

Outdoor Education

Lesson 6 : Grades Gr. K-2
Indigenous Medicine Plants



Indigenous Medicine Plants : Sage

Sage is believed to help people get rid of negative energy.



About Sage

There are many kinds of sage. White sage is found in desert areas. A natural sage that grows in BC is sagebrush. There is also blue sage, desert sage and more.

Sagebrush



With thanks, this pic is from:

<http://splitrockenvironmental.ca/product/big-sage/>

Big Sagebrush



With thanks, this pic is from:

<http://linnet.geog.ubc.ca/Atlas/Atlas.aspx?sciname=Artemisia%20tridentata%20ssp.%20vaseyana&noTransfer=0>

White Sagebrush



With thanks, this pic is from:

<https://www.epicgardening.com/white-sage-plant/>

White Sage

White sage is what you often see bundled for smudging.

White Sage



With thanks, this pic is from:
<https://www.rootssimple.com/2011/09/salvia-means-salvation-white-sage/>

White Sage Bundle



With thanks, this pic is from:
https://www.123rf.com/photo_112187057_wildcrafted-dried-white-sage-salvia-apiana-leafy-bundles-on-fibrous-tree-bark-in-forest-preserve-smu.html

White Sage Smudge



With thanks, this pic is from:
<https://www.movingtowardspace.com/mtpblog/the-ancient-art-of-burning-sage.html>

Prairie Sage

**Prairie sage is found in the
Canadian Prairies.**

**This is the kind of sage used by
many Indigenous cultures in
Alberta, Saskatchewan and
Manitoba.**



Big Sagebrush

Big sagebrush is found in British Columbia.

This is the kind of sage used by many Indigenous cultures in British Columbia.



Indigenous cultures use sage for several purposes.

Here are some uses of Big Sagebrush as practiced by some Indigenous peoples in British Columbia.

Make a tea from dried leaves and branches to help with colds and headaches.



With thanks, this pic is from: <https://www.wellandgood.com/good-advice/sage-benefits/>

Use as a smudge to clear negative energy from a person or a space, and to get rid of harmful bacteria.



With thanks, this pic is from: https://www.etsy.com/market/sagebrush_smudge

Bark woven into baskets, clothing and mats.



With thanks, this pic is from: [https://in.pinterest.com/pin/411446115938009336/?amp_client_id=CLIENT_ID\(\)&mweb_unauth_id={{default.session}}&from_pin_page=true](https://in.pinterest.com/pin/411446115938009336/?amp_client_id=CLIENT_ID()&mweb_unauth_id={{default.session}}&from_pin_page=true)

Why do Indigenous people smudge?

Watch this video of an Elder teaching her granddaughter about smudging.

https://www.youtube.com/watch?v=6fIMumk2cnA&list=PLeyJPHbRnGaZFu8_xxuXPIYG-j-9cogsx&index=45&t=0s





Artwork: Qwa Honn/ Johnny Williams SD75 Cultural Liaison Worker

Curriculum: Kikakaten/ Peggy Janicki SD75 Indigenous Mentor Teacher

Now that you've watched the video about smudging, try to answer these questions.

What are the actions a person does to smudge?

Why do people smudge?

How to you keep positive with a good heart and mind?

Sage is a healing Indigenous medicine plant.



Sage is a healing Indigenous medicine plant.



What is made to help heal colds and headaches?

Where is Big Sagebrush found?



Why do people smudge?



What medicine wheel direction is sage connected with?



What useful items can be made from Big Sagebrush bark?

**Now it's your turn. Go for a walk with an Elder or relative
and ask them about sage and smudging.
Maybe they'll tell you about their experiences.**

Enjoy your walk.



With thanks, this pic is
from: http://digitalsqewlets.ca/sqwelqwel/xwelmexw/sqewlets_families-familles-eng.php