

Chasing Out Bad Juju
Smudging Ceremony
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Overview: Learn about the Native American Indians from New Haven County that had occupied the Cove River area back in the colonial days and their culture using various plants for both medicinal and food sustainability

Objectives: Students will have an understanding of the Native American Indian from the New Haven County and their way of communicating with each other and to the settlers. Learn their way of life and how plants were used everyday.

Key Concepts: Food Webs, Predator-Prey Relations, Ecological Niches, etc.
Subjects: Social Studies, biology, Ecology, Geography, Botany, etc.
Duration: 3 class periods (80 minutes)
Setting: In the field, outdoor natural landscape
Season: Spring – early, just at budburst
Interdisciplinary Connections Frameworks:

Environmental Education @ the Cove River Site, and other coastal Connecticut settings.



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Introduction | Engagement: Native Americans had a vast knowledge of medicinal plants and their uses. They taught the white settlers in Colonial time about healing wounds, and making childbirth safer. To welcome new people to their land they would perform a smudging ceremony.

Materials: The materials needed for this lesson are:

- ❖ Smudge stick (wand made of dried leaves tied together)
- ❖ Self igniter
- ❖ Bowl – heat proof
- ❖ Cedar
- ❖ Handouts of the ceremony

Preparation: Have the students read the paperwork on smudging and give their feedback on what the ceremony means to a Native American. Out at the site (Cove River) perform the ceremony on them explaining the purpose and significance of the ceremony.

Explanation: Native American Indian culture is a large factor when it comes to discovering various plants that were introduced to the white man for medicinal purposes as well as for other means plants could be used.

Explore: Students will be introduced to the history of New Haven’s Native American Indian tribe, Quinnipiack and their culture via the smudging ceremony

Activity #1: Introduce “smudging” to the students and talk about the Native Americans from New Haven County. Hand out the smudging ceremony paperwork and walk the students

through it on the importance of the ceremony.

Evaluation: Collect their papers on facts about the Quinnipiacks and there feedback on the smudging ceremony and what it meant to them.

Reference: U.S. Department of Agriculture
Book
A Handbook of Native American
Herbs, Hutchens, Alma R.
Peterson's Field for Wild Plants
Medicinal Plants of the World
Volume 3, Ross, Ivan A.
<http://greenfield.fortunecity.com/dwellers/564/ceremony>