

# Outdoor Education

**Lesson 4 : Grades Gr. 3-6**

**Sto:lo Medicine Plants**



# Sto:lo Medicine Plants

Learning Intentions:

I can identify four Sto:lo Medicine plants.

I can relate each of the four medicine plants to a place on the medicine wheel.



# Why do we eat plants as food?

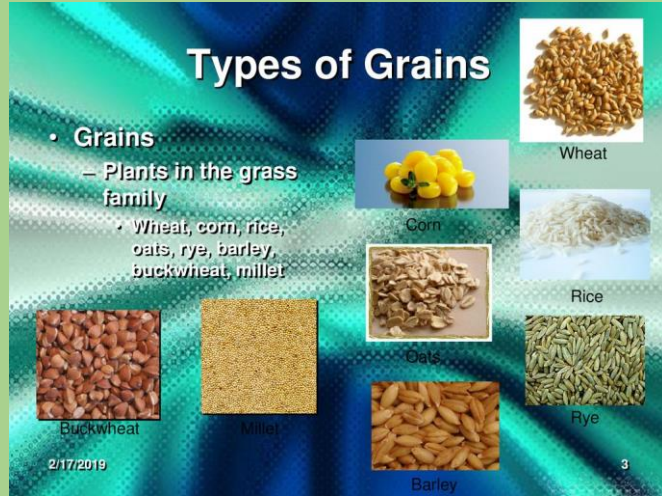


With thanks, this pic is from: <http://digitalsqwelts.ca/sqwelqwel/xwelmexw/culture-eng.php/>

**We need plants for food.**

**Food is like medicine to our bodies  
because food keeps our bodies  
healthy.**

**We eat grains to keep us “regular” and our stomach system working properly.**



With thanks, this pic is from:  
<https://slideplayer.com/slides/15761184/>

**We eat vegetables to keep our blood and body systems working properly.**



With thanks, this pic is from:  
<https://www.daysoftheyear.com/days/eat-your-vegetables-day/>

**We eat fruits to keep our blood and body systems working properly.**



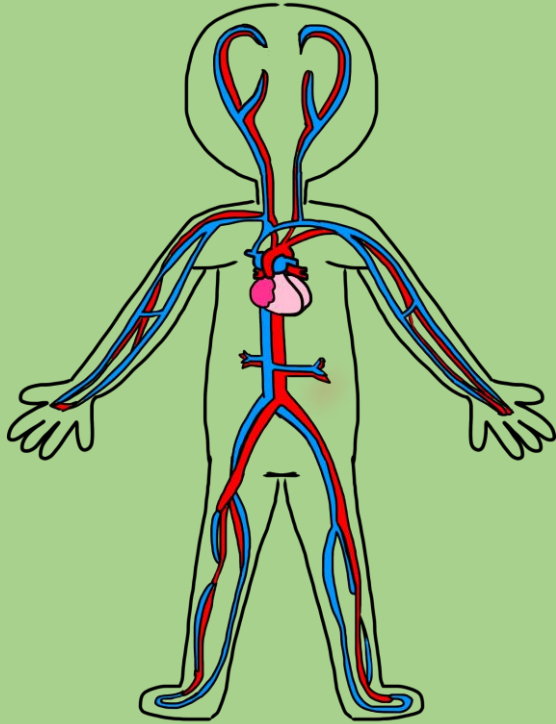
With thanks, this pic is from:  
<https://www.cookinglight.com/eating-smart/nutrition-101/best-sweet-fruits-for-sugar-cravings>

**We eat fats to keep our body warm and to support body systems.**

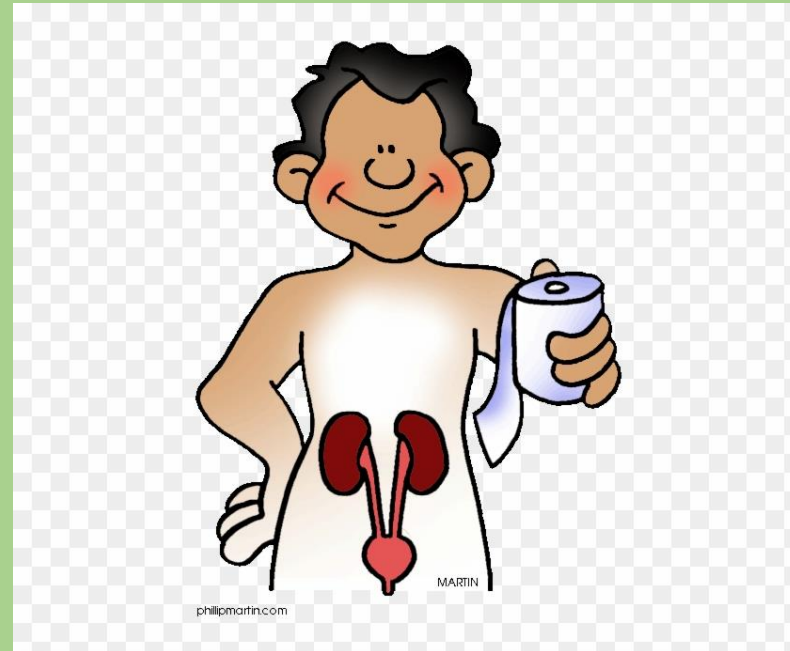


With thanks, this pic is from:  
<http://lf2014springa1309.blogspot.com/2014/05/fats.html>

