

Introduction to Stó:lō Plants and Animals (K-3)

Lesson Plan (1 hour)

Materials needed:

- Stuffed animals
- Stuffed plants
- Baskets
- Songs

Introduction:

1. Introduce yourself

- Introduce yourself (name, title, and where you are from)
- Acknowledge the territory: “We acknowledge that we reside on the traditional ancestral unceded shared territory of the Sumas and Matsqui First Nations, Sumas and Matsqui First Nations have lived in the Fraser Valley for at least 10,000 years.
- Ask who are Indigenous people? (Answer: First Nations, Métis and Inuit people)

2. Introduce the Presentation

- Today we are taking about First Nations people. The Stó:lō people are the First Nations people that live in our area. They are called Stó:lō people because they live along the Fraser River. Stó:lō means river.
- The Fraser River is a ginormous river that goes all the way to the ocean. Do you know what the ocean is? Can you share what the ocean is? The Fraser River is important because the fish swim up, even past where we are.

Plants and Animals (Show the puppets and have them talk)

1. Animals:

I am going to share some animals with you today. Some of these animals are very important to the Stó:lō people.

Salmon (Stoxlweeth) are one of the main foods that Stó:lō people ate. Show different stuffed toy examples. Do you know where the salmon swim up the river from? (the ocean) If you are learning to fish you would go with someone who knows how to fish and “observe” how they fish. They are called experts (they are someone that knows what they are doing.)

Deer (tl'élqtele) is another animal that we ate. Elk and moose are also very similar to deer only moose are way bigger. We use deer hide for clothing, drums and rattles and meat to eat. The deer, like most animals have their own song. The beginning of this song talks about deer is grazing. Show students how to dance to song. Do song here or at end of teaching.

Ducks (tl'élqtele) are another animal we ate. Mill Lake has lots of ducks.

Eagle (sp'óq'es) Is very important to Indigenous people and has special feathers.

Wolf (steqó:ya) On Sumas mountain we had so many wolves that used to live there. There is a school up there and it is very close to where their den is.

Bear, (spá:th) Bear is always tired.

2. Plants

- **Salmonberries:** There are salmon fish and salmon berries. The Stó:lō people would harvest salmon berries yearly.
- **Medicine:** Medicine 10,000 years ago came from an expert on plants. These experts were called herbalists.
- **Strawberries (schí:ya):** We have a mountain near here that was once filled with wild strawberries.
- **Soap Berries (sxwōsem):** We add strawberries to make them sweeter. They grow in the spring. We make ice cream out of them.
- **Celery:** It is very different than what is at the store. This celery grows from the ground, near the water.
- **Stinging Nettle:** They are green and grow in the spring and summer. They are prickly and you wouldn't want to touch them.

Preserve

- Preserving food means the food is not fresh.
- Freeze
- Wind dried (show stuffy duck meat)
- Canning (peanut butter and jam)

Songs

- Deer Song (sing song)
- Salmon Song (show students the salmon dance)

Conclusion

(bring students back to the carpet. Have students share how they felt when we were dancing, or their favourite thing from today. You can go around the circle and let everyone talk.)

- Thank the teacher for inviting you into their classroom.
- Please turn your eyes to your teacher for further instructions.
- Exit the room.