

CREATING MEDICINAL TEAS



Potawatomi people have a rich tradition of connecting with and respecting nature in a way that many people do not. Because of this respect for Mother Nature, it is very important to many people to offer something in return for what you are taking. Kaya DeerInWater says, "When we go out and gather herbs, I was always taught that you say a prayer, lay down some tobacco and ask the plant which you are harvesting for permission to use it. You should tell it what its sacrificing its self for and even who the herb is going to help heal."

This is just one example of the many ways in which you can honor nature when you are taking something. If there is another way that you have been taught, then do that!

Dr. Robin Wall Kimmerer, wrote these simple guidelines to follow:

The Honorable Harvest (for harvesting and gathering)

1. Ask permission of the ones whose lives you seek. Abide by the answer.
2. Never take the first. Never take the last.
3. Harvest in a way that minimizes harm.
4. Take only what you need and leave some for others.
5. Use everything that you take.
6. Take only that which is given to you.
7. Share it, as the Earth has shared with you.
8. Be grateful.
9. Reciprocate the gift.
10. Sustain the ones who sustain you, and the Earth will last forever.

Student Activity

Nature Walk Scavenger Hunt

This will be a "homework" activity.

Items needed:

- Location for hike
- Camera (not required)
- Parent or other adult (for younger students)
- List of plants which can be downloaded here: <https://bit.ly/2Udt5fr>

Print out the list of plants and hand them out to your students to take home. Instruct them to use the photos to locate all of the plants they can find on a nature walk/hike in their area. Gather some items for an activity in a later lesson.

Student safety is of the utmost importance! Please encourage adult supervision for nature walks/hikes



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