



This week we learn about the four sacred medicines; sweetgrass, cedar, tobacco and sage. Each medicine was a gift from the Creator. These medicines are there to help us to be our best self: physically, mentally, emotionally and spiritually.

There are many ways in which Indigenous people use these sacred medicines throughout Turtle Island; whether it is in ceremony, giving thanks or gifting them to a special person in your life.

Watch the video to hear Mi'kmaq Elder Donna Augustine speaking on the Four Sacred Medicines.

<https://youtu.be/CJ8SLZWb27E>

# Learning Activities

## Kindergarten-Grade 1

Find and circle the hidden words in the grid below. Check off words on the word list as you find them.

S	W	E	E	T	G	R	A	S	S	B	R	C	H
L	M	S	A	G	E	N	O	P	G	I	F	T	Q
R	S	T	U	V	C	E	D	A	R	W	X	Y	Z
T	O	B	A	C	C	O	P	K	Y	R	C	H	G
E	L	D	E	R	D	W	T	P	L	A	N	T	S
A	D	A	R	T	L	O	V	E	N	J	K	J	Y
B	B	R	E	S	P	E	C	T	N	M	K	L	I
O	S	S	D	A	L	Y	M	O	H	E	A	R	T
S	H	A	R	E	T	H	R	T	H	A	N	K	S
L	L	A	O	R	E	C	E	I	V	I	N	G	N
K	I	N	D	N	E	S	S	U	Y	R	O	N	W
L	L	C	A	I	M	G	I	V	I	N	G	P	O

SWEETGRASS SAGE GIFT CEDAR TOBACCO ELDER PLANTS LOVE RESPECT  
HEART SHARE THANKS RECEIVING KINDNESS GIVING

Write the names of the four sacred medicines in the boxes below.

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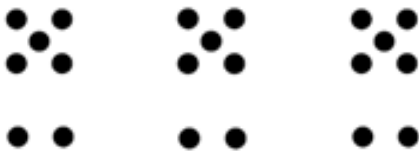
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### Math

Elder Donna tells us that a braid of sweetgrass is made up of three groups, each group represents the past, present and future. A braid of sweetgrass has three groups and each group has 7 pieces of sweetgrass in them.

How many pieces of sweetgrass are in a braid?



Put your answer here!

Find and circle the hidden words in the grid below. Check off words on the word list as you find them.

S	W	E	E	T	G	R	A	S	S	B	R	C	H
L	M	S	A	G	E	N	O	P	G	I	F	T	Q
R	S	T	U	V	C	E	D	A	R	W	X	Y	Z
T	O	B	A	C	C	O	P	K	Y	R	C	H	G
E	L	D	E	R	D	W	T	P	L	A	N	T	S
A	D	A	R	T	L	O	V	E	N	J	K	J	Y
B	B	R	E	S	P	E	C	T	N	M	K	L	I
O	S	S	D	A	L	Y	M	O	H	E	A	R	T
S	H	A	R	E	T	H	R	T	H	A	N	K	S
L	L	A	O	R	E	C	E	I	V	I	N	G	N
K	I	N	D	N	E	S	S	U	Y	R	O	N	W
L	L	C	A	I	M	G	I	V	I	N	G	P	O
B	R	A	I	D	L	O	P	C	I	R	C	L	E
M	O	T	H	E	R	E	A	R	T	H	N	J	I

SWEETGRASS SAGE GIFT CEDAR TOBACCO ELDER PLANTS LOVE RESPECT HEART SHARE  
THANKS RECEIVING KINDNESS GIVING BRAID CIRCLE MOTHER EARTH

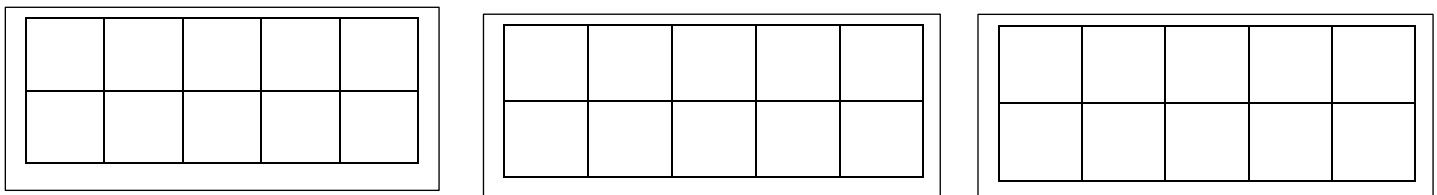
The vowels are missing in the words. Fill in the missing vowels to complete the words of the sacred medicines.

S w   t g r  s s      S  g

C  d  r      T  b  c c

**Math**

Elder Donna tells us that a braid of sweetgrass is made up of three groups, each group represents the past, present and future. A braid of sweetgrass has three groups and each group has 7 pieces of sweetgrass in them. Use the 10 frames below to help you figure out how many strands are in a braid of sweetgrass.



