

GUIDELINES FOR SMUDGING IN SCHOOLS

1

Give all parents/guardians, staff and students advanced notice of smudging happening.

2

Work with the principal to find a location in the building or outside.

3

Post signage around the school, indicating smudging occurs in or around the school.

4

It's preferable to use medicine that is common to the Coast Salish territory (sage and cedar).



Aboriginal Learning

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SMUDGING

Protocols and Guidelines for Schools



Surrey Schools is taking steps to ensure their schools are inclusive and culturally responsive by integrating indigenous perspectives into schools planning and programming in partnership with local First Nations and Métis. This includes welcoming all students to learn about Indigenous traditions.

WHAT IS SMUDGING?

Smudging is a tradition, common to many Indigenous People, which involves the burning of one or more medicines gathered from earth.

Four sacred medicines used in Indigenous ceremonies are tobacco, sage, cedar and sweetgrass. The most common medicine used in the Coast Salish territory is sage and cedar. Smudging has been passed down for generations and there are many ways and variations on how a smudge is done. Each family has their own way of smudging and have their reasons for smudging.

Smudging allows people to stop, slow down, become mindful and centered. It allows people to remember, connect and be grounded in the event, task or purpose at hand. Smudging also allows people to let go of any negativity and is a way of cleansing oneself. Elders and Spiritual Leaders have provided steps and rationale for this cleansing process called a smudge:

- We smudge to clear the air around us.
- We smudge to clear our minds so that we will have good thoughts.
- We smudge our eyes so that we will only see the good in others.
- We smudge our ears so that we will only listen to positive things about others.
- We smudge our mouths so that we will only speak well.
- We smudge our arms to do the good work that we do in a loving & caring way.
- We smudge our feet so that we walk in a good way.
- We smudge our whole being so we will portray only the good part of our self through our actions.
- We smudge to cleanse negative energy within our own being or any negative energy in a space.

BASIC UNDERSTANDINGS TO FOLLOW

No one should feel obligated to participate in a smudge.	Smudging is a very personal experience.
Please place signage to inform others that there will/is a smudge in process.	In the planning, consider and respect people's sensitivities to the scent of the smudge.