

Just Color

Welék'es - Little frog season Qweloithi:lem - Making music

When we hear the frogs they are reminding us to check in with ourselves and the earth. Can you think of some ways you:

- Show your feelings of respect for the earth?
- Get ready for a change in your activities?
- Give the earth a good feeling?
- Thank the earth for the things it gives you?

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There are lots of powerful sounds we hear all around Stó:lō Territory. Welék'es - the Little Frog Season is a special powerful sound we hear after the winter season.

WHY IS THE SOUND OF FROGS SO POWERFUL?

The **singing** that you hear from the frogs is a reminder to us that the earth is preparing to feed us again. When the frogs sing, the nettle begins to pop through the ground, the berries will soon start to ripen, and the salmon will run.

Frogs are also great changers and adaptors! They start out living in water and then move to land. Because of this Frog symbolizes the ability of adaptation, change and transformation. This frog was made by Kwakwaka'wakw artist, Beau Dick. Some say when we hear the frogs its time prepare for a change in our activities and routines. How do you change and adapt to new situations?



<https://shop.slcc.ca/learn/the-frog/>

Frogs are a special creature! They can both breathe and drink water through their skin, and they live in both land and water. Their special skin means that they are very sensitive to their environment. If a frog's home on water or land is unhealthy for them, it's a good sign that our water & land is also unhealthy for us!

Our Elders tell us we must respect everything in nature. Mr. Joe Louie says it this way:

When you go out your door, you want to respect everything:

- The ground that you walk on
- The trees that you walk by
- The air you breathe
- Everything that's got life the way you have.

Because frogs are so important, here in Stó:lō Territory we take our responsibility to protect frogs and their home very seriously! Check out this video on [Why the toad crossed the road](#) to learn more.



Here are two more video of frogs out and about in Stó:lō Territory

[March of the toadlets](#)

[Toads of 2019](#)

Next time you hear the frogs singing to you be sure to say thank you back to them!

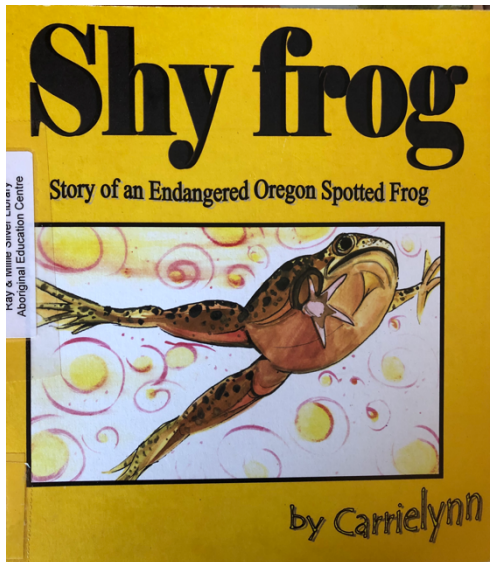
Resources:

Coqualeetza Elders Group. *Upper sto:lo interaction interaction : teachings from our Elders*. Sardis, BC : Sto:lo Sitel Curriculum Committee, 1983.

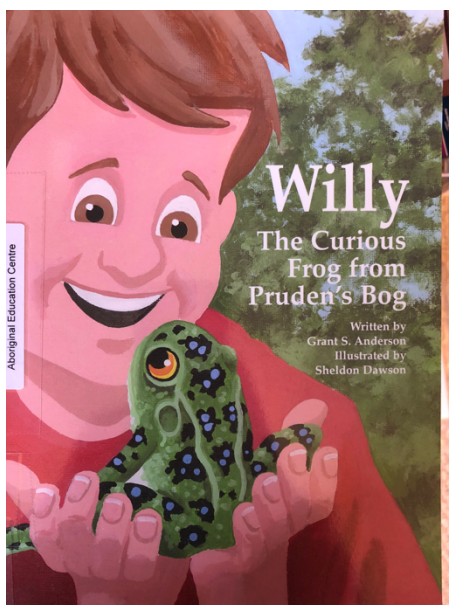
Dick, Beau. "Legends and Symbology: the Frog." *Shop Squamish Lil'wat Cultural Centre*, 19 Apr. 2017, shop.slcc.ca/legends-symbology/.

Earth Rangers. "What's So Great About Frogs?: Earth Rangers: Where Kids Go to Save Animals!" *Earth Rangers*, 3 Nov. 2016, www.earthrangers.com/omg_animals/whats-so-great-about-frogs/.

Want to learn more about conservation? Try these:



Victor, Carrielynn. *Shy frog : story of an endangered Oregon spotted frog*. [S.l.] : Environment Canada, 2014.



Anderson, Grant S., and Sheldon Dawson. *Willy: the Curious Frog from Pruden's Bog*. Pemmican Publications, 2002.