

Rock Your Mocs 2020

What is Rock Your Mocs? Rock Your Mocs is a Nation wide Indigenous Peoples social media awareness event that is held annually during the month of November. During Rock Your Mocs, people wear their moccasins, take a photo and share them online with the hashtag #ROCKYOURMOCS. Rock your Mocs was established in 2011 and is a positive opportunity to be united and celebrate and acknowledge Indigenous culture. We honor our ancestors, and Indigenous Peoples worldwide, during Rock Your Mocs events and commemorate National Native American Heritage Month

2020 Dates: November 15th - 21st, 2020

Why a week? The event was increased to a week creating more opportunity for events, especially for schools, people who work Monday - Friday, and people organizing events.

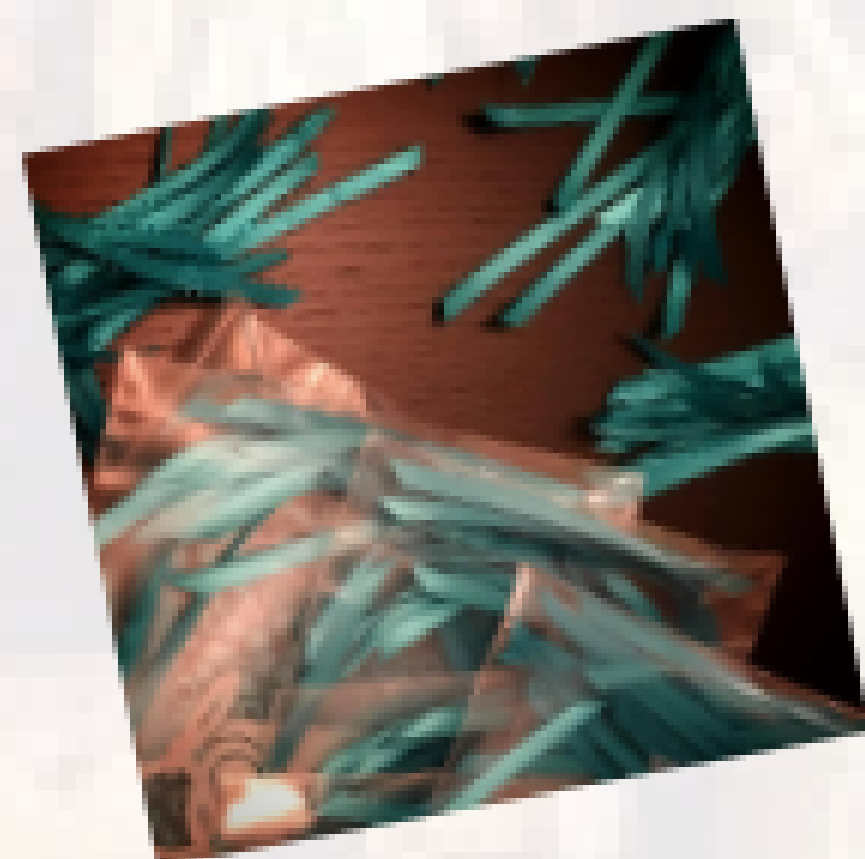
Do we have to wear our Mocs the whole week? If you want, but no.

Is there a main day? The original day will always be November 15th

Where: Where ever you are!

How to join in: Wear your moccasins, Turquoise Ribbons or participate in a Moccasin activity! Take a picture and send to melanie.morrow@lethsd.ab.ca

Don't have Mocs to rock? Wear a turquoise ribbon



<https://rockyourmocs.org/>

Moccasins "niitsitsikiin" facts

Plains moccasins had soft soles and were made in one piece, folded with a side seam. This type of moccasin was known as "niit-tsi-tsi-kiin" (the true moccasin), a term that was known among the Blackfoot Peoples (Kainai, Piikani, and Siksika). Two piece moccasins with stiff rawhide soles and soft upper-sides were also made.

Men, women, and children wore moccasins.

Moccasins were made with tanned buffalo, elk, moose, and deer hides. Later, cow hides were used. Decorated moccasins were used for special occasions.

Before seed beads, dyed porcupine quills were used for decoration. Quillwork was thought of as a sacred task. Indigenous women were well known for their Moccasin making and traded them with European settlers.

Traditionally, Blackfoot moccasins had geometric designs. Floral designs became popular later and were popular among European settlers.

The Métis decorated their moccasins with intricate beadwork and floral patterns. Métis people became known as the 'Flower Beadwork People'.

The Inuit made footwear using sinew and skins from seal and caribou. These materials were used to adapt to the Arctic environment.

Moccasins have become very well known and sought after. They're made and sold all over the world. There are many pairs of Moccasins in museums across Canada.

[http://www.virtualmuseum.ca/edu/ViewLoitLo.do?
method=preview&lang=EN&id=22864](http://www.virtualmuseum.ca/edu/ViewLoitLo.do?method=preview&lang=EN&id=22864)

Links

- <https://www.thecanadianencyclopedia.ca/en/article/moccasin>
- <http://www.reskilledlife.com/metis-style-moccasins/#:~:text=In%20Metis%20style%20moccasins%2C%20the,moccasins%2FMakingMoccasins%2FMoccasinInstructions.htm>
- <http://www.virtualmuseum.ca/edu/ViewLoitCollection.do?method=preview&lang=EN&id=22862>
- <https://www.canadianicons.ca/collections/mukluk>

Videos

How to make paper Moccasins

<https://www.youtube.com/watch?v=AdetHVGOK0>

Rock your Mocs

<https://www.youtube.com/watch?v=mi1h7cPJ1wc>

Moccasin Stories

<https://www.youtube.com/watch?v=7thQrw9Mbds>

Stories for the classroom

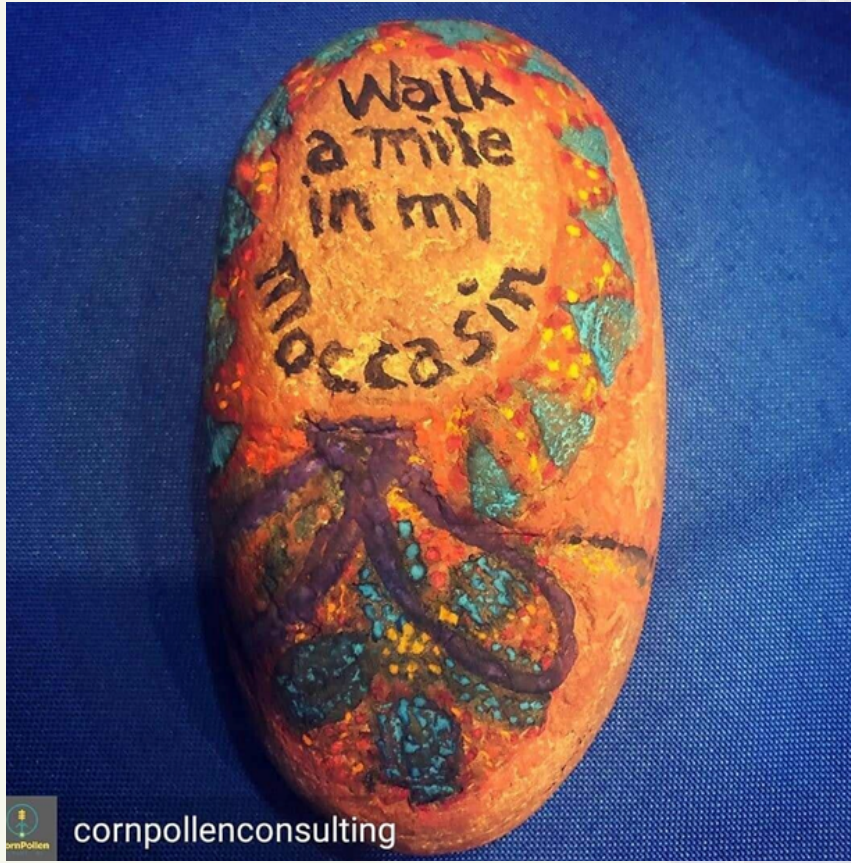
The Moccasins by Earl Einarson

The Moccasin Goalie by William Roy Brownridge

Peter's Moccasins by Jan Truss

Where Did You Get Your Moccains? by Bernelda Wheeler

Classroom Activities



Paint a rock like a moccasin and put them on display.



Make mini mocs out of felt or paper!

Color moccasins, cut the circle out and make a necklace.



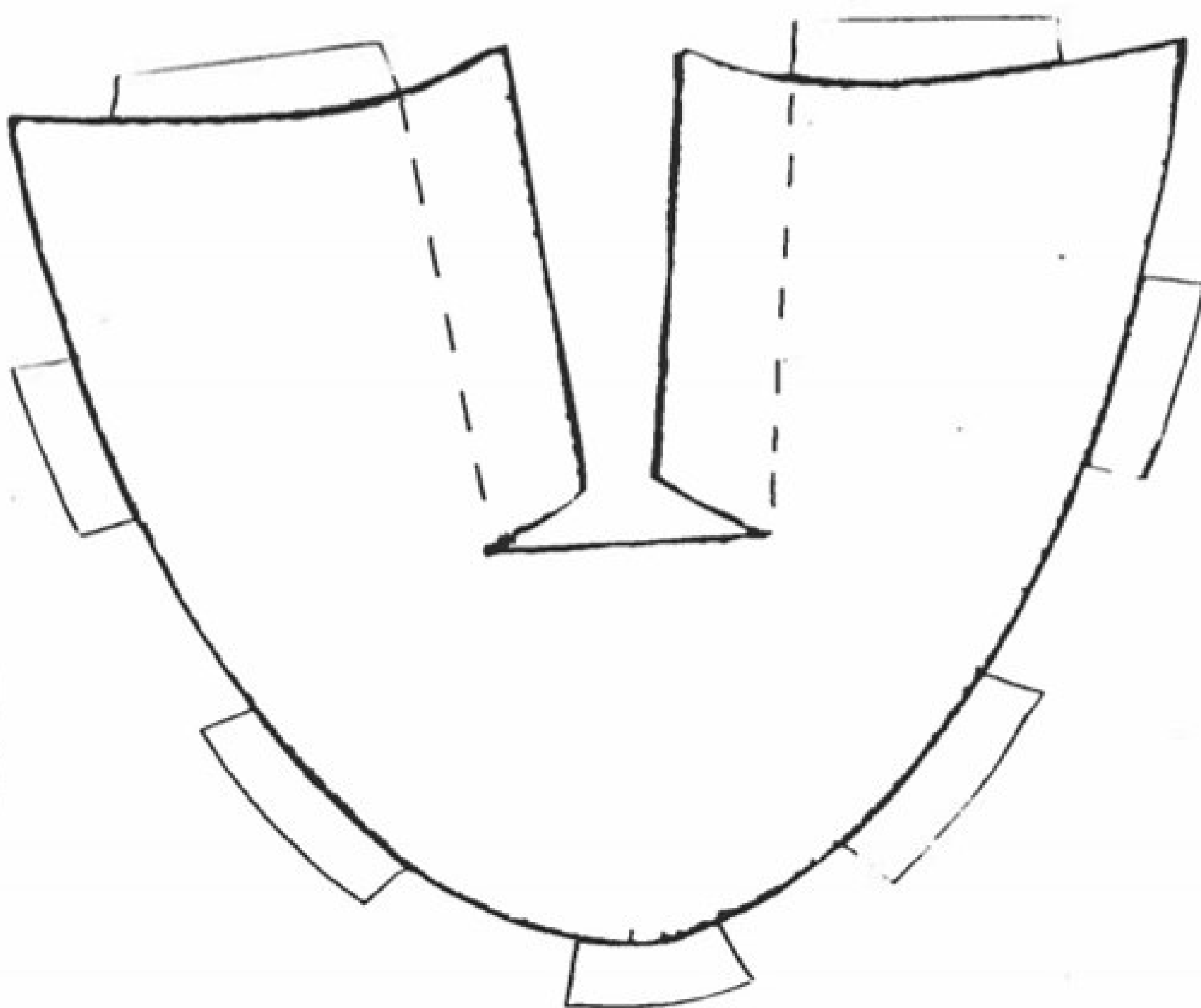
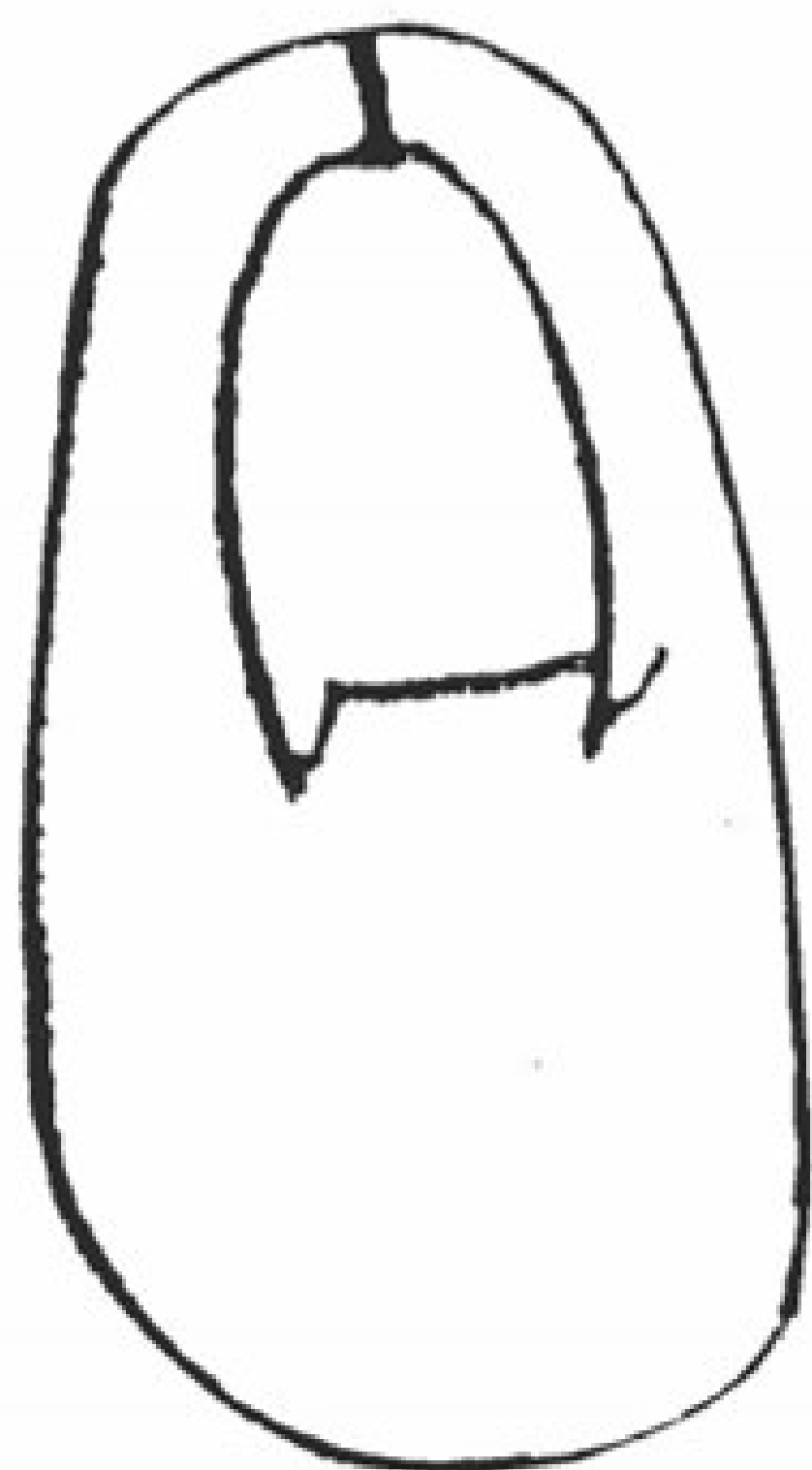