Write a number sentence to show the number of strands. (example 2+4=6)

Find and circle the hidden words in the grid below, words can go in any direction.

H	S	W	E	E	T	G	R	A	S	S	B	R	C	H	H	P
G	L	M	S	A	G	E	N	O	P	G	I	F	T	Q	O	T
T	R	S	T	U	V	C	E	D	A	R	W	X	Y	Z	N	N
I	O	F	F	E	R	I	N	G	K	Y	R	C	H	G	O	H
R	E	L	D	E	R	D	W	T	P	L	A	N	T	S	U	P
I	A	D	A	R	T	L	O	V	E	N	J	K	J	Y	R	G
P	B	B	R	E	S	P	E	C	T	N	M	K	L	I	C	N
S	O	S	S	D	A	L	Y	M	O	H	E	A	R	T	E	I
E	S	H	A	R	E	T	H	R	T	H	A	N	K	S	R	G
I	L	L	A	O	R	E	C	E	I	V	I	N	G	N	E	D
F	K	I	N	D	N	E	S	S	U	Y	R	O	N	W	M	U
I	L	L	C	A	I	M	G	I	V	I	N	G	P	O	O	M
R	B	R	A	I	D	L	O	P	C	I	R	C	L	E	N	S
U	M	O	T	H	E	R	E	A	R	T	H	N	J	I	Y	L
P	R	I	T	T	O	B	A	C	C	O	J	K	Q	Y	D	S

BRAID CEDAR CEREMONY CIRCLE ELDER GIFT GIVING HEART HONOUR  
 KINDNESS LOVE MOTHER EARTH OFFERING PLANTS PURIFIES RECEIVING  
 RESPECT SAGE SHARE SMUDGING SPIRIT SWEETGRASS THANKS TOBACCO

Unscramble the highlighted letters in the crossword puzzle list above to find the hidden words.

\_\_\_\_\_ (6 letters)

\_\_\_\_\_ (9 letters)

List the four sacred medicines in order in which they were gifted.

- 1.) The first sacred medicine gifted by the creator is \_\_\_\_\_.
- 2.) The second sacred medicine gifted by the creator is \_\_\_\_\_.
- 3.) The third sacred medicine gifted by the creator is \_\_\_\_\_.
- 4.) The fourth sacred medicine gifted by the creator is \_\_\_\_\_.

**Math**

Elder Donna tells us that a braid of sweetgrass is made up of three groups, each group represents the past, present and future. There are 21 strands of sweetgrass in total. How many strands of sweetgrass are in each group?

Write a number sentence to show the number of strands.

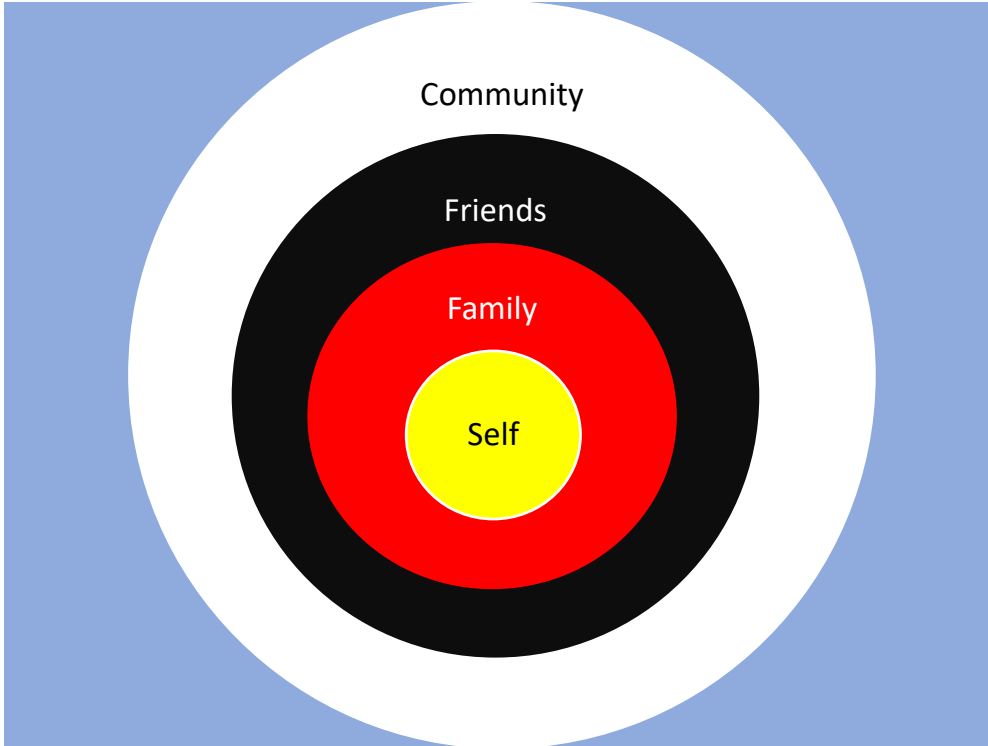
**Extension:** If a braid of sweetgrass was made up of a total of 96 strands; how many strands of sweetgrass would be in each group?

