



PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU,WELNEW Tribal School, Brentwood Bay BC

Teacher: Janet Pistell	Grade Level: 4	Subject: herbal teas, SENĆOTEN plant names, vegetable seeds and transplanting, spring garden transplanting
Lesson Title: Forest & Garden Teas and Spring Garden	Time Needed: 45 mins	Date: June 7 2016

BC Min of Ed Learning Outcomes addressed in this lesson:

- Science 4 use data from investigations to recognize patterns and relationships and reach conclusions
- Science 4 compare the structures and behaviors of local animals and plants in different habitats and communities
- Science 4 demonstrate awareness of the Aboriginal concept of respect for the environment
- Science 4 determine how personal choices and actions have environmental consequences
- Social Studies K to 7 (2006) 4 apply critical thinking skills including comparing, imagining, inferring, identifying patterns, and summarizing selected problems and issues
- Social Studies K to 7 (2006) 4 gather information from a variety of sources
- Social Studies K to 7 (2006) 4 describe technologies used by Aboriginal people in BC and Canada
- Social Studies K to 7 (2006) 4 describe Aboriginal peoples relationship with the land and natural resources

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:

20mins

1. Students tour the garden, and see what is growing.
2. Students tour the composter and talk about composting
3. Students help to identify and taste plants
4. Student review what plants needs
5. Students look at the difference between seeds and seedlings
6. Students prepare pots for growing, and discuss container gardening and how to garden in small spaces.
7. Student's plant squash, potatoes and sunflowers in containers and around the garden.

Native Plants:

20mins

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

Tea Plants: ȚEX,ȚEX Stinging nettle *Urticia dioicia*

ƘELƘ Nootka rose petals *Rosa nutkana*

JSÁY Douglas fir tips *Pseudotsuga menziesii*

DEŦI,EŁĆ Grand fir tips *Abies grandis*

KEXMIN Indian consumption plant *Lomatium nudicaule*

Peppermint

Lemon balm

2mins

Closing Circle: What are the things you learned 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,SWƘE SIÁM!