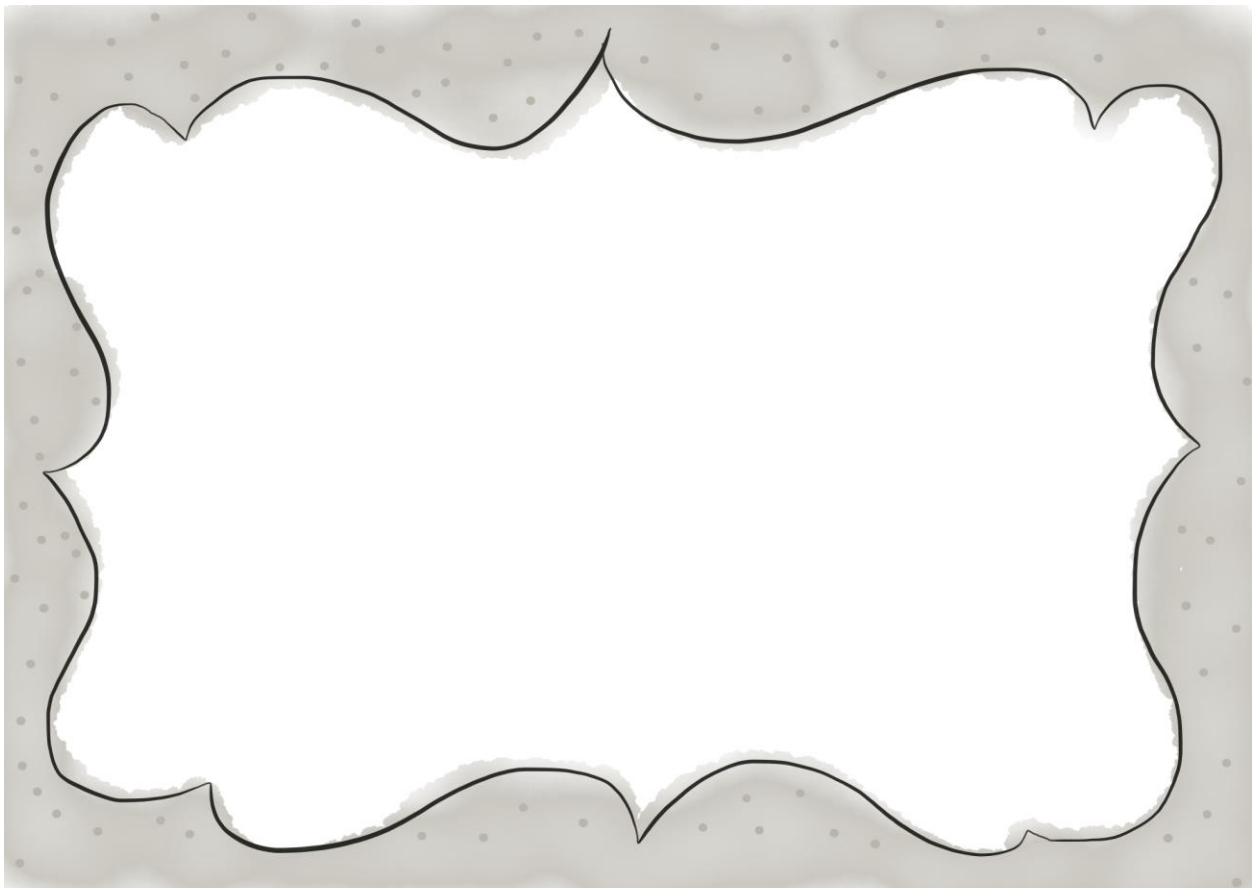


chanter des chansons folkloriques - sing folk songs

The voyageurs sang repetitive, call back songs to pass the time while enduring difficult hikes and lengthy canoe rides. One of the most popular songs they would sing is called "*C'est l'aviron.*" This means "It is the rowing." The chorus for this song is short and sweet and we will all learn it!

Let's read the chorus before we listen to the song: "*C'est l'aviron qui nous mène, qui nous mène. C'est l'aviron qui nous mène en haut.*" The translation for this is: "It is the rowing that leads us, that leads us. It is the rowing that leads us up." Now let's listen to the song and sing along when we hear the chorus. While the rest of the song is playing, find the rhythm and clap your hands to follow the beat. This is important!