Write a number sentence to show the number of strands.

### Medicine of the Heart!

In this week's video, Elder Donna shares with us the most important medicine we can use is kindness.

What ways can you show kindness to your:



Throughout the week keep track of all the ways you showed kindness by making a list or a journal. When the week is finished go back and read through your list or journal. How does it make you feel? Can you challenge yourself to track another week of kindness? Can you challenge someone else to do the same?

### Print and colour

Colouring is a quick and easy way to have a relaxing moment. Below you will find three colouring sheets created by Indigenous artists to choose from.



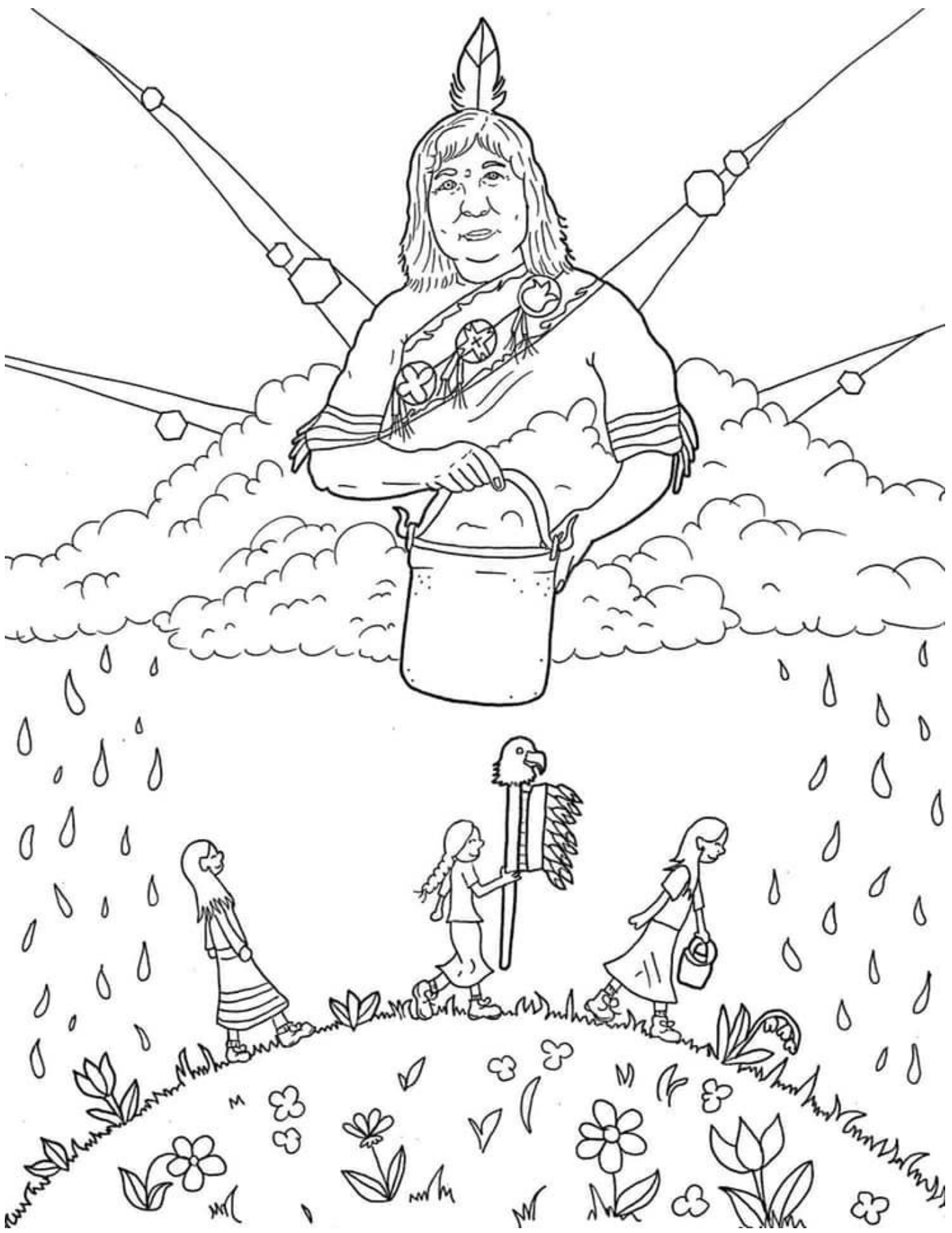


By: Mariah Alexander



  
*Heart Berry*

By: Sarah Howes



By: Christi Belcourt



# Learning Activities

Grade 6-12

## **Four Sacred Medicines**

Dictionary definition of **medicine**: any substance or substances used in treating disease or illness; remedy.

