INSTITUT Tshakapesh

Parent workshop

Video title: **NETE ISHPIMIT** (The summit)

Director: Martin-Pierre Tremblay
Length: 3:01

Goals

- Discuss and reflect with parents about:
  - the future of their children, the school's goal and the support they can offer their children in the achievement of their dreams;
  - how gender stereotypes affect the way children see themselves in the future;
- Experience a positive activity with their child in an outdoor group activity.

Activities suggested for the workshop

- Scavenger hunt or rally in the community;
- Rock climbing or mountain hiking activity;
- Regalia or costumes making for a parade.

Questions to ask after watching the video

1. What were you thinking about when you looked at the video's images?
2. What is the role of the mother in the film? of the grandmother? Could fathers and grandfathers play a similar role? How and why?
3. How are children behaving?
4. How were you feeling?

Role modeling

1. Do you share your dreams with your children?
2. Have you ever realized one or many of your dreams or do you know someone who was able to? Have you ever talked about it with your children?
3. What are your parent or grandparent tips to bring your children to:
   a. believe they can become anything they want, regardless of their gender?
   b. participate in activities?
   c. do his or her best at home? at school? in the community?
   d. achieve success in what they undertake (simple to complex tasks)?
   e. surmount obstacles? persist until they are done?
   f. be proud of themselves?
   g. dream and realize their dreams?