

# THANKFULNESS: A TIPI TEACHING



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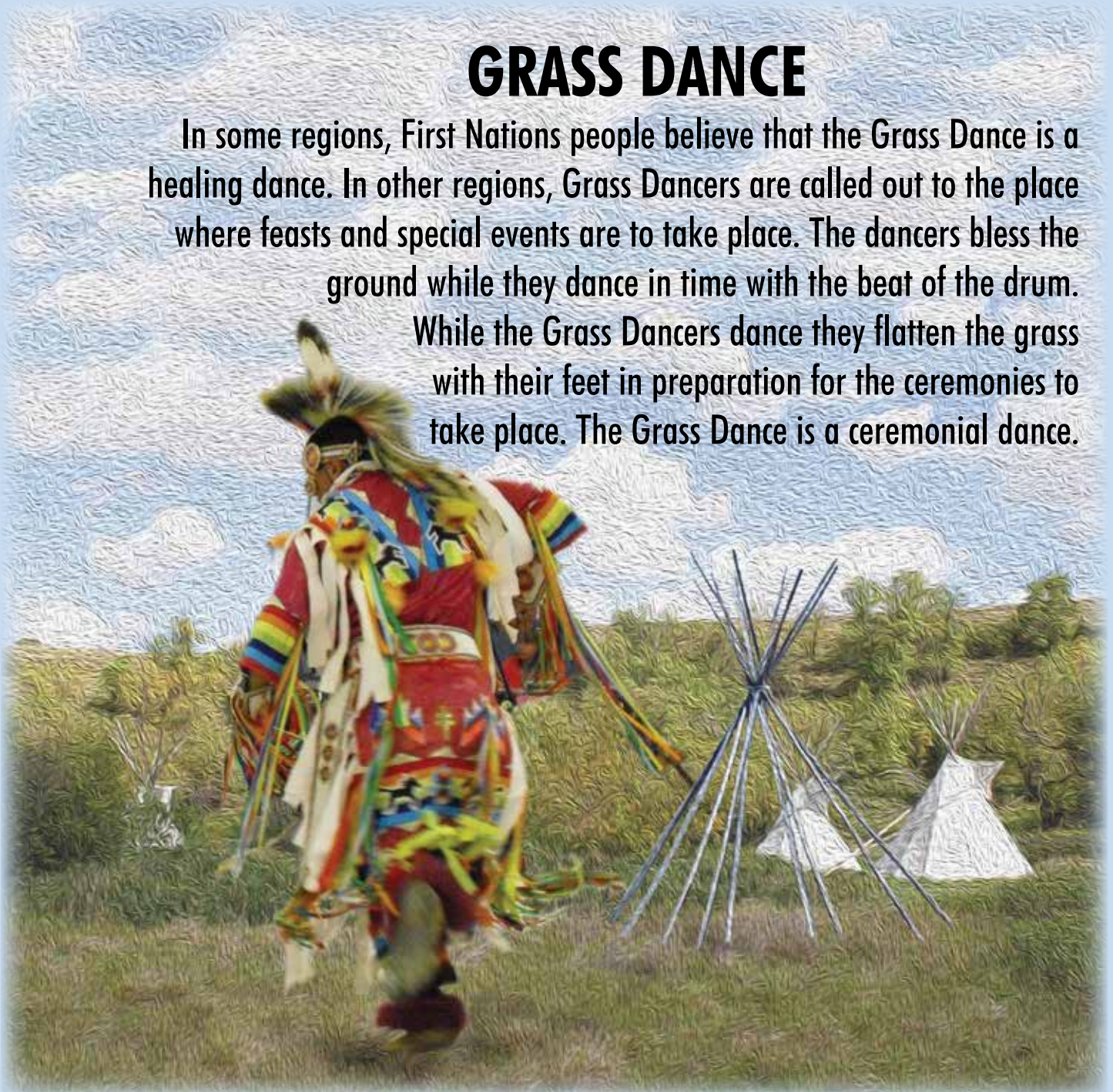


There are many ways in which we can give thanks – in acts of gratitude and in giving back, in feasts, in ceremonies, in stories, in song, in prayer, and in dance.

## **GRASS DANCE**

In some regions, First Nations people believe that the Grass Dance is a healing dance. In other regions, Grass Dancers are called out to the place where feasts and special events are to take place. The dancers bless the ground while they dance in time with the beat of the drum.

While the Grass Dancers dance they flatten the grass with their feet in preparation for the ceremonies to take place. The Grass Dance is a ceremonial dance.





**Remember, to take time each day to give thanks.  
We end this book by saying, “Maarsii” to Mooshoom  
Pocha for his teachings on Thankfulness!**