Many times when we hear the word medicine we think of medication or a doctor's prescription but Indigenous medicine can be anything natural that makes you feel healthier: mentally, physically, emotionally or spiritually. This notion is becoming popular in today's culture. Laughter you hear is good medicine, crying can be medicine, encouragement, generosity, all can make you feel better and thus considered medicine.

**Before** viewing the video, try and answer these questions.

1. What is Turtle Island?
2. What are the four sacred medicines?
3. What is a smudge?
4. Which of the four sacred medicines does not get burned in the smudge but is used as an offering?
5. Which two of the four sacred medicines grows naturally in NB?
6. What is medicine of the heart?

**Watch the video and then revisit the questions and add or modify your answers.**

<https://youtu.be/CJ8SLZWb27E> Elder Donna Augustine speaking on the Four Sacred Medicines.

# Learning Activities

## Grade 6-8 Follow up activity

**After watching the video try to fill in as many of the blanks as you can. If you don't know, take a guess. Listen to the video a second time to check or correct your answers.**

When indigenous people speak of Turtle Island, they are referring to what is called \_\_\_\_\_. The four sacred medicines have been used throughout Turtle Island for as long as the first peoples have lived here, from time \_\_\_\_\_.

The first of the four sacred medicines which were gifted from the \_\_\_\_\_ was sweet grass. Sweet grass grows locally and you should always be in a \_\_\_\_\_ mood to pick any medicine. Whenever you take anything from Mother \_\_\_\_\_ you should make an offering of a prayer to show respect to the \_\_\_\_\_ of the plant. Sweet grass is long strands of sweet-smelling grass and can be weaved into \_\_\_\_\_ or braided and dried. When it is braided it is considered \_\_\_\_\_ hair and is used in ceremony. Braids of sweet grass can be used for \_\_\_\_\_ or lit in a smudge. When it is lit in a smudge, the smoke created is used to cover yourself to purify your \_\_\_\_\_ and will prepare you.

The second medicine is \_\_\_\_\_ and it grows wild in NB. When you pick cedar, you offer a prayer of thanks to the spirit of the tree. The boughs you pick are like the \_\_\_\_\_ of the tree. Like in all things, you never take more than you \_\_\_\_\_. You must always leave enough for regrowth. Cedar is often shared as other areas do not have it growing naturally. The Ojibway put a sprig of cedar over their children's bedroom \_\_\_\_\_ to protect them while they sleep. Cedar boughs are used to line the floor of the sweat \_\_\_\_\_ as it has the ability to absorb. When we enter a sweat lodge ceremony we are trying to cleanse and get rid of negative emotions that we are carrying.

The third medicine is sage. There are different types of sage, white Californian sage and another from \_\_\_\_\_ Dakota are popular. Sage releases bad \_\_\_\_\_ and negativity, thus purifying our minds before dancing or praying. If you have a bad \_\_\_\_\_ lighting sage will help release the disturbing thoughts. Sage protects us.

The fourth medicine is tobacco. It is not burned in the smudge but is used as an \_\_\_\_\_. We offer tobacco to elders or ceremonial people when we want their guidance, prayers or ceremonies. Tobacco is often placed in a piece of red cloth and tied to be offered for guidance or knowledge, this is called a tobacco \_\_\_\_\_. There are many types of tobacco, including natural tobacco. Tobacco is sacred and not used for smoking. Most ceremonial people have an \_\_\_\_\_ fan used to fan the smudge and cover people to help them release the burdens they don't need to carry anymore. The most important thing is to \_\_\_\_\_ the four sacred medicines. Also, it is important to remember to use the medicine of the heart: speaking good things and thinking \_\_\_\_\_ thoughts.

# Learning Activities

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## *Grade 9-12 Follow up activity*

1. List all the things you knew about each of the four medicines under its own heading: sweet grass, cedar, sage and tobacco. Each one on a separate page of paper or a word document.
2. List all the things you learned about the sacred use of each medicine from Mi'kmaq Elder Donna Augustine.
3. Research each medicine using the links below (or use your own site as long as it is credible). Skim through the information and chose 7-10 interesting facts to list.
4. Sketch what each medicine looks like or search for a google image to add to your page of information.

<https://www.thecanadianencyclopedia.ca/en/article/sweetgrass>

<https://www.thecanadianencyclopedia.ca/en/article/cedar>

<https://www.britannica.com/plant/sage-plant>

<https://www.thecanadianencyclopedia.ca/en/article/tobacco>