



Spark MEDICINE GARDEN Activity

“Who is an Ancestor/Relative?”

Activity 1.0

GRADES: All

TIMING: 20 mins

BACKGROUND Information: Indigenous people (and peoples with deep connections with the Land) often use the phrase “All My Relations,” which means that we (humans, plants, rocks, rivers, stars ect..) are all related/are all relatives. We all come from stardust, nothing is more important or more intelligent than the other, everything has something to teach and learn. Humans learn from plants about medicines, birds learn from the moon about migration, bears learn from the chinooks about hibernation....

Therefore, the plants are Ancestors, they teach us how to live in balance with the Land. For example, the roses are friends with the gophers and the bees because they help them pollinate while gifting them food and nectar in return.

“If our first response is gratitude, then our second is reciprocity: to give a gift in return. What could I give these plants in return for their generosity? It could be a direct response, like weeding or water or a song of thanks that sends appreciation out on the wind. Or indirect, like donating to my local land trust so that more habitat for the gift givers will be saved, or making art that invites others into the web of reciprocity.”

(Robin Wall Kimmerer, citizen of Potawatomi Nation -
<https://emergencemagazine.org/essay/the-serviceberry/>)

PROTOCOLS: You will be learning from the Plant Ancestors, they are gifting you knowledges. For this, you should gift them something back. Before you begin the activity, together, think about something you can do to thanks/give back to the plants for their knowledge. (eg. Tobacco, small piece of food, splash of water, words of gratitude ...)

ACTIVITY: (Worksheet # 1.0)

Prompt the below conversations either as a group together or in small groups/pairs. Choose the questions that are most appropriate for the age group of the students.

1. Start in the classroom/inside:

- a) What is an example of an Ancestor or Relative? (conversation prompt)
- b) Hand out worksheets
- c) Draw a picture of your response for “who is an Ancestor/Relative?”
 - have them draw an Ancestor/Relative (probably a human)
 - have them think about what that Ancestor/Relative gifts them then draw it
Eg. Love, food, hugs, candy
 - then prompt “what do you gift them back?”



Eg. Laughter, sticky fingers

- d) Did anyone draw an Ancestor/Relative that is NOT a human?
 - how can a plant, animal, star be an Ancestor?
 - what can a plant gift you? What can you gift a plant?
2. Go outside to the Medicine Garden, and do the “Plant Personality Test” Activity 2.0
3. Reconnect with this worksheet (#1.0) and add a more-than-human Ancestor/Relative (plant, animal, element)
 - draw the Relative
 - draw what that Relative gifts to you, and what you gift back.
4. Share your drawings and Ancestors/Relatives