



GRATEFUL HEARTS: LEARNING ABOUT GRATITUDE AND THE MOOSE HIDE CAMPAIGN WITH RAVEN LACERTE AND FRIENDS

THIS WORKSHOP IS CREATED FOR PRE K+



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

Join Raven Lacerte, co-founder of the Moose Hide Campaign, in this inspiring video workshop about tobacco and gratitude. Raven shares the cultural teachings and spiritual significance of tobacco as one of the four sacred medicines, and how it connects us to our ancestors and the spirit world. Through the making of tobacco ties, she invites learners to reflect on the importance of giving thanks, walking with intention, and honouring those who help create positive change in their communities.

This activity requires the following materials:

Materials:

Option 1 – Making Tobacco Ties

(Only proceed with this option if in a setting where it's appropriate and materials are handled respectfully)

- Red cloth (cut into small squares, 4x4 inches)
- Natural tobacco
- String or yarn
- Markers
- Paper and pencils (for gratitude notes)

Option 2 – Gratitude Drawing Activity

- Printed worksheet of a tobacco tie
- Crayons, markers, or pencil crayons



Lesson Steps:

1. Circle Time – Story and Discussion (10–15 minutes)

- Start with a conversation:
- “Have you ever given someone a thank-you card or gift? How did it feel to give or receive something like that?”
- Watch “Grateful hearts” featuring Raven and the puppets.
- Ask open-ended questions:
 - “What is tobacco used for in this story?”
 - “What does it mean to have good intentions?”

2. Activity Option 1: Making Tobacco Ties (15–20 minutes)

- Reminder: Explain that tobacco ties are not a craft but a form of ceremony — it's important to treat the materials with respect and good intentions.
- Have each child:
 - a. Take a square of red cloth.
 - b. Place a pinch of tobacco in the center.
 - c. Think of one person they are grateful for and why.
 - d. Gently tie the cloth with string to make a small bundle.
 - e. Please see the attached explanation of tobacco ties and what to do after you've created them.

3. Activity Option 2: Gratitude Drawing (15–20 minutes)

- Hand out the printed tobacco tie worksheet.
- Ask students to:
 - Draw a picture inside the tobacco tie showing someone or something they are grateful for.

4. Encourage creativity and storytelling:

- “Who is someone that helps your community or your school? What is something kind someone has done for you?”

5. Sharing & Reflection (5–10 minutes)

- Invite a few students to share what they drew or created.
- Close with a short gratitude circle: Go around the circle and have each student say one thing they are grateful for today.



Dear Educators,

Thank you for taking part in this important learning experience with your students. If your class has chosen to create tobacco ties, please know that these are not simply art projects or crafts—they are sacred medicine and hold deep cultural and spiritual significance.

You may choose to send each tobacco tie home with the child, or keep them safely at the school. If kept at school, tobacco ties can be offered respectfully to Indigenous guest speakers or Knowledge Keepers who may visit, as a gesture of gratitude and honour. It's important to ensure that tobacco ties are never thrown away. They must be stored or handled with care, in a clean and respected space. Some families or individuals may eventually offer the tie to a fire, with the intention of saying thank you and releasing the gratitude or prayer it carries.

If sending the tobacco ties home, please include the note below for families and caregivers.

Paragraph to Send Home with Tobacco Tie:

Dear Families,

Your child is bringing home a tobacco tie that they created as part of a learning activity on gratitude and Indigenous teachings with the Moose Hide Campaign. Tobacco is one of the four sacred medicines and is used in many Indigenous cultures to give thanks, offer prayers, and honour others. This tobacco tie is a symbol of gratitude and should be treated with care and respect. It should never be thrown away. Some families may choose to keep it in a safe place at home, while others may eventually offer it to a fire, with a moment of reflection or thanks. We encourage you to speak with your child about the intention they carried while making it and what or who they are thankful for.



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE