



## **Blanket Exercise Prerequisite**

The following Blanket Exercise prerequisite is to ensure the exercise is done in a good way and individuals are able to have a full, rich experience please adhere to the following checklist:

- Ensure a letter has been sent home informing parents/caregivers that their child will be participating in the Blanket Exercise.
- Ensure individuals have been provided with a basic introduction prior to participating in the Blanket Exercise: terminology, sitting in a sharing circle, individuals who volunteer to read scrolls are able to read scrolls loudly so other participants can hear what is being said.
- Ensure there is adequate time set aside for individuals to fully participate in the Blanket Exercise, a minimum of two hours is recommended (morning sessions are preferred).
- Ensure the room is large enough to accommodate the number of participants.
- Ensure that chairs can be set up in a circle so each participant is able to sit down and there is room behind each chair for an individual to get by.
- If a sound system is required, it would be greatly appreciated if the system was set up and ready for use.
- Ensure water is provided for the exercise. Snacks are recommended but optional.
- A PowerPoint will be projected throughout the exercise, please ensure there is an area the presentation can be projected on.
- If the Blanket Exercise is taking place in a school, it would be greatly appreciated that no outside interruptions occur during this time.
- A minimum of 15 participants is required.
- This exercise can impact individuals emotionally. For this reason, it is not recommended that it be done on a Friday or before a long weekend.
- The classroom teacher needs to be present when the exercise is being facilitated (not substitute teachers!).

Thank you for your support and cooperation!

First Nations Programs and Partnerships  
Yukon Education

