

# SUGPIAT TRAUMA & RESILIENCE

## LESSON PLAN FOR "THE ALASKA MYTH" PODCAST, EPISODE 2

**Grade Level:** Adapt for 7th - 12th grades

**Subject:** Alaska Studies, Social Studies, Health

**Topic:** Historical Trauma & Resiliency

### Objectives and Goals

Students:

- Explore multiple Sugpiat perspectives on trauma & resilience to appreciate contributions of past and present Sugpiat community members
- Appreciate the importance of acknowledging true and painful histories for contemporary healing

### Materials

[The Alaska Myth Podcast, episode 2, "Kodiak Remembers"](#)

8th grader [James' podcast](#) (3 minutes)

8th grader James' film [Understanding COVID & My Alutiiq Heritage](#) (4 minutes)

[Coffee & Quaq podcast "Enslavement of the Sugpiat"](#)

### Activities

*Trigger warning: Be sensitive to your students and make sure to prepare them as a group & individually if needed for the topic so that no-one is taken by surprise to explore trauma.*

Pre-Work (ideally before class as homework): Listen to The Alaska Myth episode 2, "Kodiak Remembers" podcast.

Opener: Everyone writes down the three most memorable moments from the podcast, sharing one aloud.

Listen to the Coffee & Quaq podcast from 14 - 17 minutes & to James' podcast & movie while taking notes about what you hear in each about Sugpiat trauma and healing respectively.

Discuss in groups of 3 - 4 what James, Hanna, & Sven are each saying about their trauma & what each saying about their healing? Each group writes their ideas and post them on the wall, and one person from each group shares their "aha" moments with the class.

Bring the class back to "Kodiak Remembers" Lead a think-pair-share about how this podcast illustrates the way history from hundreds of years ago impacts us and is still present today? Each pair shares one reflection with the whole group.

Closer: Each student shares 1 word about how they feel

### Assessments

-Collect student notes (three most memorable moments & notes they take while listening to podcasts) to assess for student understanding) as well as group notes hung on the wall

-Listen to student share-out about how history impacts us today to assess for student understanding of the link between the past, present, & future

# RUSSIAN ENSLAVEMENT OF SUGPIAT ON KODIAK

## LESSON PLAN FOR "THE ALASKA MYTH" PODCAST, EPISODE 2

**Grade Level:** adapt for 9th - 12th grades

**Subject:** Alaska Studies / Social Studies

**Topic:** Indigenous enslavement

### Objectives and Goals

Students:

- Understand that Russian enslavement of Sugpiat was ubiquitous, traumatic, & has present day impacts
- Know that enslavement of Indigenous people was wide-spread throughout the Americas
- Grasp the details of how Russian enslavement of Sugpiat functioned on Kodiak

### Materials

[The Alaska Myth Podcast, episode 2, "Kodiak Remembers"](#)

["Forgotten Slavery of Our Ancestors" film \(12 minutes\)](#)

[Coffee & Quaqa podcast "Enslavement of the Sugpiat"](#)

### Assessment

Collect students notes to assess for understanding.

Give students the following questions at the end of class to write their answers. Give them the option to speak the answers as a voice memo:

- What three things did you learn about Russian enslavement of Sugpiat?
- Why do you think this history of Indigenous enslavement isn't commonly taught or talked about?
- What three things did you learn about the enslavement of Indigenous people throughout what is now known as North, Central & South America?

### Activities (can be spread over several classes)

Trigger warning: Be sensitive to your students and make sure to prepare them as a group & individually if needed for the violent history shared in this lesson.

Opener: Ask students if anyone knows that Indigenous people were enslaved throughout what is now known as the Americas prior to and at the same time as the trans-Atlantic slave trade. If a student is familiar with this, have them share their knowledge.

Listen to "Kodiak Remembers" 9:15 - 15:37 (if you can listen to more or have students listen beforehand, that's even better) and have students take notes about all of the facts they hear. Ask students to share and write everything they share on the board.

Watch "Forgotten Slavery of Our Ancestors" & have students take notes.

In groups of ~3, have students discuss the following questions: 1) What did you learn about Russian enslavement of Sugpiat on Kodiak & 2) What is similar about Indigenous enslavement on Kodiak & in the rest of the Americas, & what is different?

One student from each group shares a reflection with the entire class.

Have students brainstorm the key moments in Russian enslavement of Sugpiat, and make a chronology of key events on the board.

Give students "assessment" questions to write about.

Close-out: Ask students to share about how they think / feel after this lesson. This is a good chance to make sure students are okay as they process this possibly new information.

# STUDENT NOTES

## RUSSIAN ENSLAVEMENT OF SUGPIAT ON KODIAK LESSON

Name \_\_\_\_\_ Date \_\_\_\_\_

Write down the facts / events you hear about in "Cry of the Wild Ram" podcast (9:15 - 15:37)

"Forgotten Slavery of Our Ancestors" film (write down 3 things that strike you):

Take notes from your small group discussion about: 1) What did you learn about Russian enslavement of Sugpiat on Kodiak & 2) What is similar about Indigenous enslavement on Kodiak & in the rest of the Americas, & what is different?

Write your response to the following:

- What three things did you learn about Russian enslavement of Sugpiat?
- Why do you think this history of Indigenous enslavement isn't commonly taught or talked about?
- What three things did you learn about the enslavement of Indigenous people throughout what is now known as North, Central & South America?