

Grade 1:

# INDIGENOUS GARDEN





# HELLO THERE!

Welcome to our Indigenous garden! On our garden we have Indigenous plants and animals that are local to Alberta. Let's take a look at them!



# PLANTS

Plants are living things that grow from the soil and take light from the sun and turn it into food.

# ANIMALS

Animals are living things that need food, water and shelter to live.



**WHAT ARE SOME SIMILARITIES  
AND DIFFERENCES BETWEEN  
PLANTS AND ANIMALS?**



# BASIC NEEDS

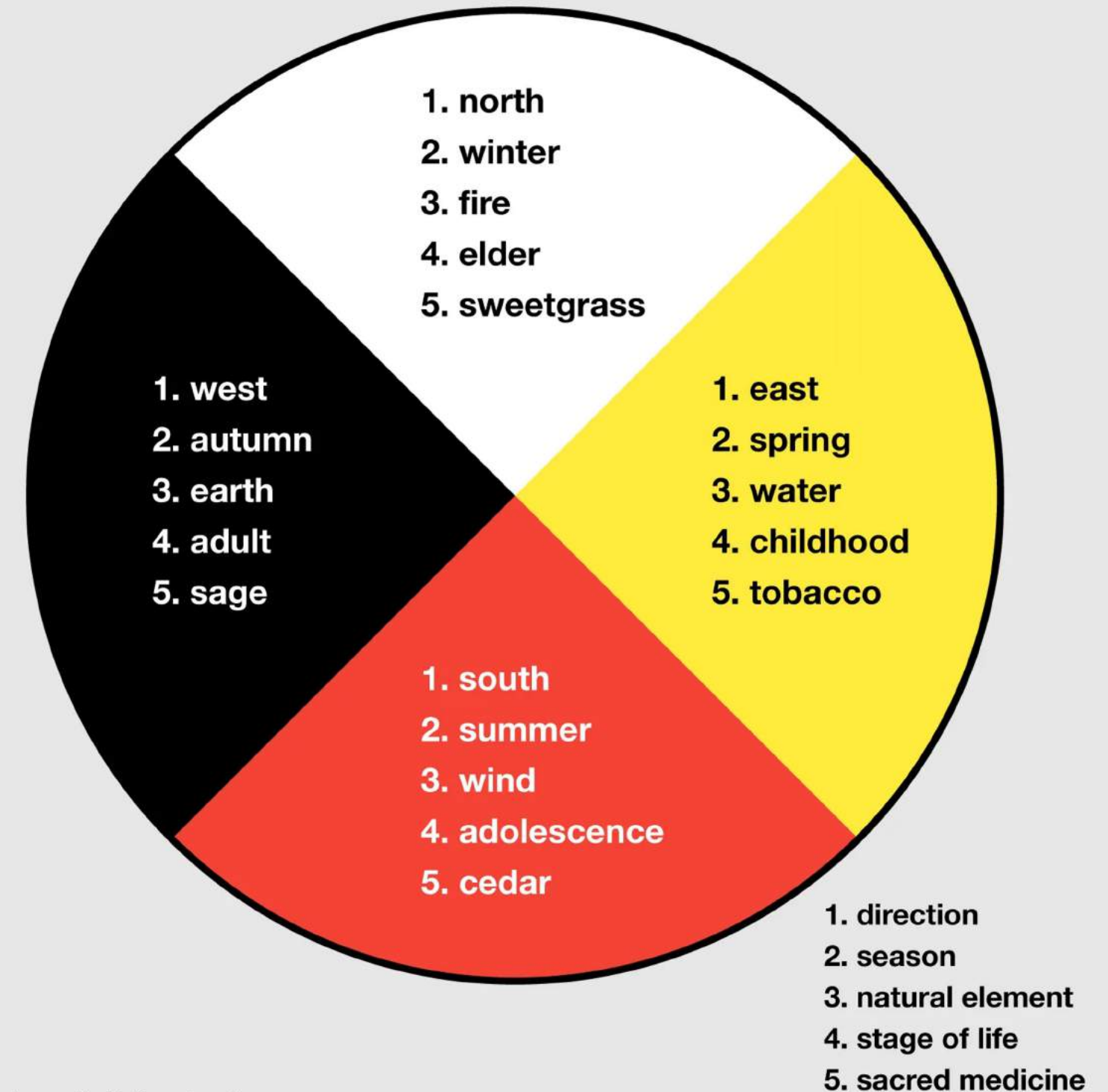


**HOW DO YOU THINK PLANTS  
AND ANIMALS HELP US TO  
MEET OUR BASIC NEEDS?**



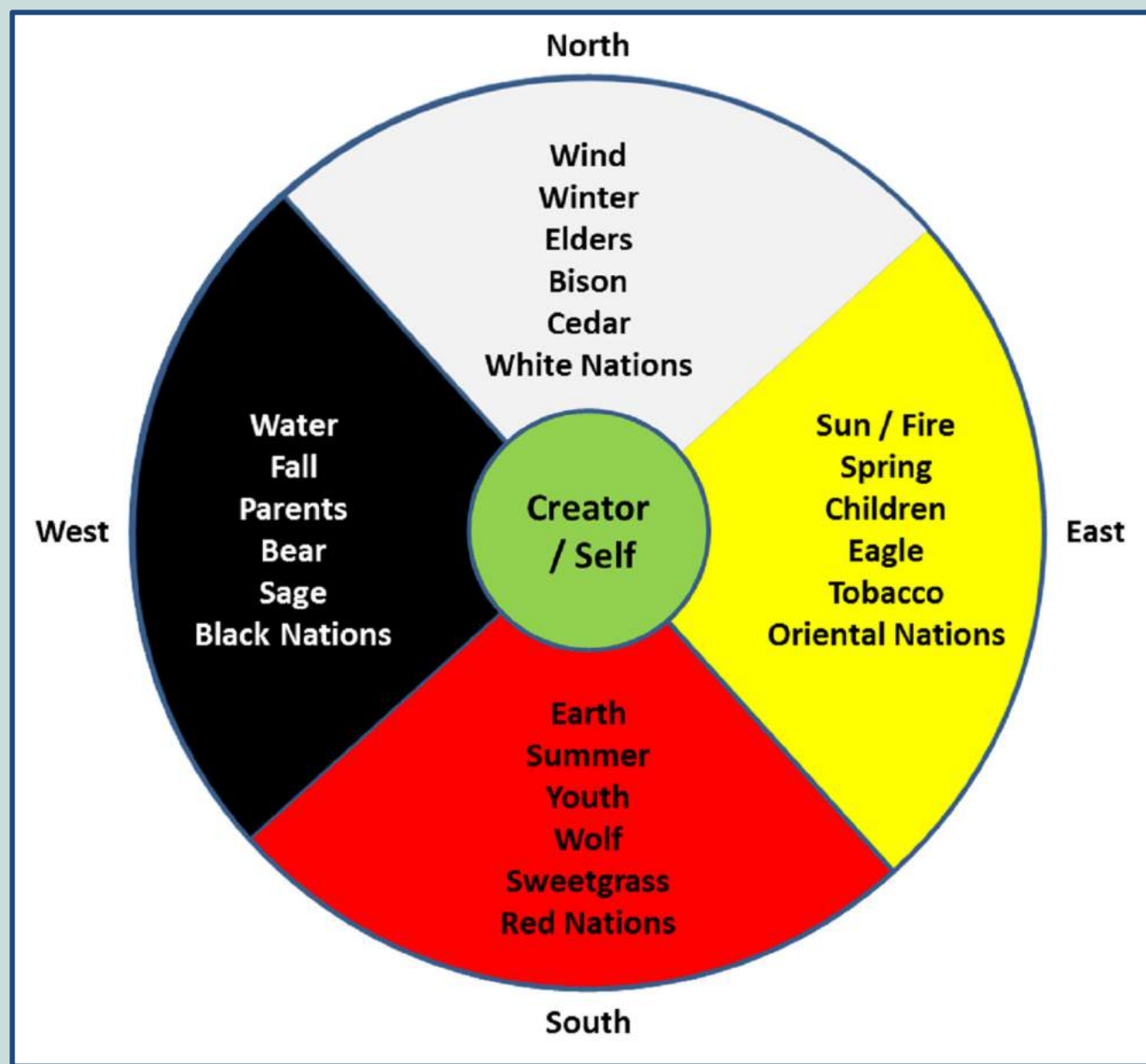
Our garden follows an Indigenous worldview. According to the Indigenous worldview, humans should live in harmony with plants, animals and all nature.

