



Mixing and Measuring Common Medicines

GENERAL KNOWLEDGE

SYNOPSIS

After Wāpastim’s videos on harvesting plants and animals, we learn how to make a medicinal tea and salve using some of the harvested plants and animals.

Start your learning with the **Harvesting Plants and Animals** video series, legends/stories, and learning guide.

THEMES

healing, safety, medicines, traditional methods and practices, non-standard measure, smudging, emulsion, anti-inflammatory, analgesic

LEGENDS/STORIES

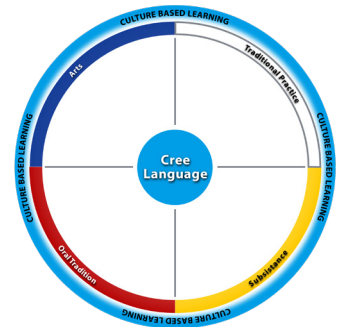
 **How Medicines Came to Man**

VIDEOS IN THIS SERIES

Making Medicine Tea (16:35)

Making Medicine Salve (20:32)

PRE-PLANNING TEMPLATE



CREE TERMS

Making Medicine Tea

tānisi - hello

nīsikāson - my name is

Wāpastim - White Horse

maskekewapoy - medicine tea

Laboom - mint

wacaskomicisowin - rat root

cāpān - great grandparents

Nēhiyawak - Cree people

This guide was developed by the Alberta Professional Learning Consortium and funded partially by Alberta Education to support implementation. It is freely provided in support of improved teaching and learning under the following Creative Commons license.



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CREE TERMS

ACKNOWLEDGEMENT:

Ahaw kisemanito - okay Creator

Nanaskomon awa maskihkiy - I give thanks for this medicine.

Ahaw kisemanito nanaskomon awa maskekewapoy - I give thanks for this medicine tea.

Ahaw amiskowihkaskwa kinanaskomitin - Okay laboom thank you.

Awa maskihkiy - this medicine

Ahaw wacaskomicisowin nanaskamitin awa maskihkiy - okay rat root we give thanks for this medicine.

Ahaw kisemanito nanaskomon awa maskekewapoy - okay Creator I give thanks for this medicine tea.

Ahaw nimōsominanak nohkōminanak cāpānanak - okay grandfathers grandmother great grandparents

Nanaskamitin awa kiskinwahamakēwin - we give thanks for his teaching

Ahaw kinanaskomitin kisemanito - okay thank you Creator.

kinanaskamitin kahkiyaw - I give thanks all

Making Medicine Tea

tānisi - hello

nīsīkāson - my name is

Wāpastim - White Horse

maskihkiy - medicines

waskatamiw - yellow pond lily

okaminakasimaks - devils club

maskwa - bear

maskwa pimiy - bear grease

mosom maskwa - grandfather bear

amo - bee

ēkōsi maka - that's all

POSSIBLE ON-THE-LAND ACTIVITIES IN THE CLASSROOM

- Make tea in the classroom for students to sample – mint tea and other natural teas can be found in many grocery stores and health food stores.
- If possible, bring raw samples of bee's wax and bear grease or other oil for students to touch and experience.



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EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

Grade 2 Math: Number

Students analyze quantity to 1000.

(K) A benchmark is a known quantity to which another quantity can be compared.

(U) A quantity can be estimated when an exact count is not needed.

Grade 5 Science: Matter

5M 1.2 Students investigate the particle model of matter to describe the physical properties of solids, liquids, and gasses.

(K) Physical properties of matter include

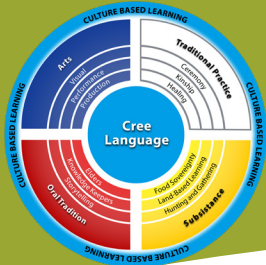
- state
- mass
- volume
- density
- compressibility

Grade 7 Science Units:

B. Plants for Food and Fibre

C. Heat and Temperature

Chemistry 20: Unit A: The Diversity of Matter & Chemical Bonding



Pre-Planning with the 4 Foundations of Cree Ways of Knowing and Being

