

# Medicine Walk + Community Clean-Up



## Introduction (*For Facilitators*):

This activity is designed to blend cultural teachings with environmental action. It begins with a guided medicine walk led by a local Elder or Knowledge Keeper, where community members will learn to identify traditional plants and hear stories about their uses and significance. As the group walks through the land, the community will also do community clean-up.

## Materials Checklist:

- Gloves (one pair per person)
- Garbage bags (enough for the group)
- Litter tongs or pickers
- Water & reusable cups
- First aid kit

## Steps:

1. Meet Up & Introduction: Gather with your group. Explain the importance of plant medicines and how we can care for the land to ensure that they grow in abundance. Discuss safety when handling sharp objects.
2. Prepare to Walk: Ensure that everyone has gloves, tongs, and a garbage bag.
3. Walk & Learn: As you walk, stop and share stories or show the plants. Allow time for the community members to ask questions.
4. Clean Up as you walk.
5. Circle Time: When the clean-up/plant tour is complete, gather in a circle and ask the community members to share what they learned.

## Works Cited

Anishnawbe Mushkiki. *Your Name and Colours*. Anishnawbe Mushkiki, 11 Nov. 2023, <https://mushkiki.com/programs-services/your-name-and-colours>.

Mahikan Trails. *Mahikan Trails – Indigenous Experiences*. Indigenous Tourism Alberta, 8 June 2018, <https://mahikan.ca>.

Regional Municipality of Wood Buffalo. *NIHM 2022 | Elder Cecile Calliou | Tobacco Protocol Teaching*. YouTube, 7 June 2022, <https://www.youtube.com/watch?v=sYbvl3raneA>.