




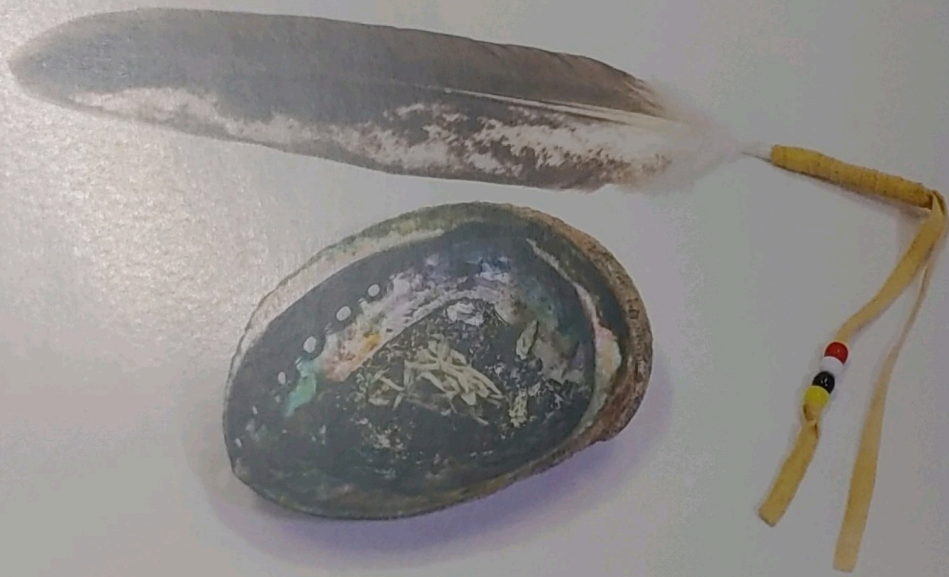
Smudging

Written by Jennifer Storm Photographs by Amber Green

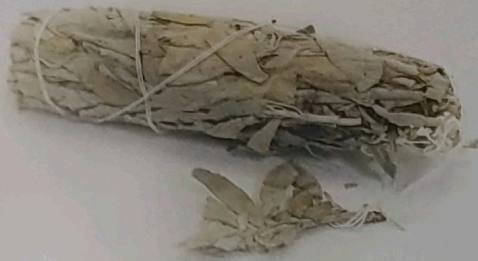


Smudging

 Lord Selkirk School Division
Cultural Perspectives Languages
Daerwood School - PLC
211 Main Street Selkirk MB



Smudging is a way to cleanse.



There are four medicines to smudge with:
Sage, Cedar, Sweetgrass, and Tobacco.



River and his Auntie are smudging today.



River puts the sage in the bowl.



Auntie lights the sage.



River and Auntie fan the smudge.



River smudges his head
to have good thoughts.



River smudges his hair
to have strength and pride.



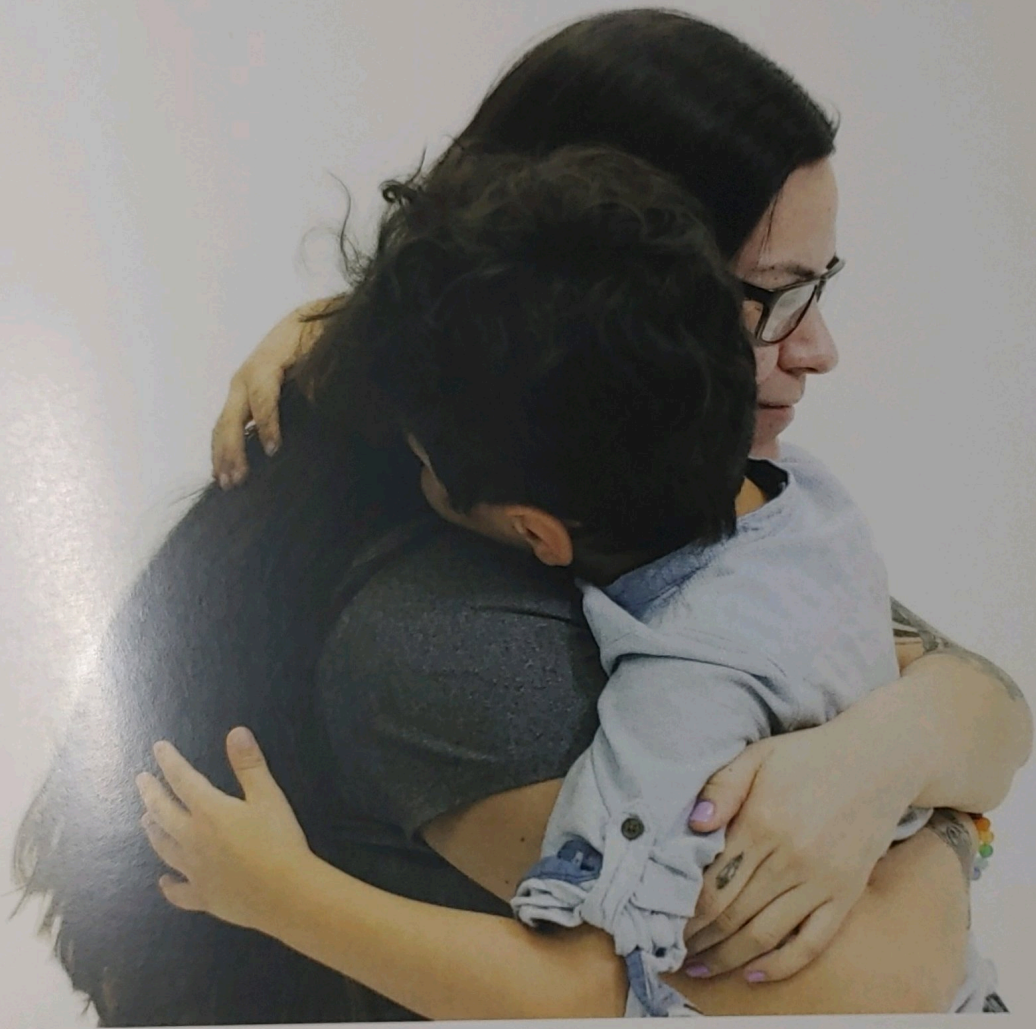
River smudges his eyes
to see the good in others.



River smudges his ears
to hear good things.



Finally, River smudges his whole body...



...to walk a good life.

In this story, River and his Auntie demonstrate how to smudge and share why smudging is important.

This book is ideal for reader level K-3 and is available in five First Nations languages.



Manitoba
First Nations Education
Resource Centre Inc.

ISBN 978-1-927849-63-7
6 0 7 9 5 >
9 781927 849637