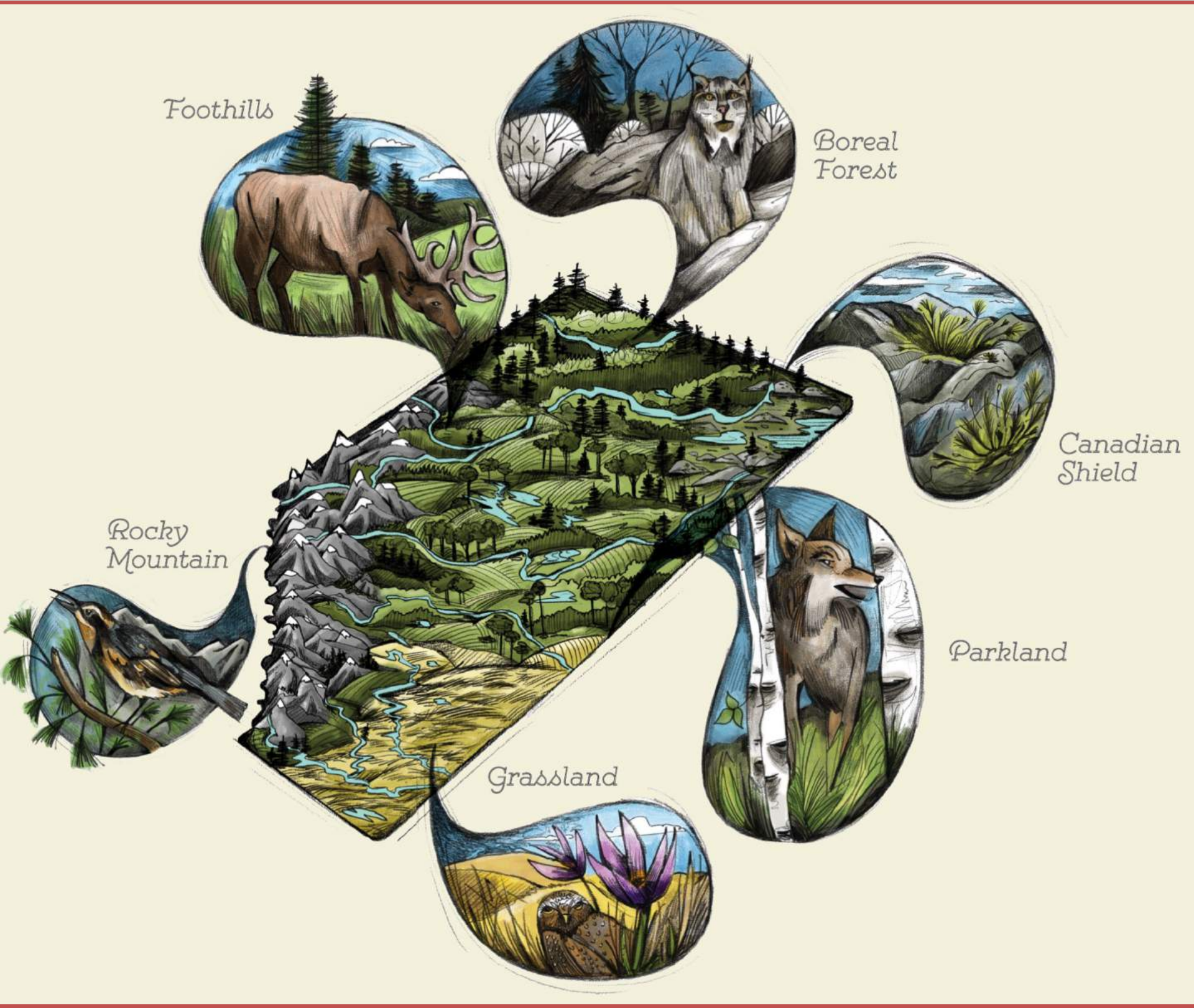
Ojibwe Medicine Wheel





Also, all beings in an Indigenous garden are connected which is important to Indigenous worldviews.





Let's take a look at some Indigenous plants and animals that are local to Alberta!

**LOCAL  
ALBERTA  
PLANTS THAT ARE  
IMPORTANT TO  
INDIGENOUS  
PEOPLE**



# LODGEPOLE PINE

- They were used as poles to support lodges and tipis.
- The wood was good for fuel.
- Branches were used as drills.
- They give us medicine.
- The resin was used as gum.
- It is also an excellent source of vitamin C!



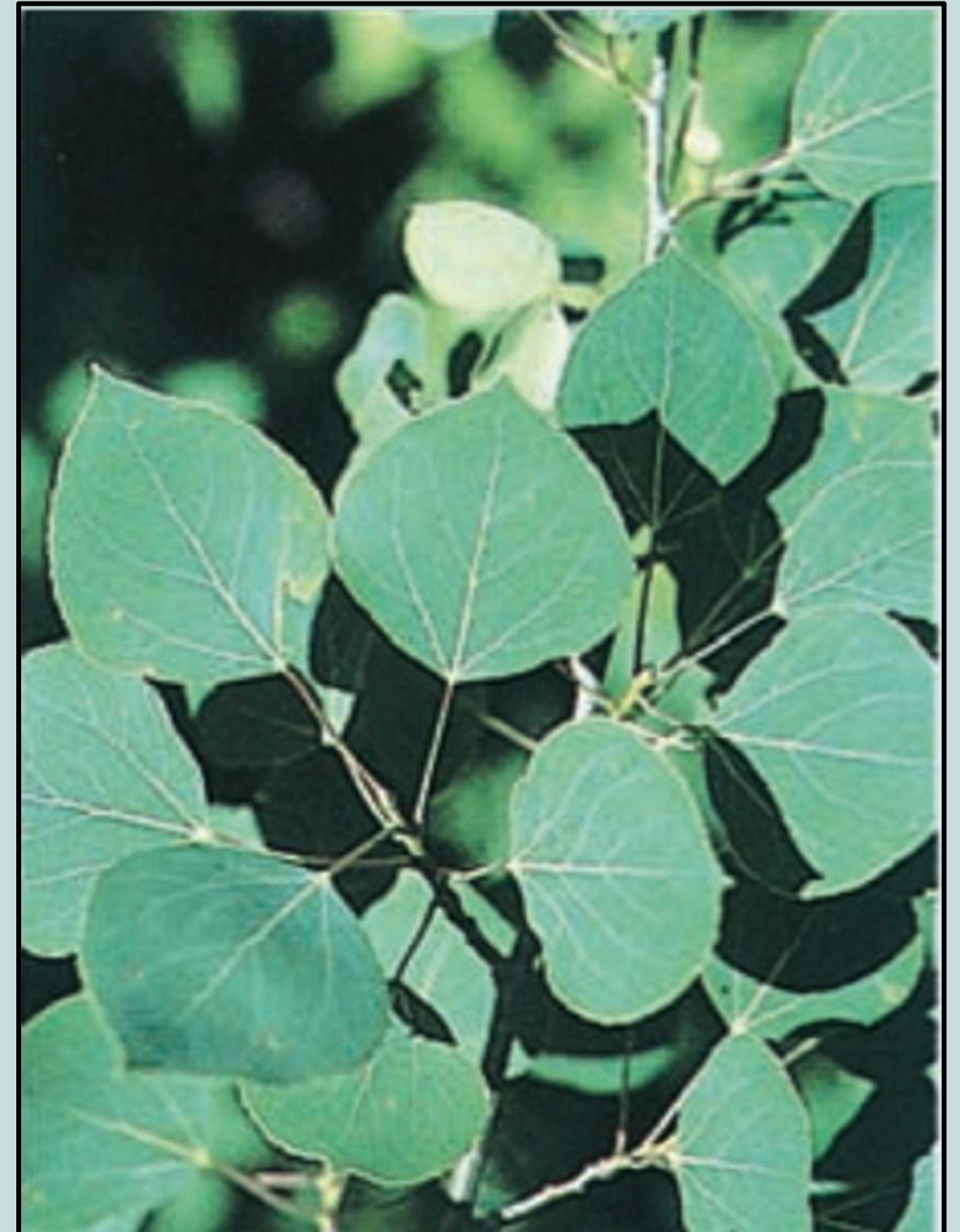
# WILLOW

- Used by some Indigenous Peoples to make sweat lodges:
  - a space for prayer
  - sweating also helps illnesses
- Used for food and medicine. It helps with pain and fevers.
- Used to make supplies like baskets, furniture and ceremonial sticks.



# ASPEN POPLAR

- First Nations People named this tree the “noisy tree”. Why do you think that is?
- This tree is used as medicine and sunscreen.
- The wood was used to make canoes and tipi poles.



# SPRUCE

- Spruce trees were used to make many important materials like baskets.
