

LAND-BASED ACTIVITIES

Land-Based Activities can be a number of different things. The activity you do depends on the weather, the environment, and the traditions of your community. You should also always reach out to local Knowledge Keepers or people in your community who are experienced in the activity before starting.

Be open to the lessons and activities that the Land and the people around you can teach you.

EXAMPLES OF LAND-BASED ACTIVITIES:



**KAYAKING OR
CANOEING**



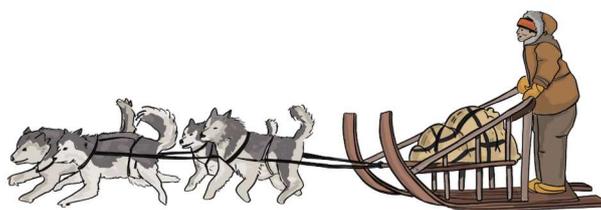
MEDICINE WALK



**HUNTING OR
TRAPPING**



HIKING



SLEDDING



DANCING

**WHAT IS ANOTHER
LAND-BASED ACTIVITY?**