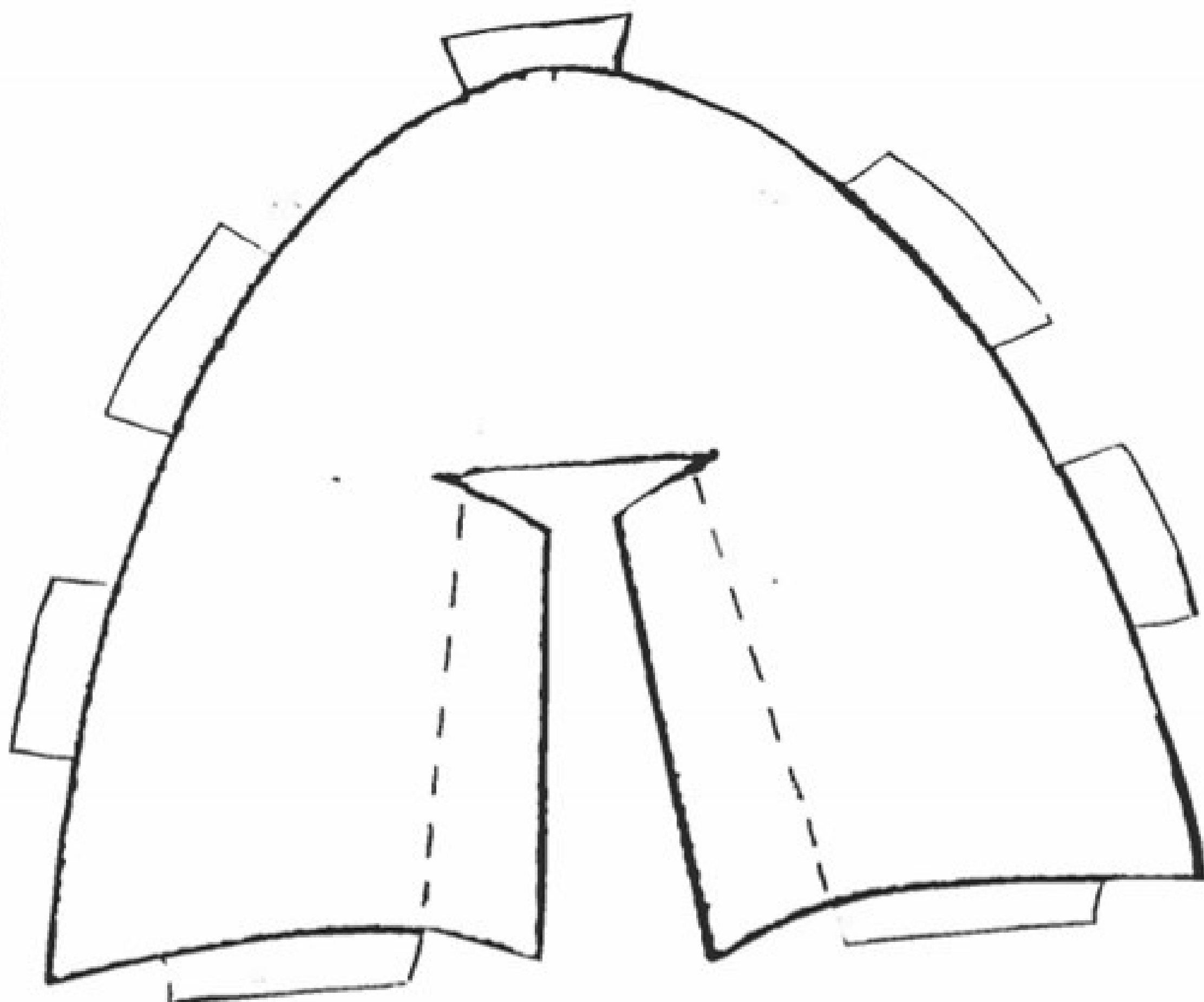
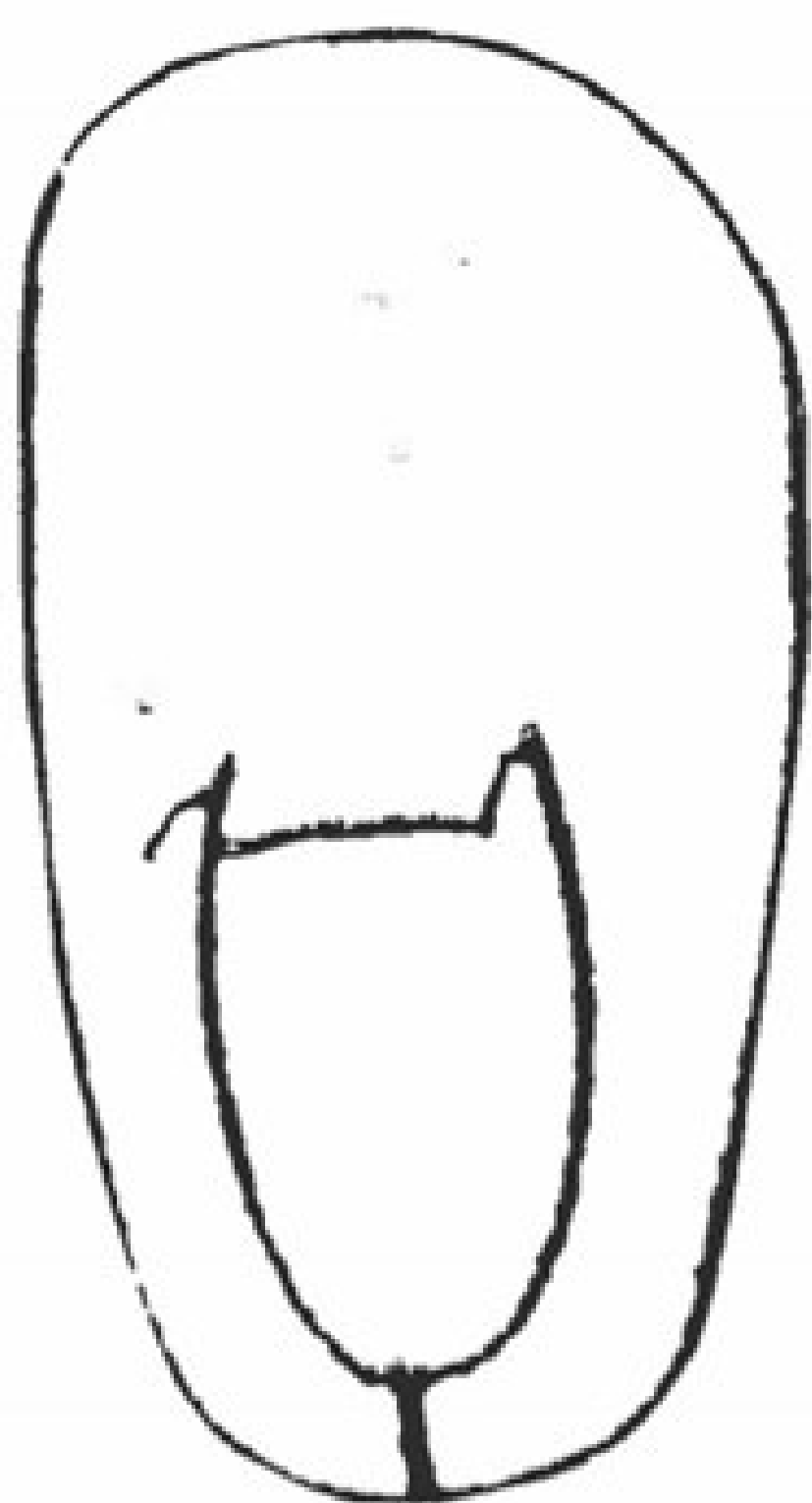
Have students trace each others' feet, use cotton balls and coloring materials to decorate them!

