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REGAINING YOUR POWER: CULTURE, CEREMONY, AND BOXING WITH TEAM 700

THIS WORKSHOP IS CREATED FOR GRADES 7+

Join Team 700, an all-Indigenous youth boxing team, in these empowering pre-recorded workshops for **grades 7-12**. Team 700's stories are broken into 3 separate videos with 3 separate lesson plans, we recommend you watch the short (one minute) visual storytelling video and complete at least 1 of the 2 video workshops. Through visual storytelling and personal experiences, Team 700 shares how culture, ceremony, and connection to ancestors are woven into every aspect of their training and lives. Students will explore the importance of finding strength through healthy outlets like boxing to regulate emotions, build resilience, and reclaim personal power. Students will also learn about the importance "staying soft" in a world that tries to harden us.

The three team 700 videos are below:

Team 700: What do you stand for?

Team 700: The origin story

Team 700: Staying soft

In this package, you'll find three activities. The first is an activity to go with "Team 700: What do you stand for?". The second activity goes with the second video "Team 700: The origin story" and the third activity goes with the third video "Team 700: Staying soft."



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WHAT DO YOU STAND FOR?

The "What Do You Stand For?" video shares a powerful story of Indigenous past, present, and future. It reminds us that Indigenous people have every reason to become hard — to shut down or turn away from their emotions — because of what has been taken from them. Canada tried to erase their languages, their children, and their spirit. But instead of giving in to that pain, these youth stay true to themselves. They remain soft, strong, and rooted in their cultures. As boxers, they are often seen as fighters or warriors, but it is through reclaiming their culture, honouring their ancestors, and walking a good path that they embody what being a true warrior means. They are vibrant, thriving, and full of life. At the end of the video, Team 700 offers a call to action — asking: What do you stand for?

Now it's your turn. Create a piece of artwork that shows the future you stand for. Make sure it highlights the causes, values, and dreams that matter most to you.

This piece of artwork can be any medium you choose; collage, pastel, pencil crayon, etc.

Submit your artwork to wpoll@moosehidecampaign.ca for a chance to be featured on our socials and win a gift card prize pack.





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TEAM 700: AN ORIGIN STORY

Watch the Video:

Begin by watching Team 700: The Origin Story as a class.

Ask the students the following questions as a group discussion:

- What stood out to you in the video?
- How did learning about the meaning behind the name "Team 700" affect your understanding of the team?
- What stereotypes did the team members challenge?
- What does “fighting for something bigger than yourself” mean to you?

Since the team was created the number of youth who age out of care in BC has changed. Using independent research, answer the following questions:

- How many youth age out of care in BC currently?
- How many youth age out of care in Canada currently?
- What percentage of kids in care are Indigenous?
- How do you think colonization has impacted the amount of youth in care?
- Define the term “Systemic racism”.

Write a journal reflection about what you have learned.



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STAYING SOFT

In the Team 700 videos, the idea of “being soft” is a powerful theme. Being soft doesn’t mean being weak — it means walking through life with love, openness, and kindness in your heart, even when hard things happen to you.

There are many experiences in life that try to harden us — that tell us to shut down, stop feeling, or stay angry. But staying soft is an act of strength. It means choosing not to let the world change who you are. It’s about taking back your power when unfair or painful things happen.

Being soft also means staying true to yourself, even when the world tries to tell you who you should be. Society often places expectations on us based on our culture, gender, or background. Things like “girls should wear pink” or “boys shouldn’t cry” are examples of norms that don’t define who we really are.

Activity:

Take a look at the two boxing gloves on your worksheet.

👊 In the smaller glove, write down some of the expectations or norms society has tried to place on you.

👊 In the larger glove, write your true-to-self reality — the things that make you you, in your strength, softness, and truth.

👊 Decorate the glove wrist bands in ways that show the norms placed on you, and on the larger glove, your true-to-self identity

