

Lesson Name Topic:	Stinging Nettle/Nettle Tea/Land stewardship Students will learn about Stinging Nettles and their medicinal significance in our tribes
Objectives: Essential Understandings	Students will learn about stinging nettles Students will learn the importance of land stewardship Know that our medicinal plants can't be separated from spiritual significance
Internal/ External Assets addressed	Internal Commitment to Learning Positive Values Social and Cultural Competence Positive Identity  External Support Empowerment Constructive Use of Time
Standards or language proficiency descriptors:	Productive language standards: Produce learned words and phrases about significant plants and gathering and share with others
World readiness standards	<b>Standard 3: Students will understand the relationship between language and culture.</b>  Interact with other cultures Comparisons: develop insight into the nature of language and culture
Words of the week STEPS to success  Guiding Questions:	Stinging Nettles Medicine <ul style="list-style-type: none"> <li>• Students will log on online and listen to a presentation about stinging nettles</li> <li>• Students will learn the words in their language</li> <li>• Students will learn how to make nettle tea</li> <li>• Students will understand the significance of plants to our people</li> </ul> What does gathering stinging nettles teach us about the relationship we have to Mother Earth? How can we use these practices in our modern lives? What does gathering nettles teach us about patience and being intentional?
Signs of cultural growth/ Measurable student outcomes:	Students will understand how understanding traditional medicines and gathering practices connect us to Earth and is a way of sustaining our culture and helping Earth.
Traditional Knowledge or Teachings SEL connections	Learning how to gather stinging nettles Learning the importance of gathering in a specific way Learn how to use what you've gathered

	Self and Social Awareness: Awareness of cultures, languages, history and identities SEL: Patience, mindfulness Self and Social Management: Opportunity to grow/learn; communicate with others
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