Use modelling clay/plasticine to make mini moccasins. Push jewels or beads into them to decorate!



Make paper moccasins!

Paper Moccasins Template



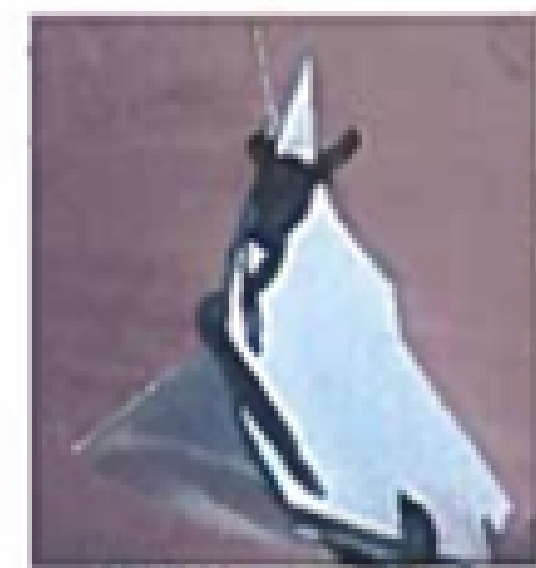
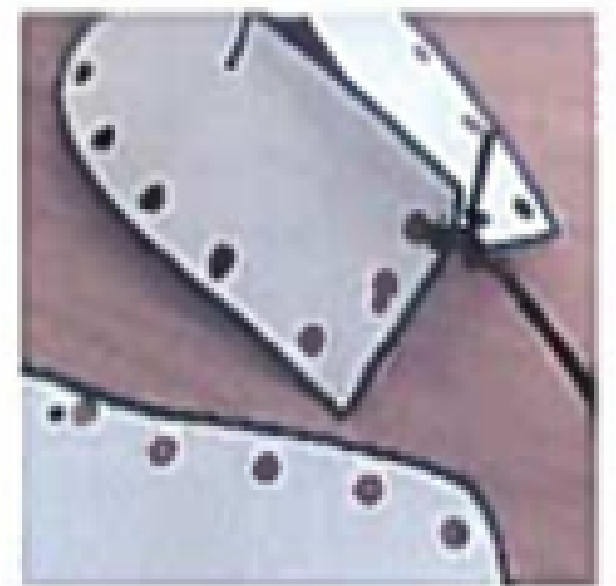
First Nations Moccasins and Regalia

By Maria Livingston, Bigstone Cree First Nation, Hoop Dancer

At a pow wow, you will see the dancers wearing their beautiful regalia with pride. The regalia they are wearing has all been made by hand and with a lot of time and love. So it makes sense that these dancers are so proud! If someone made you a beautiful regalia like that, wouldn't you be happy too? Many of the designs you see will also have a significant meaning to the dancer too. For me, I like five-petal flowers because they're a traditional symbol in my Cree culture. Enjoy this template to make a special design that is unique to you!