Now that we have listened to the song, why do you think the *voyageurs* might have enjoyed singing while walking or rowing a canoe? How do you think the repetitive beat might have helped them stay in sync with each other while walking in a row or rowing as a group?

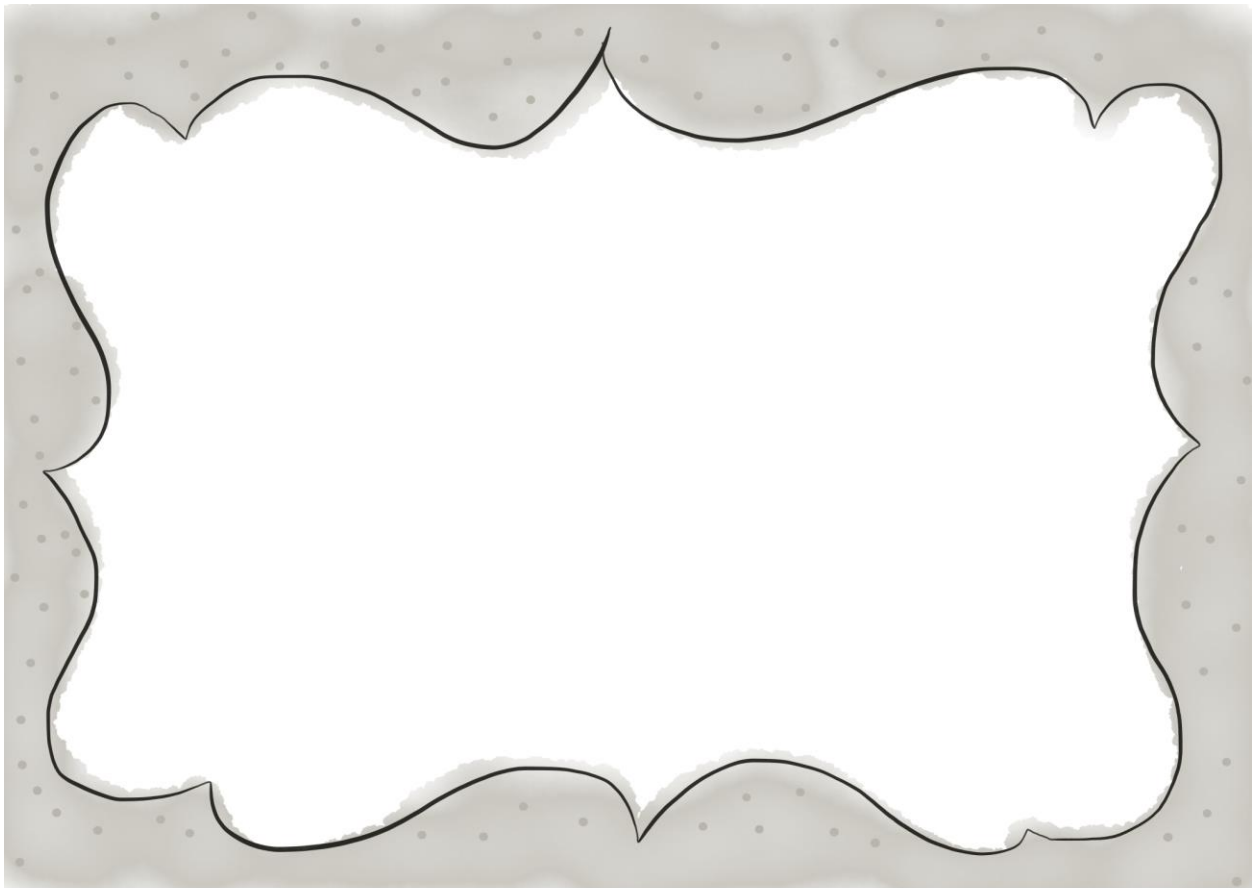


Nos pensées...

danser la jig - dance the jig

The *voyageurs* loved to dance! They would dance the traditional dance of the Métis called *la jig*. Let's watch a short video about children jigging. In it they explain why they enjoy learning this traditional dance. They also offer a short demonstration so that we can give it a try!

Now that we have danced the jig, why do you think the *voyageurs* might have enjoyed dancing?

