



Discover Who You Are: *Guiding Voices*



Heidi Langille

“Surround yourself with people who are passionate, who care and who will help you along the way.”

Who is Heidi Langille?

- Heidi is a pioneer.
- She has always loved hockey.
- For years she was the only girl on an all boys hockey team and later went on to become one of the very few women referees in the sport.
- She has played hockey provincially, nationally and internationally.
- Heidi is proud of her heritage and has been able to find a balance between her urban upbringing and her traditional Inuit roots.
- She reconnected with her roots by learning the art of throat singing, drum dancing and some Inuktitut.
- She is also passionate about giving back to her community and she shares her talents with Inuit children at the Ottawa Inuit Children’s Centre, which she was instrumental in founding.



What is she currently doing?

Currently, Heidi:

- Works as an advocate for Inuit children and families.
- Is an International, National and Regional throat singer.
- Was recognized as a National Aboriginal Role Model by the Lead Your Way program.



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Teacher Notes - Heidi Langille

After viewing the video segment discuss the following:

Remind students of Heidi's words to "Surround yourself with others." Heidi surrounds herself with people who love her, support her, and keep her laughing. Who are the people in your life who have been the most supportive? How have they supported you?

Suggested Tasks:

Recipe for a Hero (Junior)

CGE A reflective, and creative thinker who creates, adapts, evaluates new ideas in light of the common good.

Oral Communication Expectation - Junior

1.6 Extend understanding of oral texts by connecting the ideas in them to their own knowledge, experience, and insights; to other texts, including print and visual texts, and to the world around them.

Writing Expectation - Junior

1.4 Sort and classify ideas and information for their writing in a variety of ways.

Action:

It can be said that Heidi is a hero to her community. Why? Who is your hero? Brainstorm the characteristics of a hero. Together write a hero recipe based on Heidi Langille. In turn, students write a hero recipe based on their personal hero.

Pursuing Equality (Grade 10)

CGE A self-directed, responsible, life-long learner who demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.

Aboriginal Peoples in Canada Expectation - Grade 10

Identify contemporary challenges that Aboriginal women face within Aboriginal and Canadian society.

Action:

As a whole group have students brainstorm ideas that relate to the topic of equality. Next have students draw (individually) what equality "feels" like and share it with the whole class. Watch the video segment on Heidi Langille and discuss what challenges she faced as a female in a male dominated sport. Be sure to highlight how her Inuit roots have helped shape her into the person she is today. In small groups have students use pictures and words to write a fictional narrative to illustrate how one particular Indigenous woman has dealt with a contemporary challenge (i.e. poverty, family violence, addiction, education, gender bias, etc.).