- Spruce can also be chewed like bubble gum!



# BIRCH

- The bark of the birch tree can be used for canoes, for making bowls and baskets and to keep people warm.





# GOOSEBERRY

- Many Indigenous cultures eat this as food!
- What do you like to eat?
- The leaves were used as medicine.
  - work as a mild laxative
  - good for kidney problems
- Can be good for showering and washing your hair.



**WHAT ARE SOME  
WAYS THAT WE CAN  
GROUP ALL THESE  
PLANTS?**



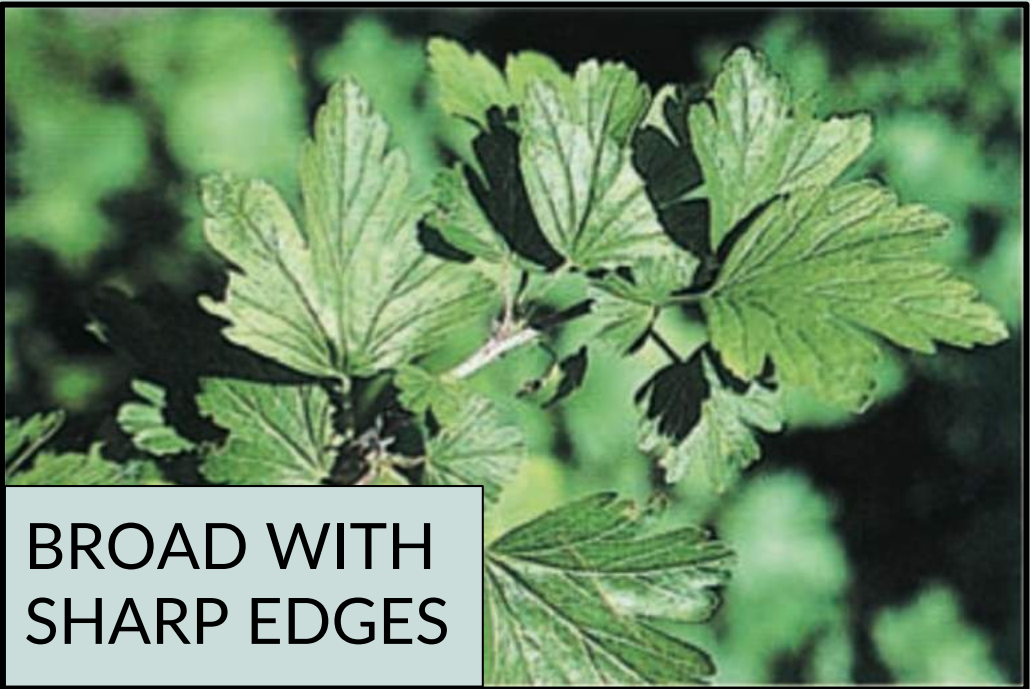
# WE CAN LOOK AT THEIR LEAVES!

