



# PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU,WELNEW Tribal School, Brentwood Bay BC

Teacher: Heather Bossence	Grade Level: 3	Subject: herbal teas, SENĆOTEN plant names, vegetable seeds and transplanting, spring garden transplanting
Lesson Title: Forest & Garden Teas and Spring Garden	<b>Time Needed: 45 mins</b>	Date: May 24 2016

**BC Min of Ed Learning Outcomes** addressed in this lesson:

- *Science*
  - compare familiar plants according to similarities and differences in appearance and life cycles
  - describe ways in which plants are important to other living things and the environment
  - describe how plants are harvested and used throughout the seasons
- *Social Studies- Social Studies-Human and Physical Environment*
  - demonstrate a sense of responsibility for the local environment
  - *research and report on how BC Aboriginal peoples use plants for food, medicine, and products.*
- *Processes of Science*
  - Ask questions that foster investigations and explorations relevant to the content

**Objectives -Through these learning activities, the student will demonstrate the ability to:**

- Students recognize the changes in the garden and identify plants
- Students understand the difference between seeds and seedlings
- Students learn about container gardening and gardening in small spaces
- Review SENĆOTEN names for native plants
- Learn about plants we can use for tea

## WORKSHOP ACTIVITIES

Time	Activity
2min	Opening Circle: introduce workshop instructors and review what we learned in past workshops - what do you remember?  Explain ground rules for working with the garden (respectful use of tools, respect for shared space) and introduce today's activities.  Break into 2 groups
	Veg Garden: <ol style="list-style-type: none"><li>1. Students tour the garden, and see what is growing.</li><li>2. Students tour the composter and talk about composting</li></ol>

20mins

3. Students help to identify and taste plants
4. Student review what plants need to grow
5. Students look at the difference between seeds and seedlings
6. Students talk about what to think about when planning the garden, (sun, shade, wind, soil nutrients)
7. Students prepare pots for growing, and discuss container gardening and how to garden in small spaces.
8. Students plant sunflowers and beans and label pots

Native Plants:

20mins

1. Look at the native plant gardens, discuss each ecosystem and review SENĆOTEN plant names
2. What can we eat in each garden? What plants can we use for tea?
3. Make a teabag with SENĆOTEN labels to bring home!

Tea Plants: ȚEX,ȚEX Stinging nettle *Urtica dioica*

ᑕELᑕ Nootka rose petals *Rosa nutkana*

JSÁY Douglas fir tips *Pseudotsuga menziesii*

DEWI,ELĆ Grand fir tips *Abies grandis*

KEXMIN Indian consumption plant *Lomatium nudicaule*

Peppermint

Lemon balm

2mins

Closing Circle:

To the students, 'What did you learn about today- what do you wonder about?' How can you investigate further before we meet again?

### Materials Needed:

- Seeds, seedlings, trowels, gloves
- 8 large pots and sea soil to fill them
- Labels and pens to make signs
- Assorted native plants and herbs prepared for tea
- Compostable teabags and string
- Labels and pens for tea labels

**Please fill out our feedback forms and leave them in the envelope at the front office!**

**HÍ,SWᑕE SIÁM!**