



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

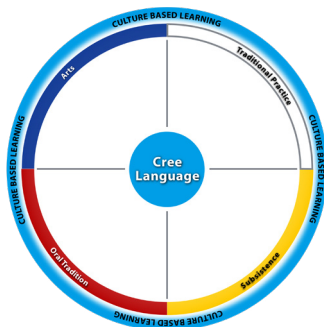


The Four Directions

VIDEO

Four Sacred Plants and Smudging (32:16)

PRE-PLANNING TEMPLATE



CREE TERMS

Four Sacred Plants and Smudging

tānisi - hello

Wāpastim - White Horse

nišikāson - is my name

Nēhiyawak - Cree people

kihtēhayahk - elders

kekat kahkiyaw ayisiyinowak - almost all the people

paskwa wihkwaskwa - sage

mostos wihkwaskwa - buffalo sage

mistatimo wihkwaskwa - horse sage

masikes - cedar

Kisemanito - Creator



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

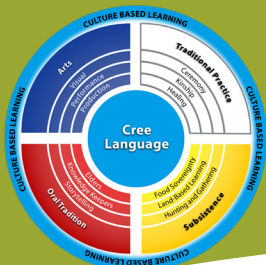
Students analyze information, contexts, and perspectives using a variety of comprehension strategies.

- 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