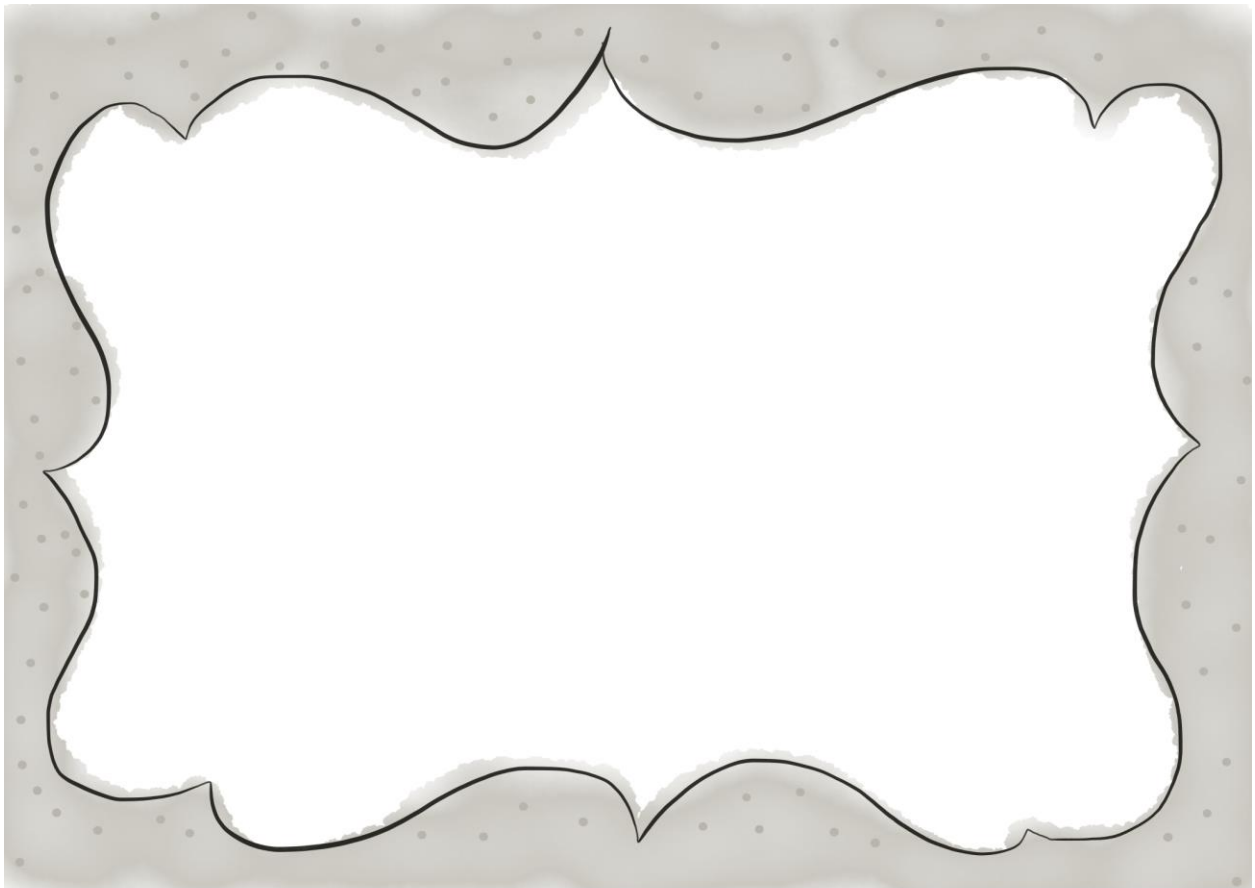


Nos pensées...

raconter des histoires et contes - tell stories and tales

The *voyageurs* would tell stories around the camp fire. They did not have televisions or cell phones! Story telling is a form of entertainment that requires no materials at all. All they needed was a collection of short stories they had heard from someone else and had memorized. It is important to remember that most *voyageurs* could not read so they relied on their memory and imagination. Let's now listen to a reading of the French story "La mini légende de la coccinelle."

Now that we have listened to this story, why do you think the *voyageurs* would have enjoyed listening to stories? Why do you think they would have enjoyed telling stories?

