

Outdoor Education

Lesson 4 : Grades Gr. K-2

Sto:lo Medicine Plants



Sto:lo Medicine Plants

I can identify four Sto:lo Medicine plants.





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.**

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



Tobacco

Sage

Sweetgrass

Cedar

With thanks, this pic is from: <http://www.northern.on.ca/indigenous/four-sacred-medicines/>

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/



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/sweetgrass>



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>

**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