



## Four Sacred Plants and Smudging

### GENERAL KNOWLEDGE

#### SYNOPSIS

Wāpastim introduces us to the 4 commonly known sacred plants: sage, cedar, sweet grass, and tobacco, their uses, abilities, and energies. He then explains how diamond willow fungus is known to be one of the four in northern Alberta. From there Wāpastim shares the teachings he received around smudging and demonstrates how he was taught to smudge.

#### THEMES

spiritual practices, ceremony, direction - facing the east, roles of rocks, two types of sage, repetition of 4, clockwise movement - direction of the sun's movement

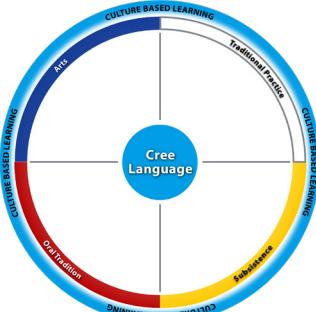
#### LEGENDS/STORIES



#### VIDEO

Four Sacred Plants and Smudging (32:16)

#### PRE-PLANNING TEMPLATE



#### CREE TERMS

##### Four Sacred Plants and Smudging

tānisi - hello

Wāpastim - White Horse

nisīkāson - is my name

Nēhiyawak - Cree people

kihtēhayahk - elders

kekāt kahkiyaw ayisiyinowak - almost all the people

paskwa wihkawaskwa - sage

mostos wihkawaskwa - buffalo sage

mistatimo wihkawaskwa - horse sage

masikes - cedar

Kisemanito - Creator

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## Four Sacred Plants and Smudging

wihkaskwa - sweetgrass

cistēmaw - tobacco

wihkimāsikan - diamond willow fungus

kihcinapew asiniy - great man rock

oskapewis - elder helper

mosom paskwaw mostos - grandfather buffalo

mosom pisim - grandfather sun

kinanaskomitinawah kahkiyaw - thank you all of you

ay hay - thank you

### EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

#### Grade 2 Social Studies: Time and Place

Students explore the foundational heritage of First Nations, Francophone, and Métis communities.

- Heritage is culture and traditions that are passed down through generations.

#### Grade 3 Science: Matter

3M 1.1 Students investigate and analyze how materials have the potential to be changed.

First Nations, Métis, and Inuit communities interact with natural materials for specific purposes, such as

- teepees
- igloos
- medicines
- clothing
- transportation
- ceremonies

#### Grade 5 English Language Arts and Literature

Students analyze information, contexts, and perspectives using a variety of comprehension strategies.

- Perspectives include attitudes, beliefs, or ways of thinking about events or information.
- Perspectives are influenced by cultures, experiences, and interests.
- Characters in texts present various perspectives.

#### Senior High: Career and Life Management 20

General Outcome 1: Personal Choices

P7. analyze a variety of strategies to achieve and enhance emotional and spiritual well-being.



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

