

Healing Blanket Workshop at OCSB



Objective:

To collaboratively create a Healing Blanket that will share messages of empowerment with women and girls to offer comfort and hope. You can use the video recording from 2024 to guide you in how to make the healing blankets. Teachers are encouraged to preview the video in advance as there is triggering information in the presentation. Teachers can use the video for professional development as well.

Once complete, the blankets will be gifted to Minwaashin Lodge. Donations are also welcome. Please contact laurel.macdonald-boucher@ocsb.ca by Tuesday, May 12, 2025, and send the blankets through the pony to the Catholic Education Centre.

Supplies needed per small group of students:

- Fleece Blankets (need two blankets to make one healing blanket); one blanket should be solid colour and the 2nd piece can have patterns or be solid.
- fabric scissors
- fabric markers
- ruler(s) or yardsticks.
- measuring tool to help you cut the blankets.

<https://attachments.convertkitcdnm.com/83335/d9e03b89-1227-42f7-9f97-e2c6d912b7f6/fleece%20tie%20blanket%20pattern.pdf>

A Few Tips:

- Several people can work together around a table or desks to make one blanket.
- A quick video on the steps for cutting and tying the blankets can be found at <https://www.youtube.com/watch?v=8rQ89wbLOZ8>. It's pretty easy to cut and tie.
- The messages that staff and students write will go inside the blanket, so they will be hidden.

Process:

1. **Purchase the materials** needed to make the Healing Blankets.
2. **Submit a clear image of the receipt** showing the specific supplies purchased and the method of payment to laurel.macdonald-boucher@ocsb.ca to receive a reimbursement.
3. **Prepare students for the experience before they participate.** To help you discuss the issue of MMIWG2S and May 5th as the National Day for Awareness of Missing and Murdered Indigenous Women and Girls and gender-diverse people, the Indigenous Education team has a webpage with classroom resources at <https://sites.google.com/ocsb.ca/mmip/home>.
4. **Contact laurel.macdonald-boucher@ocsb.ca** with notification of the finished blankets and send completed blankets through the Pony to Laurel MacDonald Boucher, Indigenous Education, Leadership and Parent Engagement, CEC by May 12. Blankets will be blessed and delivered to Minwaashin Lodge. You will be invited to join the blessing virtually if timing is appropriate.
5. **After the experience, take action** through learning and activities to raise awareness, honour Indigenous women and girls, and call for an end to gender-based violence. Share your learning and experiences with the Indigenous Ed team (and we can also share with Jennifer Lord and Grandmother Irene if they wish to receive them).