How can we group these plants based on their leaves?



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How can we group these plants based on their leaves?



# IMPORTANCE OF LEAVES



- Some leaves are prickly to protect them from being eaten.
- Some leaves are flat so they can get more sunlight to make food.

**LOCAL  
ALBERTA  
ANIMALS THAT ARE  
IMPORTANT TO  
INDIGENOUS  
PEOPLE**



# WOLVES

- Wolves are thought of as like family to some Indigenous Groups such as the First Nations.



# BISON

- Many Indigenous cultures have a long held relationship with Bison.
- They rely on them for food, shelter, clothing, tools and more!





# TURTLE

- Did you know that North America is called Turtle Island?
- Some Indigenous stories say that a turtle holds the world on its back.
- The turtle is considered an icon of life.



# CARIBOU

- Caribou are an important food source to some Indigenous cultures.
- They are also used to make tools and clothes.



# Moose


- The moose is an important source of food and clothes for many Indigenous Peoples.
- Moose hide has also been used for ceremonial purposes.



# BEAR

- The bear represents courage to some Indigenous Groups.
- For the Cree people, the bear is considered a healer who provides medicine from her body.

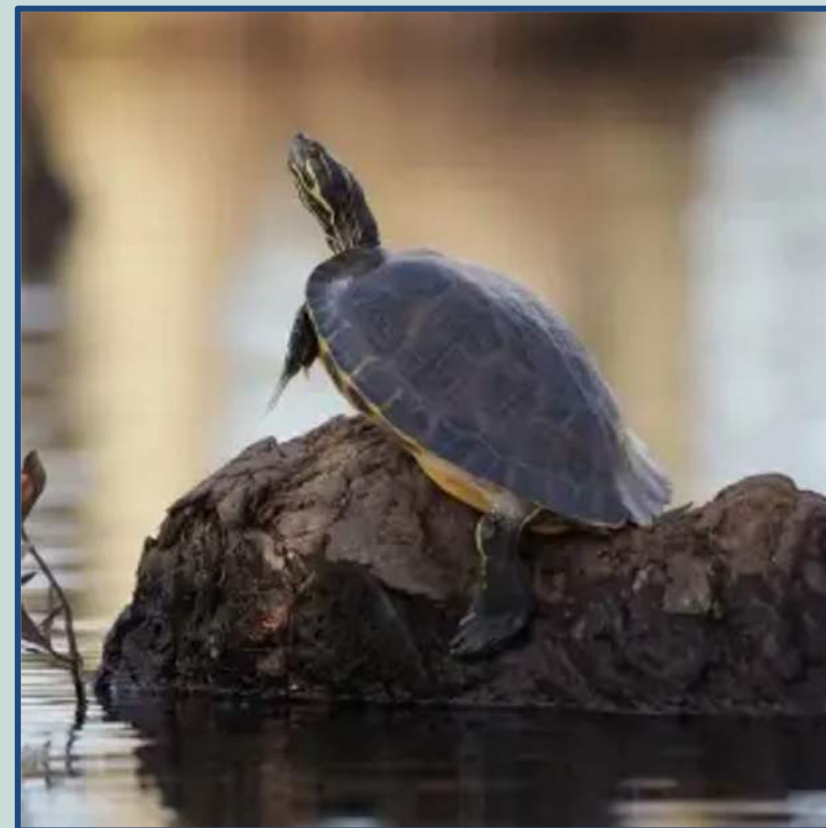




**WHAT ARE SOME  
WAYS THAT WE CAN  
GROUP ALL THESE  
ANIMALS?**

# WE CAN LOOK AT THEIR FUR AND FEET!

How can we group these animals based on their fur, claws and hooves?