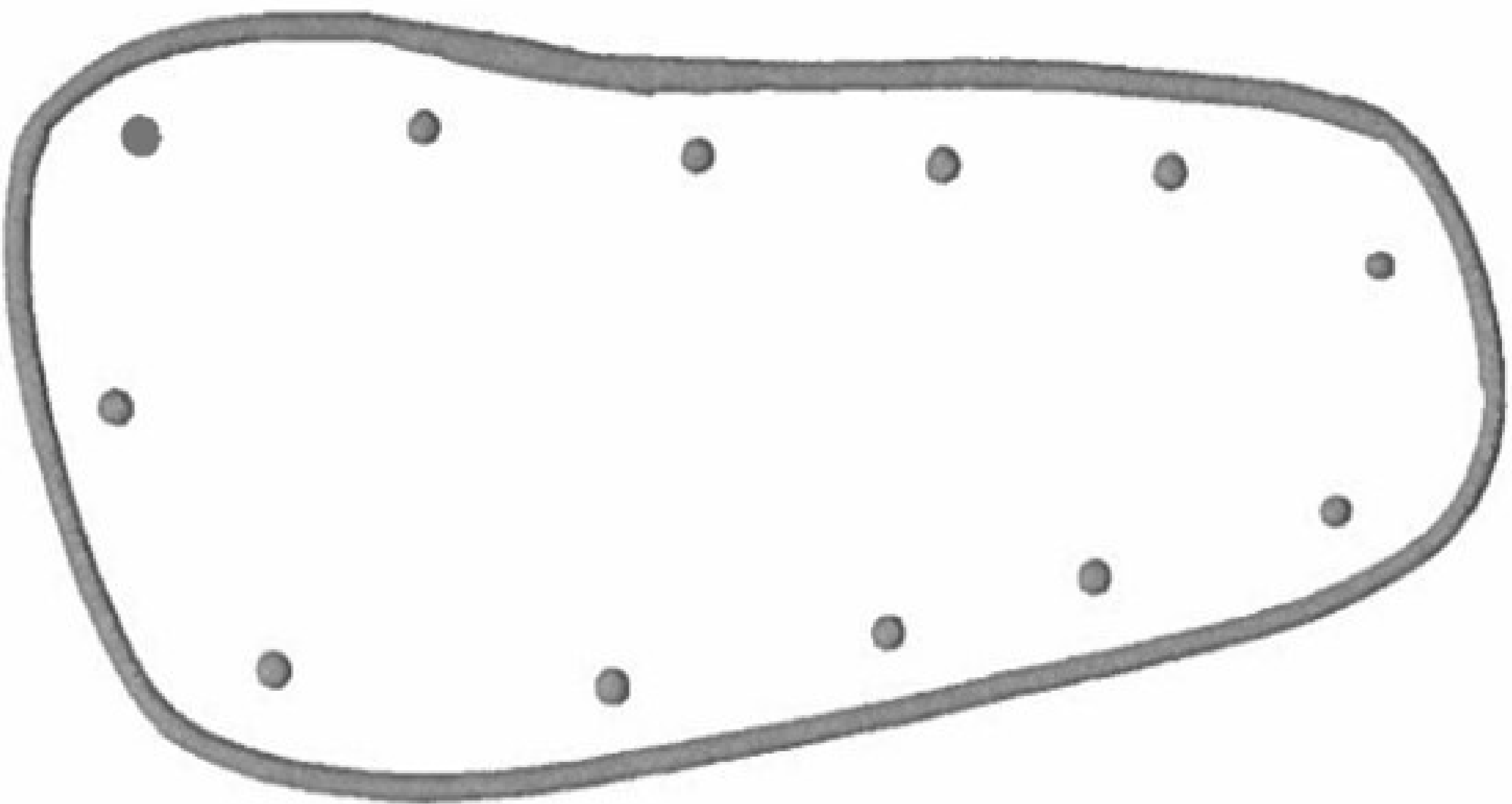
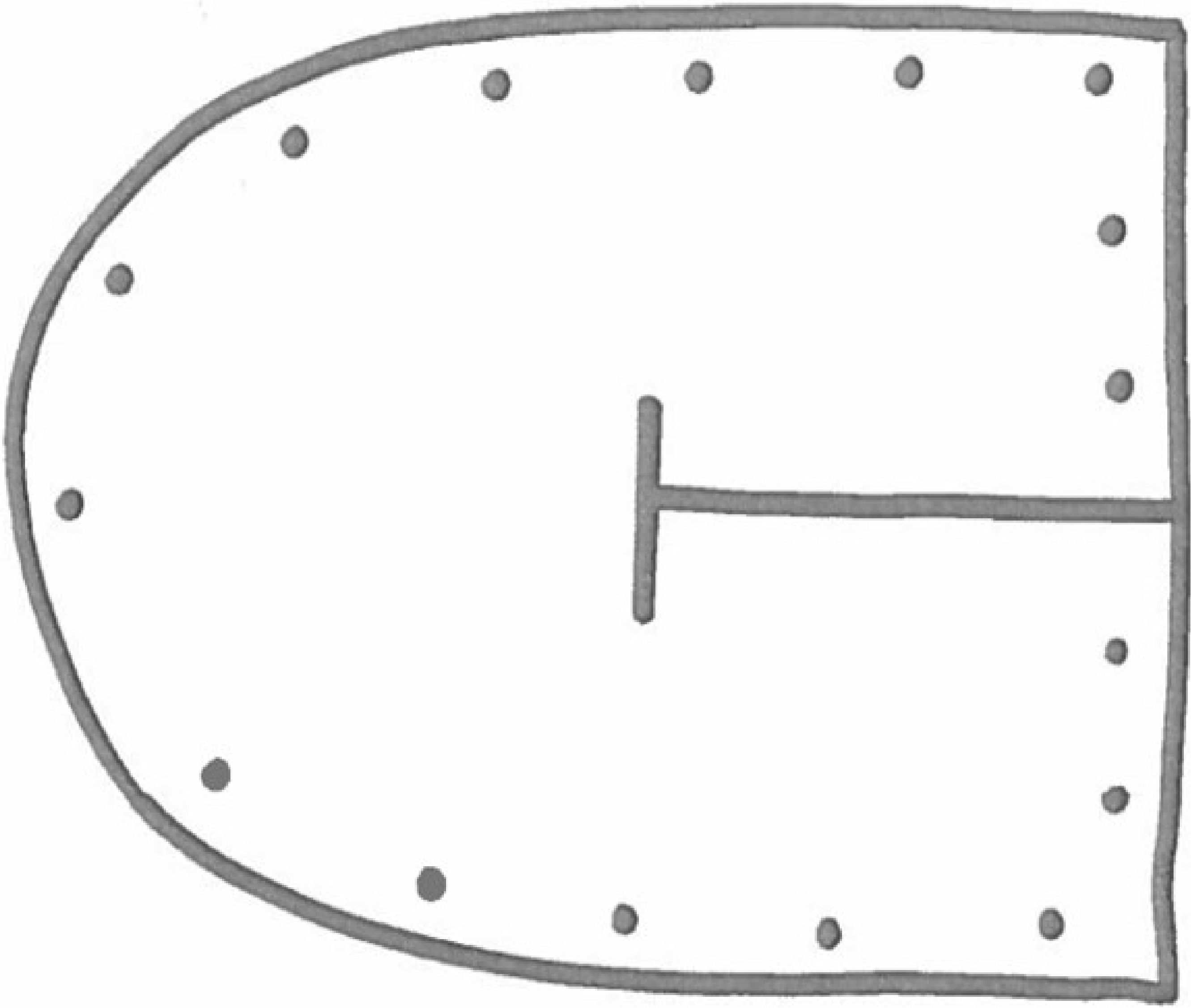


Photo credit: Leslie O-A.



