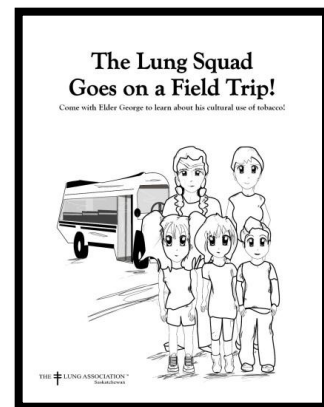


Traditional Use of Tobacco First Nations and Métis Cultures The Lung Squad Goes on a Field Trip!

To access a Flash version of the story,
see the following link:

www.gotlungs.ca/eldergeorgestory



Part 1

- Begin by having the students read the story entitled *The Lung Squad Goes on a Field Trip!*

Part 2

- Ask the students what they know about talking circles, sharing stories, etc.
- Talking circles are used in some First Nations, Métis, and other cultures to share stories and ideas. Have a large rock to use as a tool for a talking circle with the students. Explain to the students that the way a talking circle works is by passing the rock around the circle of students, and only the student holding the rock should talk and share stories, thoughts, and/or feelings. Only letting one person speak at a time makes it fair for everyone around the circle and allows everyone get a chance to talk and be heard.
- Pass the rock around and ask the students to share their thoughts about the story. Ask them to share what they have learned, what they liked/did not like and why, what they know about tobacco, and/or if they understood how tobacco was used in some First Nations and Métis cultures.

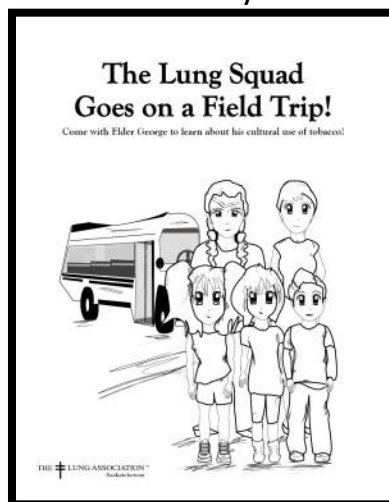
Traditional Use of Tobacco First Nations and Métis Cultures

The Lung Squad Goes on a Field Trip!

Part 3

After each student has a chance to share his/her thoughts, questions, and/or reflections about the story, ask:

1. How did the Lung Squad kids use tobacco? Was this a healthy or unhealthy behaviour? When does tobacco affect the health of our own bodies and/or others? Brainstorm what substances are believed/known to be healthy or unhealthy (e.g., pain relief medications, cough syrup, alcohol, tobacco, vitamins, etc.).
2. Describe the difference between cultural use of tobacco within some First Nations and Métis cultures and the commercial/recreational use of tobacco. Why is smoking cigarettes unhealthy for the person smoking and how is it unhealthy for other people too?
3. In the story, Elder George talks about the Creator. Elder George specifically shows appreciation to the Creator for the water and trees. Demonstrate what specifically you are appreciative for and why.



The Lung Squad Goes on a Field Trip!

Come with Elder George to learn about his cultural use of tobacco!