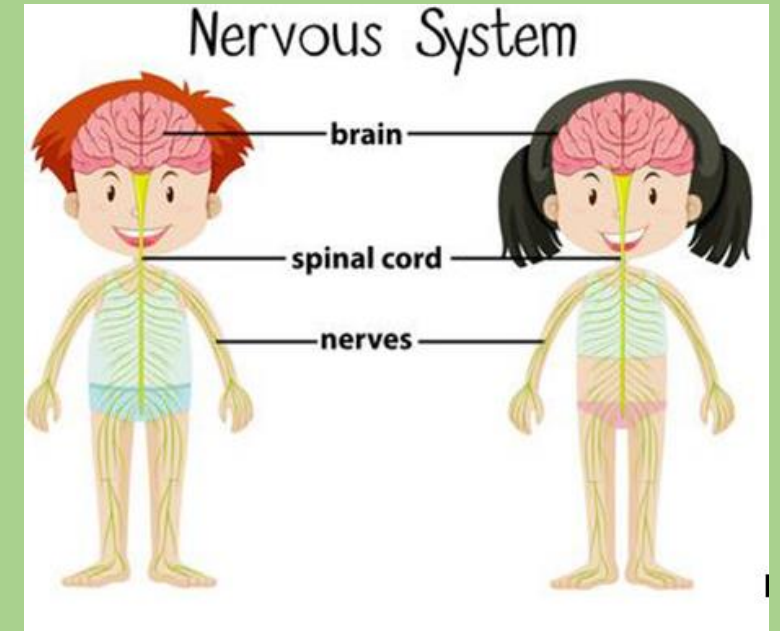
What do you think is meant by the “body systems” plant foods supports?  
Look at the picture clues to help you.



With thanks, this pic is from:  
<https://www.pinterest.ca/pin/85709199142338927/>



With thanks, this pic is from:  
<https://www.clipartmax.com/middle/m2i8Z5Z5Z5N4H7K9> <http://www.clipartkid-com-cartoon-body-system-excretory-system-clipart/>



With thanks, this pic is from: <https://allhealthykids.org/research-reveals-chiropractic-helps-children-massively/>

**Sto:lo also have 4 sacred medicine plants  
to help keep people well.**



**Tobacco**

**Sage**

**Sweetgrass**

**Cedar**

# Here's what each of these sacred plants look like.

## Tobacco



With thanks, this pic is from:  
<https://www.epicgardening.com/white-sage-plant/>

## Sweetgrass



With thanks, this pic is from:  
<https://www.gardenguides.com/12545858-how-to-identify-sweet-grass.html>

## Red Cedar



With thanks, this pic is from:  
<https://sierraclub.bc.ca/western-red-cedar/>

With thanks, this pic is from:  
<https://www.scientificamerican.com/article/the-fight-to-keep-tobacco-sacred/>

**Each of these sacred plants has a special purpose.**



**Tobacco is for giving thanks.**

**This is sacred tobacco, not tobacco found in cigarettes.**

**What do you think is the difference between sacred tobacco and cigarette tobacco?**

With thanks, this pic comes from:

<https://www.pinterest.ca/pin/738308932639704517/>





**Sage is for smudging.**

**What is smudging?**

**Why do you think  
people smudge?**

With thanks, this pic comes from:

[https://www.huffingtonpost.ca/2018/11/29/indigenous-people-sage-and-smudge-kits\\_a\\_23602571/](https://www.huffingtonpost.ca/2018/11/29/indigenous-people-sage-and-smudge-kits_a_23602571/)



**Sweet grass is for smudging and for making things like baskets.**

**What else do you think can be made from sweet grass?**

With thanks, this pic comes from:

<https://www.thecanadianencyclopedia.ca/en/article/sweet-grass>



With thanks, this pic comes from:

<https://www.cbc.ca/news/indigenous/indigenous-language-health-care-workers-1.4660009>