Instructions

1. Cut out template, use a hole puncher to make holes on the pattern.
2. Decorate your moccasin!
3. Use a piece of thread, string, yarn etc. to begin sewing the moccasins.
 - Start from the back and tie a knot at the top
 - Work your way down and around, matching up the holes as you go.
 - Tie the string together back where you started



Moccasin Coloring (Necklace)



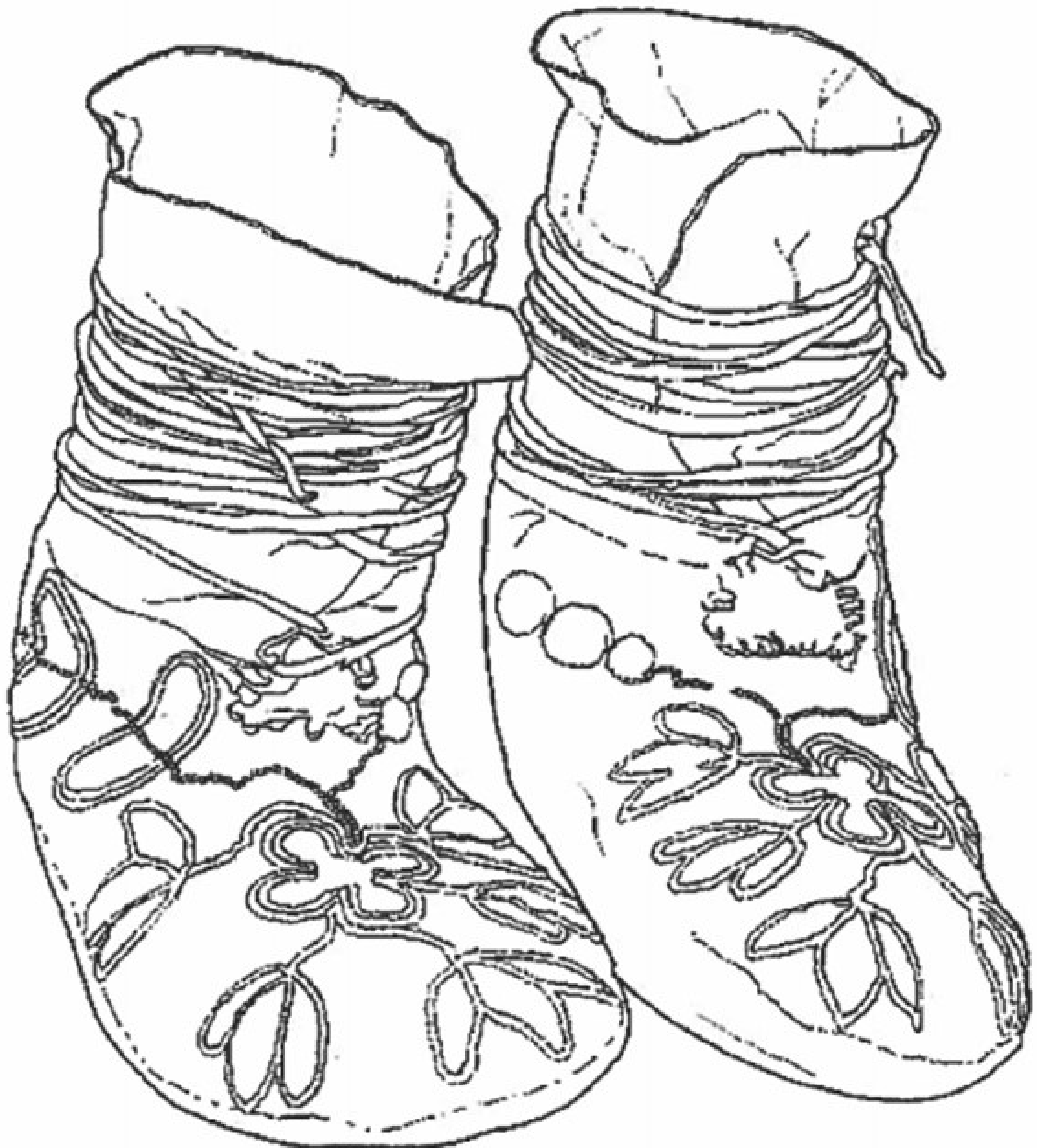


State
Historical
Society of
North Dakota

1889-1989

Moccasin Beadwork

COLORING ACTIVITY



Plain style moccasins with soft soles and floral beadwork. These moccasins are part of the State Historical Society of North Dakota collections at the North Dakota Heritage Center, Bismarck, North Dakota.

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