

## What is an Inuksuk

An Inuksuk is a powerful symbol of the Canadian Arctic, a stone structure that resembles a human.

Traditionally inuksuit (plural) have been built by the Inuit to act in the place of messages.

The Inuksuit (the plural of inuksuk) can point the way, express joy, or simply say: welcome.

There are many other meanings associated with the built structure that can be explored such as: to show the correct direction to go, to mark a safe passageway, mark a good resting place or identify a family home.



## What does an Inuksuk symbolise?

Traditionally, they were used by the Inuit in the north as directional markers. An Inuksuk in the shape of a person signifies safety, hope and friendship.

Inuksuit have been transformed into a symbol of hope and friendship that transcends borders to reach people all over the world.



## How do you make an Inuksuk?

- Decide if it is going to be an inside or outside sculpture
- Be sure to wash and dry your rocks if you are using them inside
- You can use craft glue or putty to make your rocks secure for inside projects
- Choose your spot to build your Inuksuk
- Ideal spots for outside are:
  - Your garden, beside your front door, in the woods, in a field, a shallow stream.
- Decide on what rocks you are going to use:
  - Limestone, sandstone or stones you have collected over the years



## Types of rocks to use



**Limestone**



**Sandstone**



## Step by step

### Step. 1

A large flat stone will form the base for the foundation balance.

### Step. 2

Add two large stones upright position.

### Step. 3

Start balancing different shapes on top, most surfaces will be irregular, flip them, position them until they become a better fit.

### Step. 4

Add flat stones for arms as you reach the height you want.

### Step. 5

Weight down the arms with another rock, and another, and another.

### Step. 6

A round rock will complete the top for the head.

If it falls, that's normal, and it will many times until you create the design you want.

Keep going  
build another...



## A Place for your Inuksuk

### The location can reflect meaning

Making an Inuksuk as a marker on our walking route will signal to the next person out walking... what it is you are messaging them.

- ~ Making an **Inuksuk** in your garden may message the onlooker a friendly welcome awaits
- ~ Making an **Inuksuk** in amongst flowers may signify a place of peace and beauty
- ~ Making an **Inuksuk** a pathway may indicate the way to go
- ~ Making an **Inuksuk** in a picnic spot may signify a place of plenty and a place to rest
- ~ Making an **Inuksuk** on a deck may signal a good place to see wildlife



Finally, take a photo of your Inuksuk and send it to Facebook Family Explorer Challenge

<https://www.facebook.com/FamilyExplorerChallenge/>



**COVID-19:** It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: [www.hse.ie](http://www.hse.ie) and [www.health.gov.ie](http://www.health.gov.ie)

Nature on Your Doorstep activity sheets brought to you by Carlow Sports Partnership in collaboration with the Carlow County Council Keep Well Campaign, Carlow Mental Health Association, Healthy Carlow & Carlow Tourism.