

1LS 1.3 Skills and Procedures

Ask students if they have any artifacts in their home made from an animal or plant. Where did it come from? How do they use it? What is its story?

Source: <https://www.thecanadianencyclopedia.ca/en/article/buffalo-hunt>

<https://umanitoba.ca/current-students/first-year/um-commons/spirit-of-the-bison>

The *Sacred Plants* would be another possible discussion especially if your school has provisions for smudging either when you enter or at the beginning of meetings etc.

Seal Hunts - a Part of Life

Mushg like the Buffalo providing life giving support and sustenance to the plains indians, the Inuit look to the seal for life giving gifts.

<https://proudlyindigenoucrafts.com/2022/04/05/the-seal-part-of-traditions-and-cultural-heritage/>

Bertha Skye "The Value of Native Medicine Part 1"

Elder Bertha does a great job of informing us what plants can be used to keep us healthy.

https://www.youtube.com/watch?v=vGC_djLC-PU

Bertha Skye "The Value of Native Medicine Part 2"

Elder Bertha describes how plants for medicines are harvested and by whom.

<https://www.youtube.com/watch?v=Bq28stpX5eU>