



KAIROS BLANKET EXERCISE

The KAIROS Blanket Exercise (KBE) is a unique, participatory history lesson that explores the historic and contemporary relationship between Indigenous and non-Indigenous peoples in this land we call Canada. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples, this half day session is a transformative and deep learning experience that enhances awareness of continuing injustices and the impacts of colonization. It also builds empathy and opens minds and hearts to ongoing learning about First Nations, Inuit and Métis peoples.

In 2018, the KBE was endorsed as a Successful Practice and Resource by Indspire, a national Indigenous-led registered charity that invests in the education of Indigenous people for the long-term benefit of these individuals, their families and communities, and Canada.

The KBE is used by students and teachers across the country. A 75 - 90 minute youth version is available for grades 6-9, and an elementary edition for grades 3-5 is in development.

For more information on how to bring the KBE to your classrooms or PD Days, please visit our website: www.kairosblanketexercise.org

KAIROS is a movement of Indigenous, settler and newcomer peoples committed to ecological justice and human rights. Through KAIROS, people of faith and conscience work together for change in Canada and beyond. KAIROS' Indigenous rights work is based on over four decades of solidarity and advocacy, working with Indigenous peoples for recognition of their inherent rights to land and self-determination as distinct peoples and nations.



kairosblanketexercise.org

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