**Red Cedar is used to drive away negative energy and to make things like cedar baskets.**

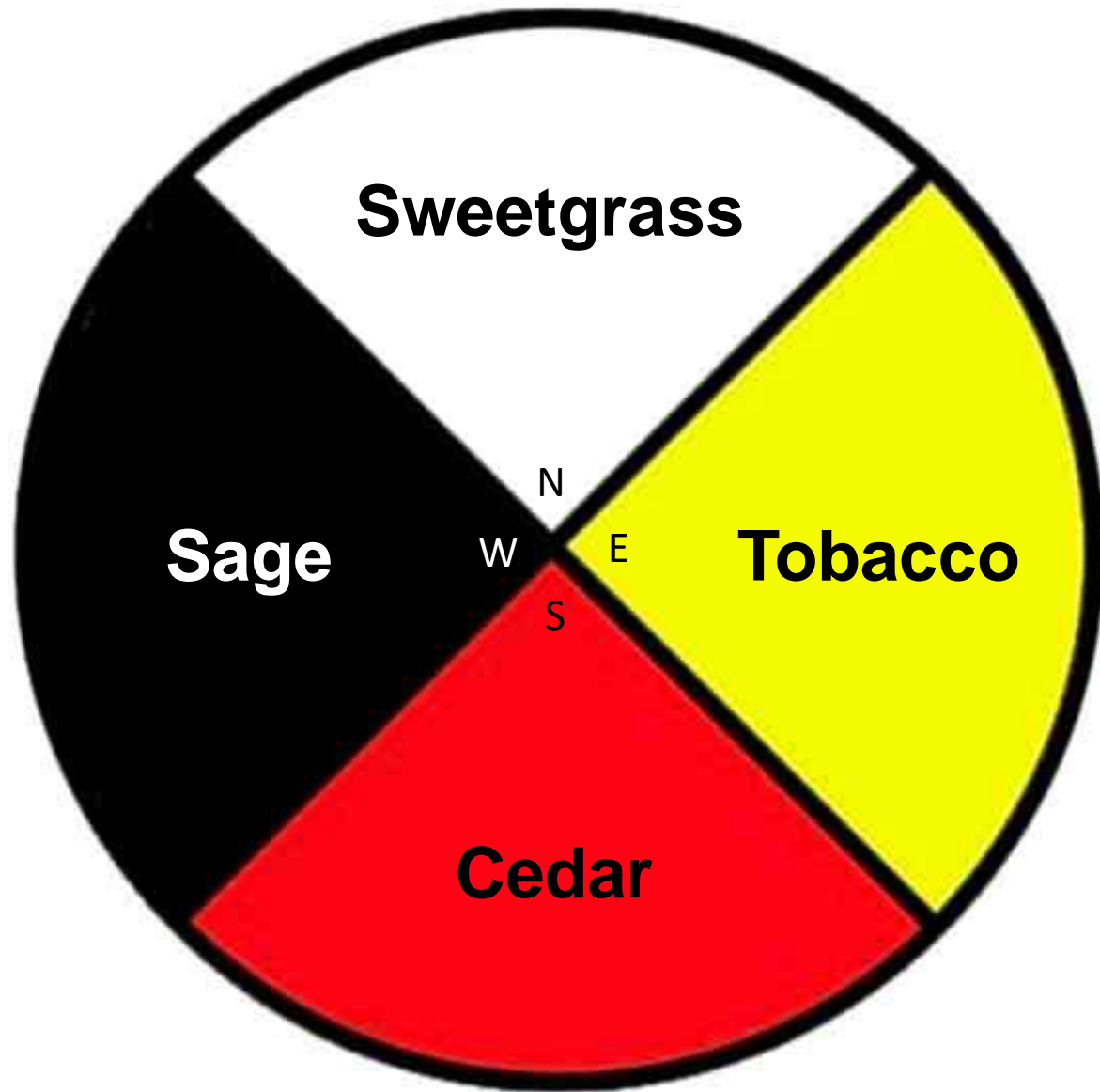
**What else do you think could be made from red cedar?**

**Why do you think people want to get rid of negative energy?**

**Can you point to and name each of the four sacred medicine plants in this picture?**



With thanks, this pic is from: <https://www.cbc.ca/radio/unreserved/when-indigenous-healing-practices-meet-modern-medicine-1.3530072>



**Each sacred medicine is part of the medicine wheel teachings.**

**What direction does each colour represent?**

**Why do you think these four sacred plants are part of the medicine wheel teachings?**

**We'll study more about each plant in future lessons.  
For now, it's your turn. Go for a walk and see if you can find any  
of these four sacred plants in your area.**



**If you have an Elder nearby,  
maybe you can ask them to go for a walk with you.  
Maybe they'll tell you about the four sacred medicine plants.**

**Enjoy your walk.**



With thanks, this pic is from: <http://legamel.ca/recreation/elders/>



With thanks, this pic is  
from: [http://digitalsqewlets.ca/sqwelqwel/xwelmexw/sqewlets\\_families-familles-eng.php](http://digitalsqewlets.ca/sqwelqwel/xwelmexw/sqewlets_families-familles-eng.php)