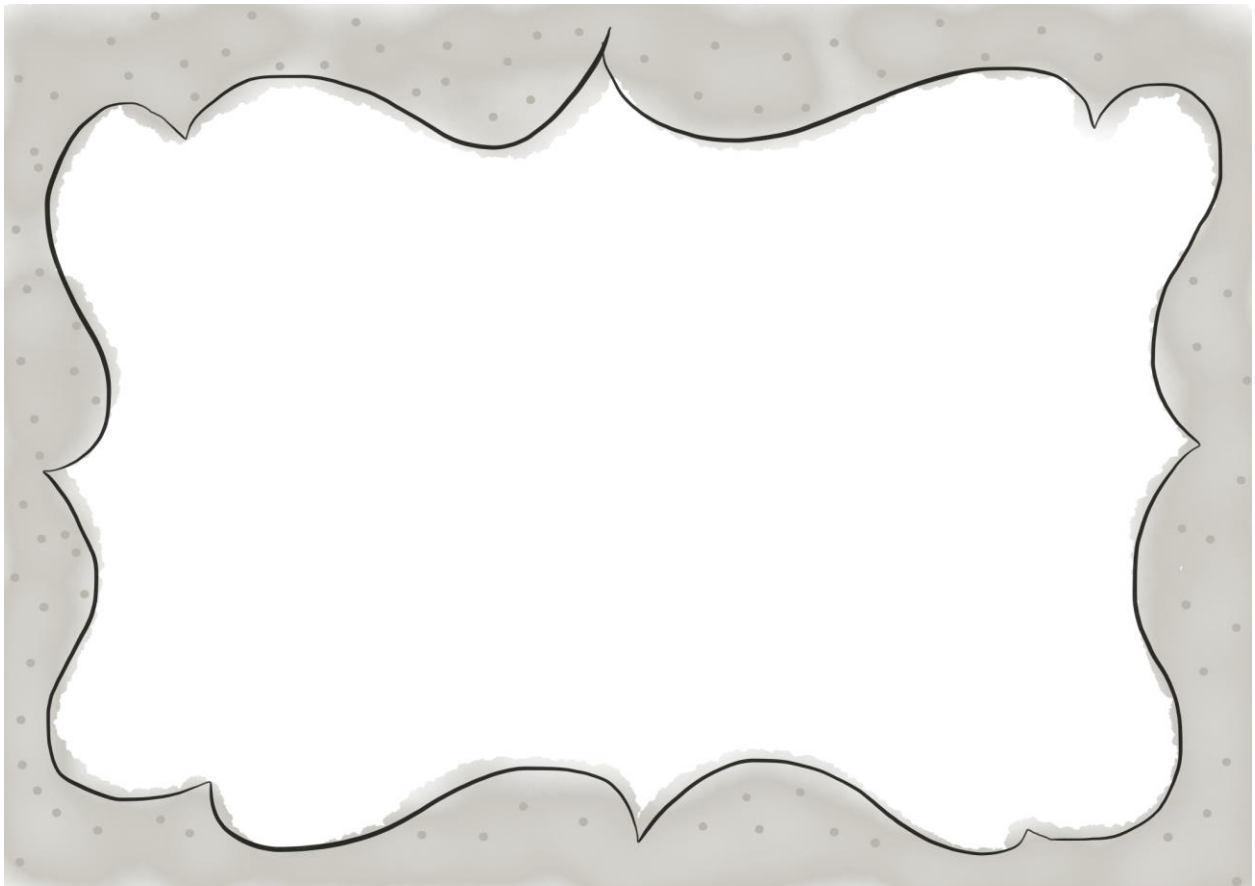


Nos pensées...

jouer des cuillères - play the spoons

The *voyageurs* would enjoy playing an instrument to accompany their singing and dancing. Because they could only bring the essentials with them on their journeys, they had to be a bit creative. One instrument that has existed for a very long time is the spoons. The *voyageurs* needed spoons to eat their pea soup so this was not an extra item for them to carry along. This is an instrument still used today. Now let's watch a video demonstration of how to use the spoons as an instrument. After this we can give it a try for ourselves!

Now that we are all masters at playing the spoons, why do you think the *voyageurs* would have enjoyed this? Was this an easy or difficult instrument to play?

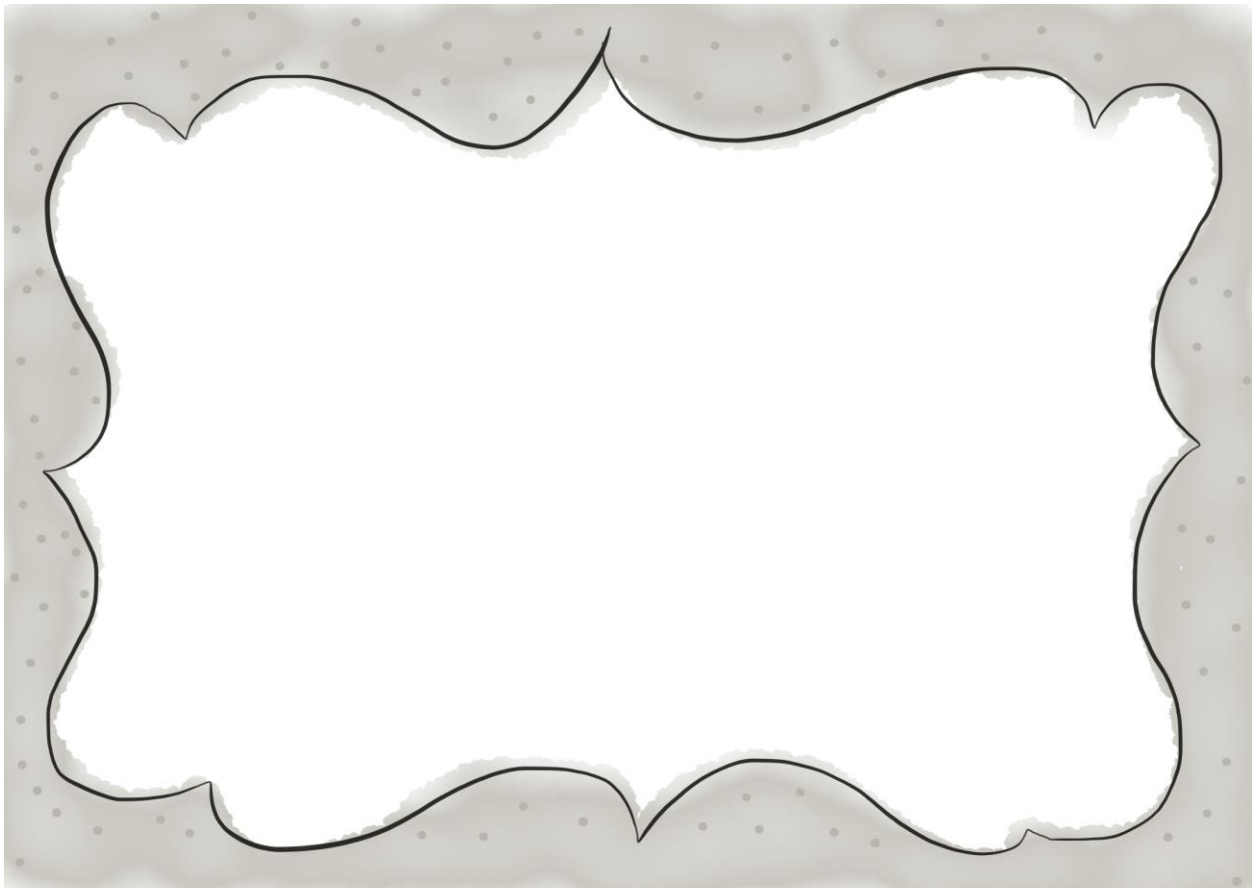


Nos pensées...

tir aux jambes et aux poignets - leg and arm wrestling

The *voyageurs* needed to be very strong and fit for their long journeys. They did not have fancy gyms to train in. Instead, they would use minimal equipment to strength train. Sometimes they would just use each other as a form of resistance. This is why this type of exercise had a competitive element to it. We all know what arm wrestling looks like but does anyone know what leg wrestling looks like? Let's watch a short video about it and then give it a try!

Now that we have done some leg wrestling, why do you think the *voyageurs* might have enjoyed this? Did you find it easy or difficult? Even if you lost, what was the benefit of doing it?



Nos pensées...