



# MOOSE HIDE CAMPAIGN

**MOVING THROUGH LIFE  
WITH LOVE**

Welcome to the Moving Through Life With Love workshop. Meet Notorious Cree, also known as James Jones. Notorious Cree is an Indigenous influencer and TikTok star with more than 3.7 million followers. James Jones is a traditional hoop dance artist who has performed and traveled across Europe, China, Australia, and North America, and is ranked among the top 5 hoop dancers in the world. Some of James' notable performances include the 2006 World Ski Cup Championship in Italy, 2010 Winter Olympics in Vancouver, 2014 Juno Awards in Winnipeg, 2015 Pan Am Games in Toronto, the 2015 Coachella Valley Music Festival in California, and the Sydney Opera House in 2015. James has worked with artists like K-OS and Snoop Dogg, and in 2009 was a finalist in the popular television show *So You Think You Can Dance*.

James is an inspiration to people everywhere, not only for his dance moves, but for his big heart and engaging stories. In this workshop, James will speak to the anger he had as a youth and how he was able to overcome those emotions and work through them to become the person he is today. James speaks to spreading love, working on forgiveness, and finding a good path in life. We invite you to watch the workshop video and consider the discussion questions below.

This workshop is intended for middle and high school students.





MOOSE HIDE  
CAMPAIGN

CAMPAGNE  
MOOSE HIDE

# Moving through life with love

---

Meet TikTok star  
Notorious Cree and  
hear the story of  
how he learned to  
walk with love



# Discussion Questions

James shares how he got into dancing because it led him away from other negative things in his life and because it made his spirit happy. Do you have something in your life that helps you feel the same way James does about dancing?

James talks about his anger and how he held onto anger for a long time. He tells a story about an Elder who shared a teaching about love and letting go of rage. She told James that before he goes to bed and when he wakes up he should try sending out love instead of anger. We encourage everyone to write down 3 positive affirmations or messages of love. You can find many on the internet if you are having trouble thinking of some. Take the time to read 1 or 2 each morning as a class. You can even get creative and make positive affirmation posters to put up around your school.



James speaks about healthy relationships and how important it is to engage with others in a good way. Consider these questions:

Think of the friendships you have in your life.

- Do you have good communication with your friends?
- When one of them makes you upset or angry, do you talk about it to find a resolution? Do you hold it in and let it pile up?
- Do you carry your anger for many days or are you able to let it go?

We want you to think critically about the relationships and friendships in your life.

- Do they support you?
- Do you support them?
- Do they bring you good medicine?

We encourage you to do some self reflection. What kind of a friend are you? Write down some key strengths that you bring to your friendships. Write down some areas that you can develop to be a better friend.



# The Moose Hide Campaign - a tangible way to spread love and end violence



MOOSE HIDE  
CAMPAIGN  
CAMPAGNE  
MOOSE HIDE

We invite you to cut out the "I wear mine" badge below and write down one reason why you believe in wearing the moose hide pin. Some examples are:

- I wear mine to end gender-based violence
- I wear mine to show that I am a safe person
- I wear mine to stand up against violence

Create a school or classroom board where everyone can pin their "I wear mine" cut-out to be displayed.

I wear  
mine