# WE CAN LOOK AT THEIR FUR AND FEET!

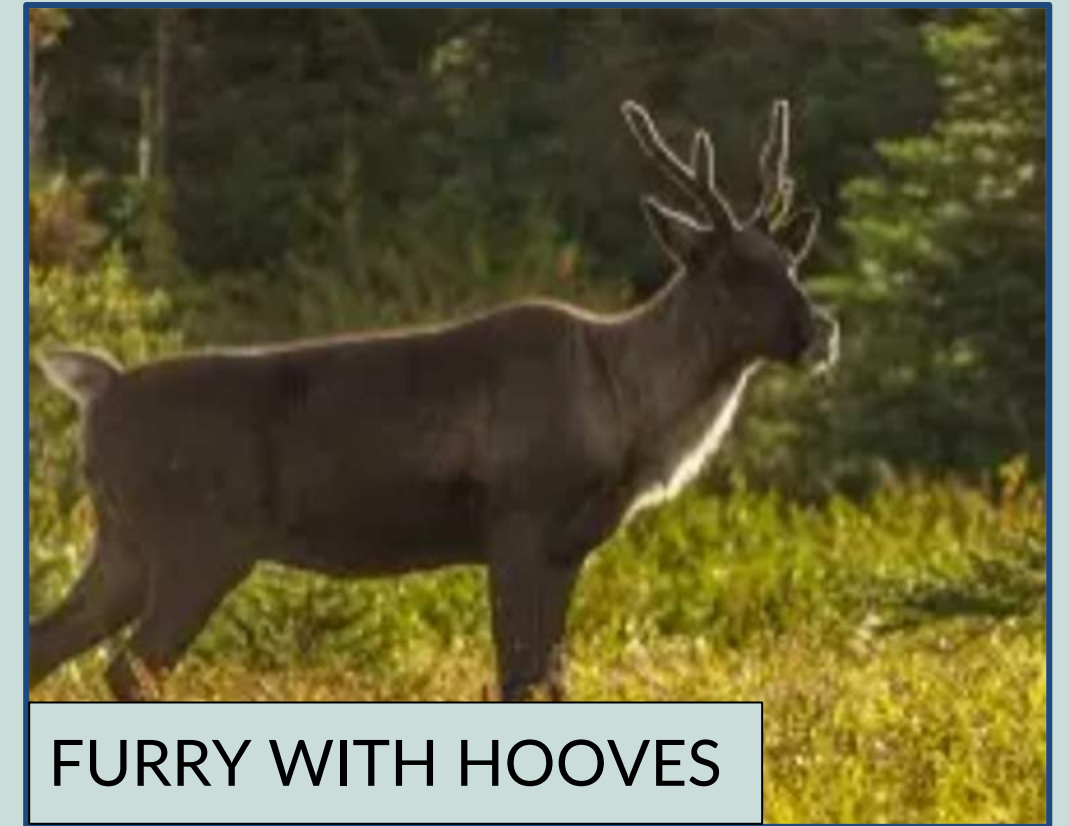
How can we group these animals based on their fur, claws and hooves?



FURRY WITH CLAWS



FURRY WITH HOOVES



FURRY WITH HOOVES



FURRY WITH CLAWS



NO FUR WITH CLAWS



FURRY WITH HOOVES

# WHY ARE FUR, CLAWS AND HOOVES COOL?

- Fur keeps the animals warm in winter.
- Hooves help animals to run faster.
- Claws help the animal to capture prey, fight predators, to climb trees and to dig.







