



Alaska  
Blanket  
Exercise

Truth, understanding, respect, and reconciliation

The **Alaska Blanket Exercise program** is a participatory history lesson – developed in collaboration with Alaska Native Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples.

The Alaska Blanket Exercise has two offerings, including the **in-person Alaska Blanket Exercise (ABE)** and the **Virtual Alaska Blanket Exercise (vABE)**.

### **In-Person Alaska Blanket Exercise (ABE)**

Through an experiential learning activity, participants will walk on blankets representing the land and into the role of Alaska Native people by reading scrolls and carrying cards which ultimately determine their outcome as they literally ‘walk’ through situations that include pre-contact, colonization and resistance.

#### *Learning Objectives*

1. Participants will gain knowledge and understanding of Alaska Native history, since time immemorial.
2. Participants will develop an understanding of the impacts of intergenerational trauma on Alaska Native people.
3. Participants will develop awareness of and gain an understanding of what they can do in their own lives and communities to break cycles of intergenerational trauma.

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