**Talking Stick**

**A “Talking Stick” is a sacred tool often used during important gatherings within First Nation communities. It allows for a conversation to have purpose and respect. In a classroom setting we have used a Talking Stick to discuss topics such as our feelings or something that may concern us as a whole group. We all are in a time where healing and talking will help us get through these tough times. This activity is intended for the whole family to join in!**

**Activity**

**Task #1**

* **Go outside as a family and search for the perfect stick.**
* **Decide how you are all going to make your talking stick special.**
* **You may paint, bead, place ribbon/yarn, or maybe you just want to keep it in its natural form. The choice is yours!**

**Task #2**

* **Decide on a time as a family where you would like to discuss a topic.**
* **You may have something exciting you would like to talk about.**
* **You may want to discuss your feelings or emotions you may have.**
* **You may just want to spend time with your family talking without electronics.**
* **Remember those who have the Talking Stick are the only ones able to speak at this time.**
* **This task is meant to be sacred and respectful.**



The following link gives you further information about the sacred protocols behind a talking stick. <https://www.ictinc.ca/blog/first-nation-talking-stick-protocol>

If you would like to show off your artwork you may email it to me at [Molly.Brown@nbed.nb.ca](mailto:Molly.Brown@nbed.nb.ca) Woliwon, Miss Topkwancihte