, leaves, twigs, lichens, mosses, pine cones, and made puppets out of them. The puppets made were characters that appear in

Mi'kmaw legends: a rabbit, bear, squirrel, owl, fox, turtle, green frog, porcupine, leader, and Kluskap.

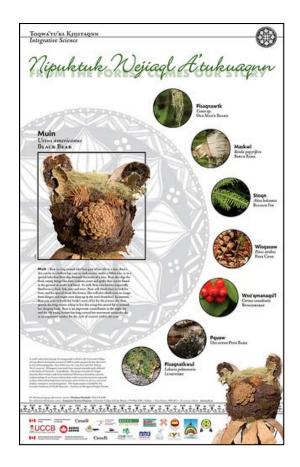


The student puppet makers were guided in their efforts by professional puppeteers from Nova Scotia's world class Mermaid Theatre who conducted a week-long training exercise involving basic puppet construction and basic

puppetry skills. This customized training was enabled by a Nova Scotia Health Research Fund award to Cheryl Bartlett.



In addition, graphic designer Kristy Read created a series of nine posters featuring these puppets along with photographs of the natural materials used to make them. On the posters, these materials are labeled in both Mi'kmaw and English. The posters can be viewed in the pages that follow.



#### Muin / Black Bear









## a series of nine posters for activity

## FROM THE FOREST COMES OUR STORY – NIPUKTUK WEJIAQL ATUKUAQNN

posters by graphic designer Kristy Read

community-based,
participatory action
research for project
"Integrative Health
and Healing:
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the land"



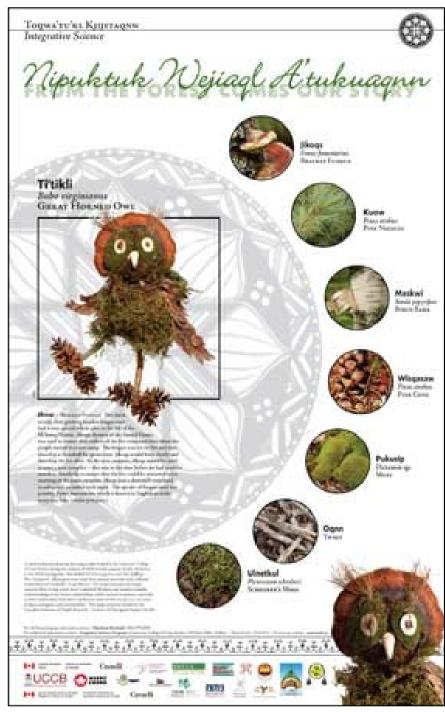




#### Ti'tikli Great Horned Owl

community-based,
participatory action
research for project
"Integrative Health
and Healing:
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the land"



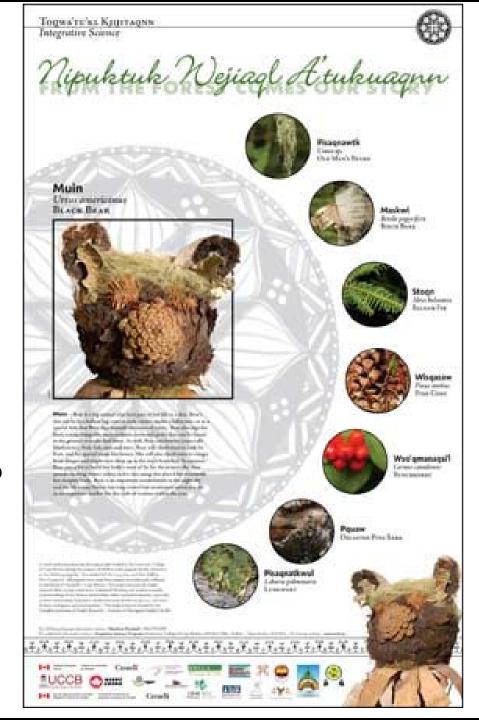




#### Muin Black Bear

community-based,
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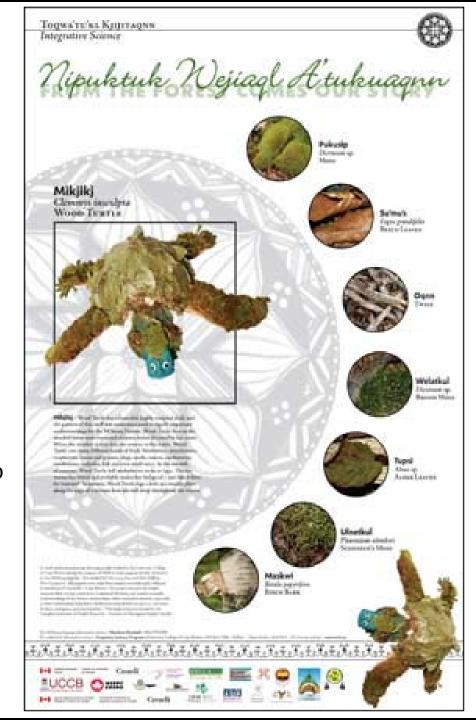




