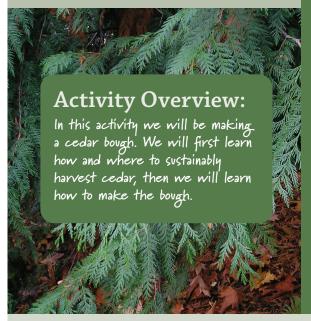
Tulalip Lushootseed Family Activity

Making a Cedar Bough



Cedar Unit

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

Lushootseed

?uləxəd - Gather from nature

×̃pay?ac − Cedar Tree

stidg^wəd – Cedar bough

sťaljix^w - Medicine

?əst'ig^wid - Thankful

tixdxw - Take care/Protect

4u?uləxəd čə⁴ - We will go harvesting.

?əs?əxidalus ti?ə? What color is this?

čuləy?alus ti?ə? - It is green.

stab ti?ə? - What is this?

stab čəx^w ?əsšudx^w What do you see?







Activity Instructions



- 1. Check your yard for any xpay?ac (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 ?uləxəd (harvest).
- 2. Once you have found a xpay?ac (cedar tree) with bright green tips, say a prayer and thank the tree (t'igwicid xpay?ac) before beginning to harvest.
- 3. Once the xpay?ac (cedar tree) has been thanked, you can ?uləxəd (harvest) the stidgwəd (cedar boughs) by cutting or peeling off a stidgwəd (cedar bough) about 6-18 inches of length. Gather 3-5 pieces of the stidgwəd (cedar boughs) for a bundle to put above the entry and exit doors of your home.
- 4. You can use these phrases while you ?uləxəd (harvest): stab čəx^w ?əsšudx^w (What do you see?), stab ti?ə? (What is this?), ?əs?əxidalus ti?ə? (What color is this?), čuləy?alus ti?ə? (It is green)
- 5. After harvesting the stidg^wəd (cedar boughs) lay them out and group them by a bundle of 3-5. Then once they are grouped up, tie them together at the base of the bundle using yarn or string. Once you have your stidg^wəd bundled, hang it above your entry/exit door. While hanging the stidg^wəd, say a prayer for the xpay?ac to protect your home.
 - łutixdubuł ti xpay?ac The cedar tree will protect us.
 - dutixdub ?ə ti xpay?ac ti ?al?alčəd Our home is protected by the cedar tree.
 - futixdub ?ə ti xpay?ac ti s?ibəščəf Our journey is protected by the cedar tree.
- 6. If able, have elders or others share stories of their experiences with harvesting xpay?ac and the medicine xpay?ac offers.