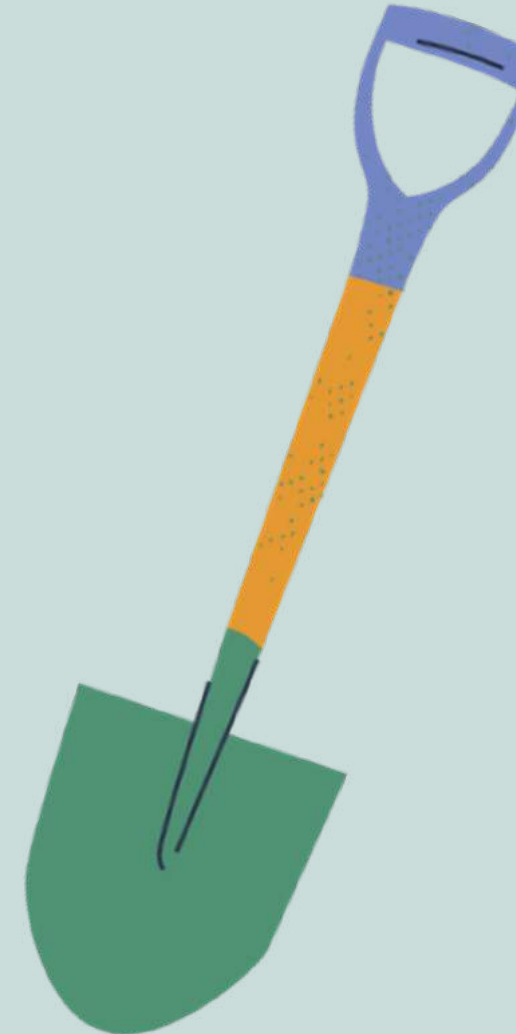
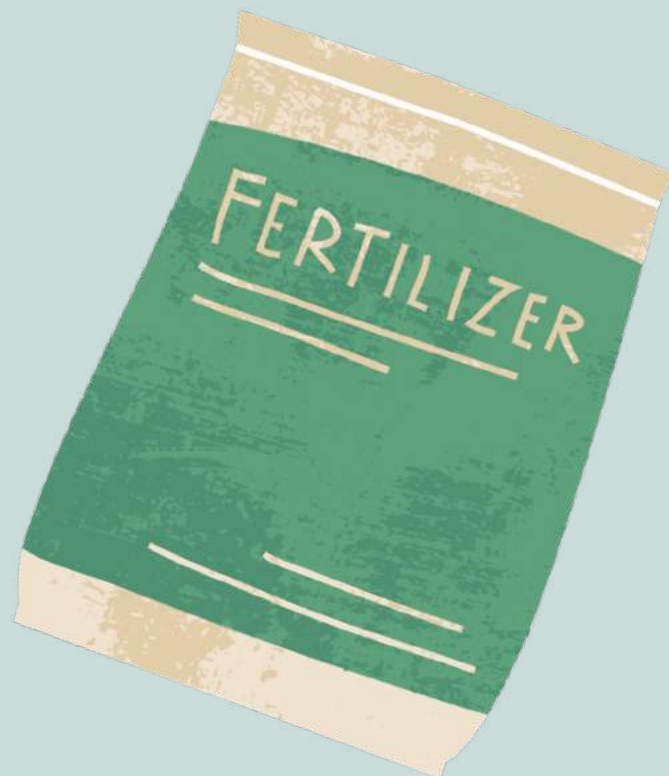
**NOW THAT YOU KNOW  
ABOUT SOME LOCAL  
PLANTS AND ANIMALS,  
IT'S YOUR TURN TO MAKE  
AN INDIGENOUS GARDEN!**



# RULES FOR YOUR GARDEN



1. You can design it however you want, **BUT, only Indigenous plants and animals are allowed in your garden.**
2. You need at least 3 Indigenous plants and 3 Indigenous animals in your garden, but you can do as many as you like.
3. Tell me why you chose those 3 plants and animals for your garden (How are they connected?).



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