



The Medicine
Box Project

Learning Resource from The Medicine Box Project

Week 3 - Cultural Conversations

*This week we had the honor of visiting with local community member Al Crawford. To pair with this video, we have recommended two resources that go well with the themes highlighted by Al. We hope you enjoy this week's material. Thank you for sharing Al! - **The Medicine Box Sisters***

[2 Crees in a Pod - Episode 3](#)

This week, we recommend checking out the Podcast *Two Crees in a Pod*, specifically Episode 3: *Ceremony on the Brain with Dr. Michael Yellow Bird*. This podcast “unapologetically creates space for Indigenous resurgence” and this episode ties in well with our Week 3 video where we learn about the impact culture has had on Al’s life.



[Stepping Stones - Learning Resource # 9](#)

We also recommend checking out these *Stepping Stones* resources from *Walking Together, Education for Reconciliation, Alberta Teachers Association*. Specifically, Number 9: *First Nations Plants and Traditional Uses*. This resource starts to explore some of the traditional plants found in our area and their cultural & ceremonial significance - including Sage & Tobacco!

Happy Growing!