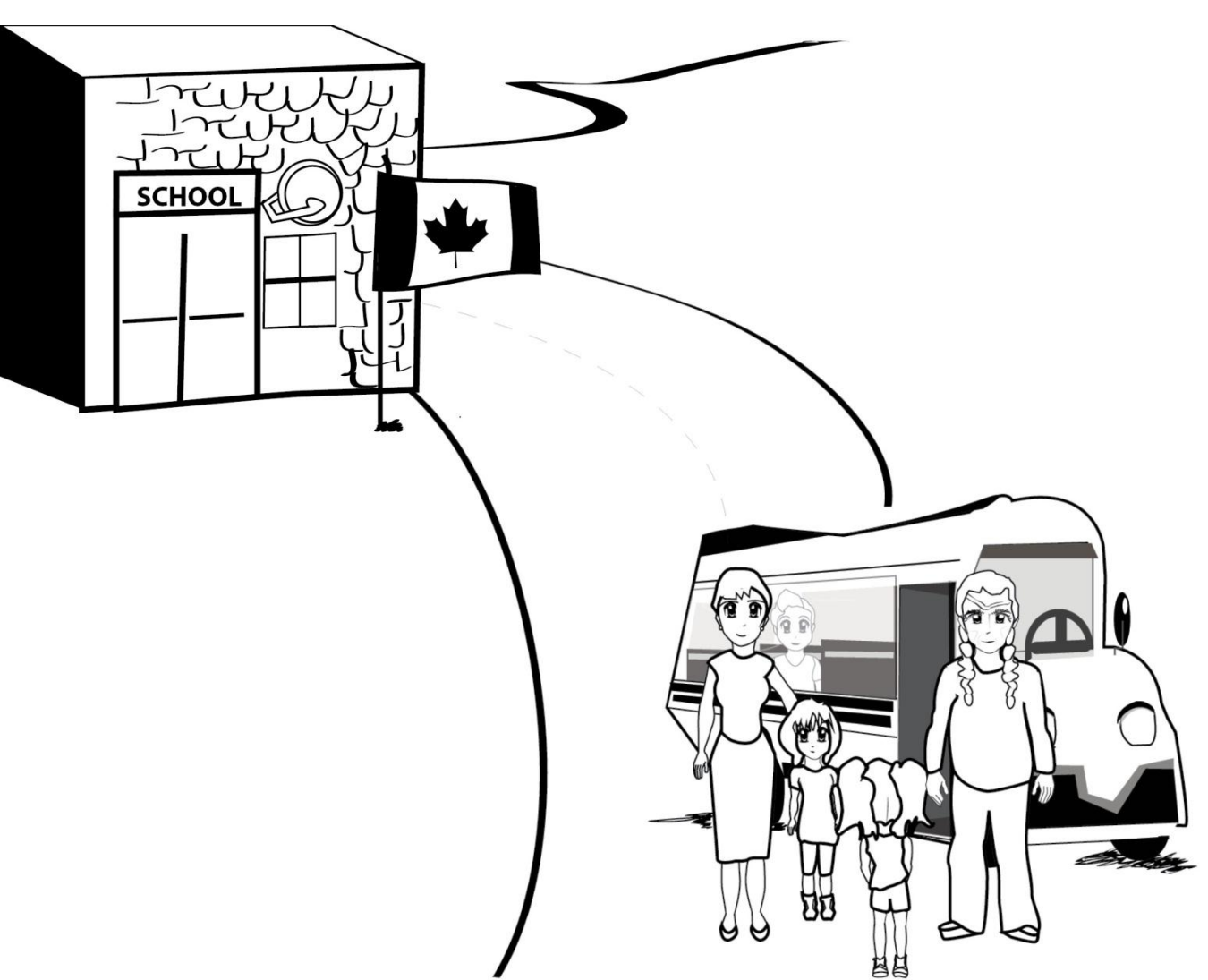




“*Buzz...buzz,*” rang the school bell as another day of school was beginning. The Lung Squad kids, Jade, Jordan and Brie ran to meet each other by the tall pine tree on the front lawn of the schoolyard. “*Hey, what is Elder George doing here today?*” asked Brie, as she watched him enter the school. “*I’m not sure, but we better get to class!*” yelled Jade!

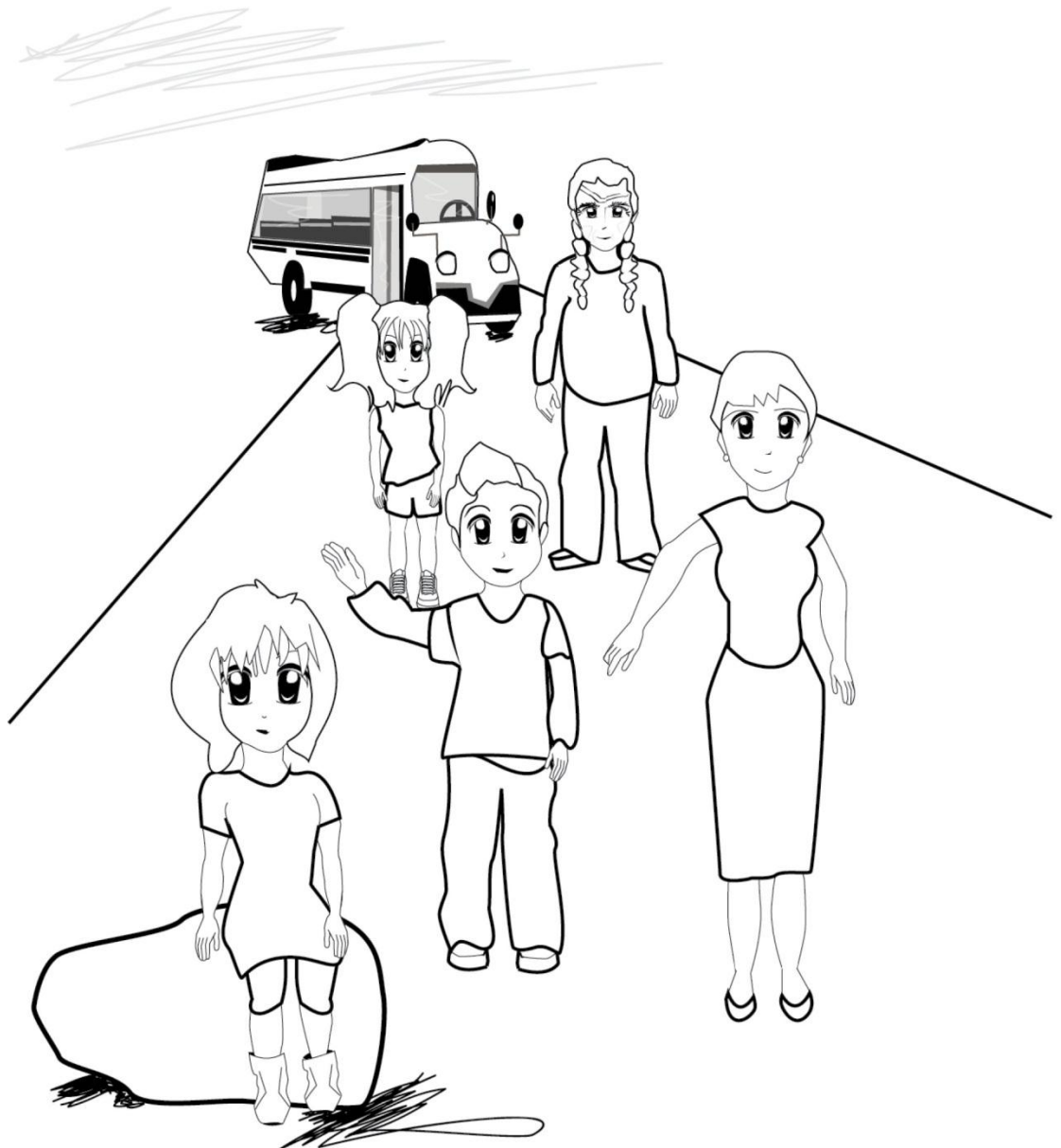
They went into the school and threw their backpacks into their lockers.
“Good morning Mrs. Woods,” said Brie. “Good morning to you, I have a special day planned for us today! I have asked Elder George to take us on a field trip.”