#### Mikjikj Wood Turtle

community-based,
participatory action
research for project
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and Healing:
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the land"







#### Apli'kmuj Snowshoe Hare

community-based,
participatory action
research for project
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and Healing:
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the land"







## Integrative Science youth and community outreach, and language

revitalization

#### Wowkwis Red Fox

community-based,
participatory action
research for project
"Integrative Health
and Healing:
co-learning our way to
expanding wholeness
through restoration
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## Integrative Science youth and community outreach, and language

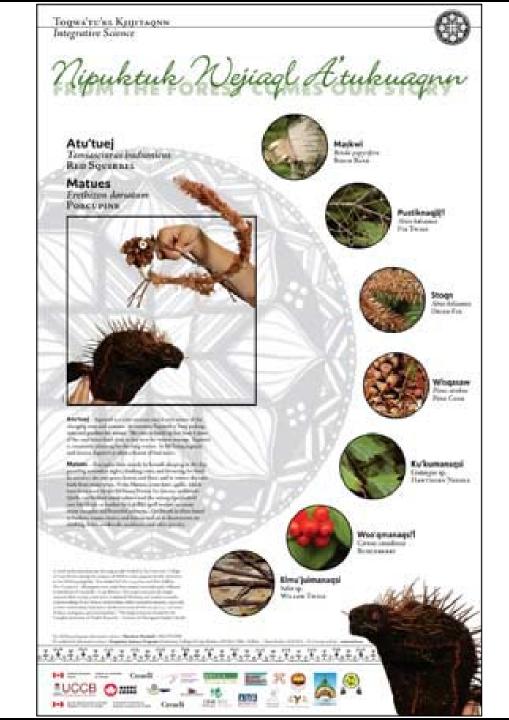
revitalization

Atu'tuej Red Squirrel

and

Matues Porcupine







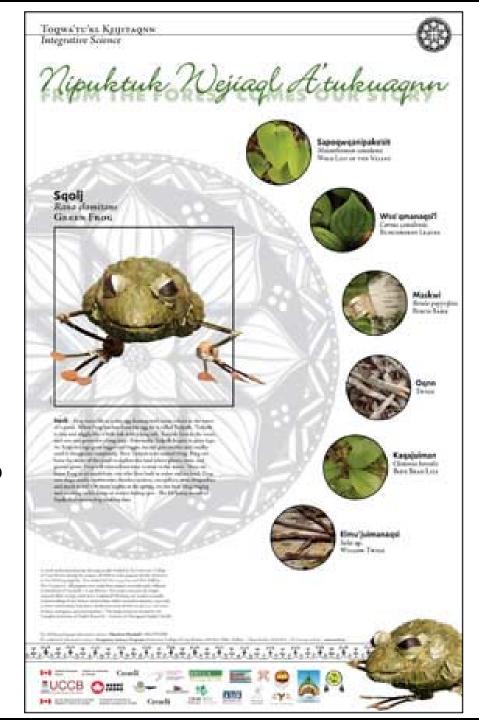
## Integrative Science

youth and community outreach, and language revitalization

#### Sqolj Green Frog

community-based,
participatory action
research for project
"Integrative Health
and Healing:
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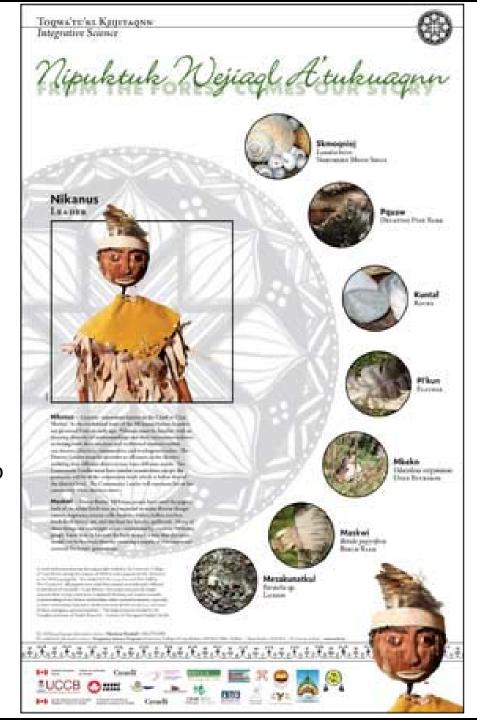




#### Nikanus Leader

community-based,
participatory action
research for project
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#### Puppet Poster #9 Kluskap

community-based,
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