

# 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.

### Activity Overview:

In this activity we will be making a cedar bough. We will first learn how and where to sustainably harvest cedar, then we will learn how to make the bough.

## Lushootseed

ʔuləxəd – Gather from nature

ḡpayʔac – Cedar Tree

stidgʷəd – Cedar bough

st'əljixʷ – Medicine

ʔəst'igʷid – Thankful

tiḡdxʷ – Take care/Protect

ḡʔuləxəd čəʔ – We will go harvesting.

ʔəsʔəḡidalus tiʔəʔ  
What color is this?

č'utəyʔalus tiʔəʔ – It is green.

stab tiʔəʔ – What is this?

stab čəxʷ ʔəsšudxʷ  
What do you see?

# Activity Instructions



1. Check your yard for any *špayʔac* (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 *ʔulə́xəd* (harvest).
2. Once you have found a *špayʔac* (cedar tree) with bright green tips, say a prayer and thank the tree (*t'igʷicid špayʔac*) before beginning to harvest.
3. Once the *špayʔac* (cedar tree) has been thanked, you can *ʔulə́xəd* (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 *ʔulə́xəd* (harvest): *stab čəxʷ ʔəsšudxʷ* (What do you see?), *stab tiʔəʔ* (What is this?), *ʔəsʔə́xidalus tiʔəʔ* (What color is this?), *čʷtəyʔalus tiʔəʔ* (It is green)
5. After harvesting the *stidgʷəd* (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 *stidgʷəd* bundled, hang it above your entry/exit door. While hanging the *stidgʷəd*, say a prayer for the *špayʔac* to protect your home.
  - *ʔutíx̄dubuʔ ti špayʔac* - The cedar tree will protect us.
  - *ʔutíx̄dub ʔə ti špayʔac ti ʔalʔalčəʔ* - Our home is protected by the cedar tree.
  - *ʔutíx̄dub ʔə ti špayʔac ti sʔibəščəʔ* - Our journey is protected by the cedar tree.
6. If able, have elders or others share stories of their experiences with harvesting *špayʔac* and the medicine *špayʔac* offers.