

# Spá:th-Bear



It's spring time! The bears are just starting to wake up from their winter hibernation. The bears have a lot to teach us!

In Stó:lō traditions our Elders tell us that the Bear is our Brother and he looks after us. Bear provided fur for warmth, and fat for medicine (See: Upper Stó:lo hunting).

**Courage is:**

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In the tradition of the Seven Teachings the bear represents Courage. Bear teaches people to be brave when facing obstacles, even in the most difficult situations.

We have lots of different bears in BC. Can you name some?

Did you know that we have a whole forest dedicated to bears in BC? It is called the Great Bear Rainforest located near Klemtu, BC. Check out <https://www.spiritbear.com/> to learn more about all the bears you can find in the Great Bear Rainforest.

Here is a video of a black bear demonstrating the courage it takes to go salmon fishing! [https://www.youtube.com/watch?v=n1Wf9uN\\_A9A](https://www.youtube.com/watch?v=n1Wf9uN_A9A)

- What does Bear's courage look like to you?
- How does Bear's courage sound?
- How do you think Bear's courage feels?

What about you? What does courage look like to you, how does it sound, how does it feel?

In this [Video](#) one of our Stó:lō Elders, Elizabeth Phillips tells us a story in Halq'emeylem about Bear and Coyote. In this story Bear, Coyote & Skunk help us to remember to be kind, be calm, and to be safe. How many Halq'emeylem words can you recognize?



Bears of all types have a huge home range or territory. Try out some virtual travel with one of these videos

<https://pacificwild.org/video/>

[https://www.youtube.com/watch?v=EuOpge\\_6i3s](https://www.youtube.com/watch?v=EuOpge_6i3s)

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

Where would you make your home?

What do you like about Bear's home?

Do you think it would take corage to live in Bear's home?

To learn more about bears in BC check out these links:



<https://greatbearsea.net/>

The Great Bear Sea encompasses the waters that surround the Great Bear Rainforest along the North Coast of British Columbia (BC) and extends from Campbell River on Vancouver Island to the border of BC and Alaska

<https://www.spiritbear.com/wildlife.html>

Spirit Bear Lodge is owned by the Kitasoo Xai'xais people with the mission of building capacity and employment opportunities for the people of Klemtu.

Today,  
Spirit Bear  
Lodge is a

world class ecotourism and adventure travel business that employs mostly Klemtu locals in all aspects of our operation.

