

The Four Sacred Medicines



This week we learn about the four sacred medicines; sweetgrass, cedar, tobacco and sage. Each medicine was a gift from the Creator. These medicines are there to help us to be our best self: physically, mentally, emotionally and spiritually.

There are many ways in which Indigenous people use these sacred medicines throughout Turtle Island; whether it is in ceremony, giving thanks or gifting them to a special person in your life.

Watch the video to hear Mi'kmaq Elder Donna Augustine speaking on the Four Sacred Medicines.

<https://youtu.be/CJ8SLZWb27E>

Now, complete the cross-word puzzle below and answer the questions.

Find and circle the hidden words in the grid below, words can go in any direction.

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | S | W | F | F | T | G | R | A | S | S | B | R | C | H | H | P |
| G | L | M | S | A | G | E | N | O | P | G | I | F | T | Q | O | T |
| T | R | S | T | U | V | C | E | D | A | R | W | X | Y | Z | N | N |
| I | O | F | F | E | R | I | N | G | K | Y | R | C | H | G | O | H |
| R | E | L | D | E | R | D | W | T | P | L | A | N | T | S | U | P |
| I | A | D | A | R | T | L | O | V | E | N | J | K | J | Y | R | G |
| P | B | B | R | E | S | P | E | C | T | N | M | K | L | I | C | N |
| S | O | S | S | D | A | L | Y | M | O | H | E | A | R | T | E | I |
| E | S | H | A | R | E | T | H | R | T | H | A | N | K | S | R | G |
| I | L | L | A | O | R | E | C | E | I | V | I | N | G | N | E | D |
| F | K | I | N | D | N | E | S | S | U | Y | R | O | N | W | M | U |
| I | L | L | C | A | I | M | G | I | V | I | N | G | P | O | O | M |
| R | B | R | A | I | D | L | O | P | C | I | R | C | L | E | N | S |
| U | M | O | T | H | E | R | E | A | R | T | H | N | J | I | Y | L |
| P | R | I | T | T | O | B | A | C | C | O | J | K | Q | Y | D | S |

BRAID CEDAR CEREMONY CIRCLE ELDER GIFT GIVING HEART HONOUR
 KINDNESS LOVE MOTHER EARTH OFFERING PLANTS PURIFIES RECEIVING
 RESPECT SAGE SHARE SMUDGING SPIRIT SWEETGRASS THANKS TOBACCO

Unscramble the highlighted letters in the crossword puzzle list above to find the hidden words.

(6 letters)

(9 letters)

List the four sacred medicines in order in which they were gifted.

- 1.) The first sacred medicine gifted by the creator is _____.
- 2.) The second sacred medicine gifted by the creator is _____.
- 3.) The third sacred medicine gifted by the creator is _____.
- 4.) The fourth sacred medicine gifted by the creator is _____.