Jordan yelled out “What are you going to teach us about today, Elder George?” “Well, my son, I want to teach you about the traditional way I use tobacco. In my First Nations culture, tobacco is a sacred medicine and we are not supposed to smoke it. Smoking cigarettes is dangerous to our health and can hurt the people around us,” said Elder George. “There are many harmful chemicals and poisons in cigarettes and in smokeless tobacco. These harmful chemicals hurt our bodies and make us unhealthy.” “So, how do you use tobacco, Elder George?” asked Jordan. “Come on – I will show you how we use tobacco in my culture. We are going on a bus ride!”

They arrived at their destination and Mrs. Woods exclaimed, “*What a lovely day for a walk!*” They all followed Elder George off the bus and along the walking trail. After a few minutes, they ended up at the river. Elder George gave each of the kids a handful of dried tobacco leaves and began to tell them a story. “*What is this stuff?*” whispered Jordan.



“Do you see this river? In my culture, we believe that all water was given to us as a gift from the Creator,” said Elder George. “The Creator made the land we stand on, the water we drink and the air we breathe. I also believe the Creator made everything in our world, even all of our ancestors and families. In my culture, we use tobacco to give thanks to the Creator for everything we have. We couldn’t live without water, as it helps keep our bodies healthy so it is important that we thank the Creator for water.”



“For those of you who wish to thank the Creator for water, take the dried tobacco leaves I have given you and sprinkle the tobacco onto the water. Take a private moment to do this. This is your time to reflect and give thanks.” Some of the students silently sprinkled their tobacco onto the water to give thanks to the Creator.

“Follow me back down the path and I will show you another way we use tobacco in my First Nations culture,” said Elder George.

“Do you young ones see all of these big trees?” asked Elder George.

“These trees were also a gift to us from the Creator. The leaves on the trees provide us with shade, clean air, and give a home to birds and other creatures. The tree branches give us wood to build our houses, boats and tools. What else do we use wood for?” “My family uses wood to make furniture for our house,” said Brie.

“We use recycled trees for paper so we can read books and learn!” said Jordan.





“That’s right,” said Elder George. “There are many different ways we use trees in our lives. For those of you who would like to thank the Creator for trees, take some tobacco and place it at the bottom of a tree to give thanks. It is important that we do not always just take what the Creator has given us – we must give back to the Creator, too. Now, let’s follow the path back to our bus so we can go back to school,” said Elder George.



When Elder George and the kids got back onto the bus, Elder George asked *“Do you understand how I use tobacco in my First Nations culture now?”* *“Yes!”* they all answered. *“I am so glad that I learned how you use tobacco in your culture. Thank you, Elder George,”* said Jordan. Brie exclaimed *“I will never smoke cigarettes or use smokeless tobacco because it is not healthy for my body. In my culture tobacco is sacred and I will only use tobacco to thank the Creator,”*. Jade shouted *“I love field trips! Thank you, Elder George!”*

The End.



In the story, Elder George gives thanks to the Creator for the water and trees. Demonstrate through drawing and writing what you are appreciative for and why.

A large rectangular frame with a diagonal line from the top right corner to the bottom left corner. Inside the frame, at the bottom, are five horizontal lines for writing.

The Lung Association of Saskatchewan developed this book!