



LESSON ONE

INUIT

A Pre-school Lesson Plan

www.indigenouyouthservices.org

[PINTEREST.COM/INDIGENOUSYOUTHSERVICES](https://www.pinterest.com/indigenouyouthservices)

Lesson Plan: Exploring Inuit Culture for Preschoolers

Grade Level: Preschool (Ages 3-5)

Duration: 45 minutes

Subject: Social Studies / Cultural Awareness

Lesson Title: Discovering Life in the Arctic – The Inuit Way

Objective:

- Children will gain a basic understanding of Inuit culture by exploring aspects of daily life, environment, and community values.
- Children will engage in hands-on activities to connect with the Inuit way of living in the Arctic.
- The lesson will emphasize respect for diverse ways of life and avoid stereotypes.

Materials:

- Picture books: The Inuit Thought of It: Amazing Arctic Innovations by Alootook Ipellie (or similar age-appropriate book)
- Images or a short video clip (2-3 minutes) of the Arctic landscape (e.g., snow, ice, animals like seals or polar bears)
- Cotton balls, blue paper, glue sticks (for a craft)
- Toy fishing rod or string with a magnet (for a fishing game)
- Soft blanket or fabric scraps (to simulate animal hides)
- Audio of wind or nature sounds from the Arctic (optional)
- Snacks: dried fruit or fish-shaped crackers (optional, check for allergies)

Lesson Structure

1. Welcome and Introduction (5 minutes)

Goal: Spark curiosity and set the stage.

- Activity: Gather children in a circle. Say, “Today, we’re going on an adventure to a cold, snowy place far away where people called the Inuit live. Who likes snow?”
- Show a picture or short video of the Arctic (snow, ice, and maybe an animal). Ask, “What do you see? How do you think people live here?”
- Explain simply: “The Inuit are people who have lived in the Arctic for a long, long time. They know how to stay warm, find food, and work together.”

2. Story Time: Learning Through Listening (10 minutes)

Goal: Introduce Inuit life authentically through literature.

- Activity: Read *The Inuit Thought of It* (or a similar book). Focus on 2-3 pages about tools, homes (like igloos), or food (like fishing).
 - Pause to ask questions: “Why do you think they use snow to build houses?” or “What would you eat if you lived where it’s always cold?”
 - Keep it real: Avoid over-emphasizing igloos as the only home (many Inuit today live in modern houses) or mystical stereotypes. Mention how smart and creative the Inuit are with what they have.
-



3. Hands-On Activity: Arctic Life Exploration (15 minutes)

Goal: Engage children in sensory and imaginative play inspired by Inuit daily life.

- Station 1: Build an Arctic Scene (Craft)
 - o Materials: Blue paper (water/sky), cotton balls (snow/ice), glue sticks.
 - o Directions: “Let’s make our own Arctic! Stick the cotton balls on the paper to make snow or ice.”
 - o Talk about how the Inuit use snow and ice in their environment (e.g., for shelter or travel).
- Station 2: Fishing Game (Movement)
 - o Materials: Toy rod/string with a magnet, paper fish with paperclips.
 - o Directions: “The Inuit catch fish to eat. Let’s try fishing!” Kids take turns “catching” fish.
 - o Explain: “Fish are important food in the Arctic because plants don’t grow easily there.”
- Station 3: Touch and Feel (Sensory)
 - o Materials: Blanket or fabric scraps (to mimic hides).
 - o Directions: “The Inuit use animal hides to stay warm. Feel how soft and cozy this is!”
 - o Ask: “What would you wear if it was super cold outside?”

Rotate kids through stations in small groups, depending on class size.

4. Group Discussion: Working Together (10 minutes)

Goal: Highlight Inuit values like cooperation and connect to preschoolers' lives.

- Activity: Sit in a circle with a blanket in the middle. Say, “The Inuit work together to stay warm and find food. Let’s pretend this blanket is our home—how would we all fit?”
 - Invite kids to crawl under or share the blanket. Ask, “Why is helping each other important?”
 - Tie it to their lives: “Do you help your friends or family? How?”
-

5. Closing and Reflection (5 minutes)

Goal: Wrap up and reinforce learning.

- Activity: Play soft Arctic wind sounds (optional) while kids sit quietly. Ask, “What did you like learning about the Inuit today?”
 - Share a simple takeaway: “The Inuit live in a cold place, but they’re really good at making homes, finding food, and helping each other.”
 - Optional: Pass out dried fruit or fish-shaped crackers as a “taste of the Arctic” (if safe for all kids).
-

Assessment:

- Observe participation: Are children engaged in the story and activities?
- Listen to responses: Do they connect ideas like staying warm or working together to the Inuit?
- No formal testing—focus on curiosity and respect for the culture.

Extensions:

- Add a song or chant about the Arctic (e.g., “Snow is falling, winds are blowing...”).
- Invite kids to draw their own “Arctic home” at free playtime.

Notes for Teachers:

- Avoid clichés like “Eskimo” (outdated term) or over-the-top costumes. Focus on real, practical aspects of Inuit life.
- Be ready to adapt: If kids fixate on polar bears or snow, let them explore that interest while tying it back to the Inuit.

Resources:

The Inuit Thought of It: Amazing Arctic Innovations by Alooook Ipellie:

<https://www.pinterest.com/pin/1097330265456994488/>

Images of the Arctic:

<https://www.pinterest.com/pin/1097330265456994698/>

<https://www.pinterest.com/pin/1097330265456994580/>

<https://www.pinterest.com/pin/1097330265456994694/>

<https://www.pinterest.com/pin/13018286397861342/>

Sounds/Visuals of the Arctic:

<https://www.youtube.com/watch?v=OD5worsS-Mg>

<https://www.youtube.com/watch?v=RCiHizt8o-Y>

<https://www.pinterest.com/pin/1097330265456995115/>