

# Tulalip Lushootseed Family Activity

## Cedar Visit

## Cedar Unit

The goal of this unit is to learn about the healing, protective and medicinal properties of cedar.

### Activity Overview:

This activity helps us become familiar with Cedar: where they grow, how to identify them, what they look and smell like, and the importance and uses of Cedar to our people.

## Lushootseed

ʔuləxəd – Gather from nature

ʔpəyʔac – Cedar Tree

stidgʷəd – Cedar bough

st'əljixʷ – Medicine

ʔəst'igʷid – Thankful

tiχdxʷ – Take care/Protect

ʔuʔuləxəd čəʔ – We will go harvesting.

ʔux'alalikʷ čəʔ – We will color.

ʔəsʔəχ'idalus tiʔəʔ – What color is this?

č'ətəyʔalus tiʔəʔ – It is green.

stab tiʔəʔ – What is this?

stab čəxʷ ʔəsšudxʷ  
What do you see?

# Activity Instructions



1. Check your yard for any *ḡpayʔac* (cedar tree), if you have one at your house, you can use that, if not, take a drive or a walk and see if you can identify a cedar tree to *ʔuləḡəd* (harvest) from. If you need to travel, make sure you have water, snacks, a bag for harvested cedar, and some scissors.
2. Once you have found a *ḡpayʔac* (cedar tree) make some observations. This is a good time to use Lushootseed: *stab tiʔəʔ* (What is this?), *stab čəx<sup>w</sup> ʔəsšudx<sup>w</sup>* (What do you see?), *ʔəsʔəḡidalus tiʔəʔ* (What color is this?)
3. Say a prayer and thank the tree (*t'ig<sup>w</sup>icid ḡpayʔac*) before beginning to harvest.
4. Cut or peel off the *stidg<sup>w</sup>əd* (cedar bough), get pieces that are from 6-10 inches long. *ʔuləḡəd* (gather) at least one piece of *stidg<sup>w</sup>əd* (cedar bough) for each person participating in the activity.
5. When you get home or to a place where you will be doing your craft, lay out the *stidg<sup>w</sup>əd* (cedar boughs). If they are wet, pat them dry. Lay one piece out and lay a piece of paper on top of it. Emboss the silhouette *stidg<sup>w</sup>əd* (cedar bough) onto the paper by laying a crayon on it side and rubbing it against the paper lightly.
6. Look at the embossings together and notice the patterns of *ḡpayʔac*. Share what you know about the medicine *ḡpayʔac* offers and discuss any questions you have or what you might want to learn more about.