

Outdoor Education

Lesson 5 : Grades Gr. K-2
Indigenous Medicine Plants



Indigenous Medicine Plants : Tobacco

**Indigenous tobacco is used for special times and ceremonies.
Indigenous tobacco is not for smoking in cigarettes.**



A Brief History of Indigenous Tobacco

Did you know Indigenous people have used tobacco in rituals and ceremonies for thousands of years?



Indigenous people grew tobacco as a crop even before corn or beans were farmed.

When European adventurers first came to North and South America, Indigenous peoples shared their tobacco in special times, in ritual and ceremonial ways.



With thanks, this pic is from:
[https://en.wikipedia.org/wiki/Americas_\(terminology\)](https://en.wikipedia.org/wiki/Americas_(terminology))

Europeans began to use tobacco in a different way by inhaling the smoke. To Indigenous people, this was abusing their sacred medicine plant.



With thanks, this pic is from:
https://en.wikipedia.org/wiki/History_of_smoking

Over time, Europeans grew tobacco for profit. Indigenous people grew tobacco for ceremony and ritual.

Did the Europeans misunderstand the use and importance of tobacco for Indigenous people?



With thanks, this pic is from:
https://en.wikipedia.org/wiki/Cultivation_of_tobacco

Today, Indigenous people use tobacco in rituals and ceremony.

European tobacco habits also happen, in the form of inhaling tobacco smoke from cigarettes.

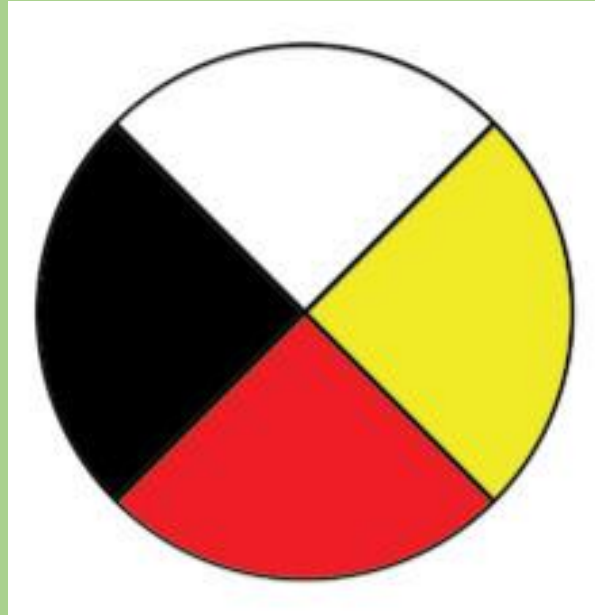


With thanks, this pic is from: <https://www.cbc.ca/news/canada/north/alyssa-mosher-at-dettah-sacred-pipe-ceremony-1.4032181>

However, Elders teach that inhaling tobacco is disrespectful to the real purpose and use of Indigenous tobacco.

With thanks, this pic is from: <https://bcaafc.com/wp-content/uploads/2019/07/BCAAFC-2018-19-Annual-General-Report.pdf>

How is Indigenous tobacco used?



With thanks, this pic is from:
<https://carleton.ca/indigenous/resources/tobacco-offering-protocol/>



Tobacco is used in sacred pipe ceremonies for peace and agreement..



People smudge by waving tobacco smoke over themselves with their hands.



A sacred pipe is shared. Smoke is not inhaled into the lungs.

Tobacco is used to thank the Creator, Mother Nature and Elders.



Tobacco can be bundled to pass to an Elder as a gift for sharing wisdom, lessons or teachings.



With thanks, this pic comes from <https://leaderpost.com/news/local-news/reconciliation-can-flow-through-water-workshop-teaches/>

Tobacco can be offered to water for thanks to the goodness it brings people.

Indigenous tobacco is often mixed with other local healing plants.



Yarrow



With thanks, this pic comes from:
<https://staff.royalbcmuseum.bc.ca/2017/01/17/yarrow/>

Coltsfoot



With thanks, this pic comes from:
https://www.shutterstock.com/search/%09coltsfoot?page=2§ion=1&search_source=base_related_searches

Red Willow



With thanks, this pic comes from: <https://www.honey-plants.com/calendar/nova-scotia/red-willow/>

Indigenous tobacco is natural. Smoking tobacco is made with other dangerous chemicals.

Indigenous Ceremonial Tobacco



With thanks, this pic comes from:
<https://www.leaf2smoke.ca/ceremonial-.html>



European Smoking Tobacco



With thanks, this pic comes from:
<https://www.canadianpackaging.com/features/145271/>



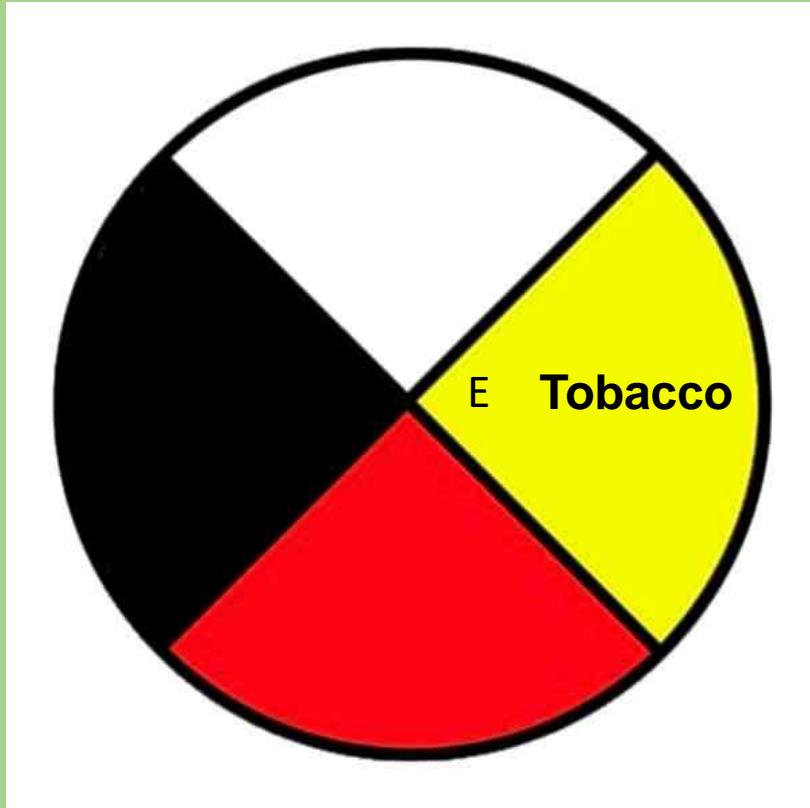
With thanks, this pic comes from:
<https://www.canstockphoto.com/black-pack-of-cigarettes-15434104.html>



With thanks, this pic comes from:
https://www.eurekalert.org/pub_release/s/2019-08/uos-woi082919.php

Now it's your turn.

**Go for a walk and think about the sacred medicine Tobacco.
How might you give thanks to Mother Nature and Elders?**



**If you have an Elder nearby,
maybe you can ask them to go with you.
Maybe they'll tell you about tobacco medicine.**

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