



Coastal Insights: Eyes on the Coast

Lesson #1: Welcome to the Salish Sea

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www.salishsea.org

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Background

The Salish Sea is one of the world's largest and most biologically diverse inland seas. It stretches from southwestern British Columbia, south of Campbell River, to the northwestern part of the US, in Olympia, Washington. Its major bodies of water are the Strait of Georgia, the Strait of Juan de Fuca, and Puget Sound.

The first known use of the term *Salish Sea* was in 1988, when marine biologist Bert Webber from Bellingham, Washington, created the name for the combined waters in the region with the intention to raise consciousness about taking care of the region's waters and ecosystems.

The name reflects the original inhabitants of the area, the Coast Salish peoples, a group of ethnically and linguistically related Indigenous peoples of the Pacific Northwest Coast, living in British Columbia and Washington and Oregon in the U.S. The Coast Salish represent many tribes with distinct cultures and languages. The waterways of the Salish Sea were important trade routes for the Coast Salish People, and they continue to remain an integral part of life and source of food and other resources for the Indigenous peoples.

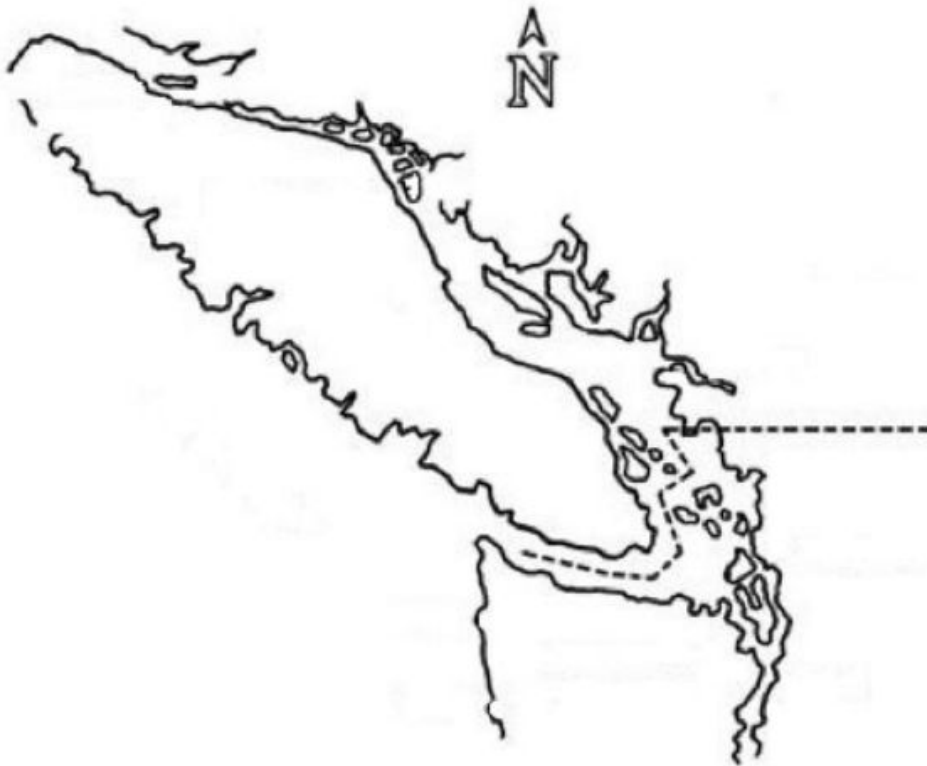
Activities and Discussions

Below are some questions to help prepare and introduce your students to the Salish Sea.

- 1) **What waters are included in the Salish Sea? (map included)**
Discuss the area of the Salish Sea using the map and highlighting major waterways, boundaries, cities, and any other features of interest (where they're located or from, etc.).
- 2) **What are some plants/animals that live in the Salish Sea?**
- 3) **What do you or your family love about the ocean?**
- 4) **What is a Salish Sea Steward and what does a "Salish Sea Steward" do/think/say?**
- 5) **Why do you think the Salish Sea is important?**

Salish Sea Map Activity

Create an outline of the Salish Sea on this map. Color the waters of the Salish Sea one color and the coastlines in another color. Label 3 water bodies found in the Salish Sea (use arrows if needed) and 3 major cities around it. List where you're from or located if found within this area.



Follow-up questions

Following the presentation, please answer the following questions as best you can and research using educational resources or interviews with your local friends, family or community members as needed.

To review and discuss as a class

- 1) Explain the concept of two-eyed seeing and list the benefits of using it.
- 2) List 5 other Coast Salish-speaking tribes or nations located in British Columbia. Start with the ones closest to your area.
- 3) Discover an Indigenous story originating from a local First Nation community in your area that uses or describes something about nature (e.g. a moral or lesson, how something came about, origin story, etc.). Be able to share the title, moral or lesson, and brief summary.
- 4) Describe in detail the type of biome and an example of an ecosystem found on the coast in the Salish Sea - characterize with at least 2 descriptions or examples of the climate, types of vegetation, and common wildlife found.
- 5) Explain your interconnections you have with nature and the role it plays in your life. How do you enjoy connecting with nature (e.g. hikes, camping, wildlife viewing, outdoor sports, etc.).

To share with Raincoast in the next lesson:

- 6) Research and share 2 Indigenous place names and their meaning from local well known areas (e.g. like your town, street, local island or area, etc.). Describe which Nation it originated from, the meaning and location.
- 7) List and describe 3 major current threats to the Salish Sea's ecosystems and its impacts on the wildlife and habitats. List some ways to help address these threats.
- 8) Find another country or culture that uses a different calendar system. Compare and contrast it with the gregorian (12 months) or W̱SÁNEĆ calendar.
- 9) List any observations you or your family have noticed to changes in temperature, climate, plants or animals associated with different seasons from before. (Example: are certain plants or animals appearing earlier or later in different seasons, extreme or atypical weather patterns, etc.).

Vocabulary list

Biodiversity: the variety of life found in a place on Earth or, often, the total variety of life on Earth. It refers to every living thing, including plants, bacteria, animals, and humans.

Biome: an area characterized by a community of vegetation and wildlife adapted to a specific climate. The five major types of biomes are aquatic, grassland, forest, desert, and tundra.

Ecosystem: the complex interaction of living (e.g. plants, animals and other organisms) and nonliving (e.g. weather, landscapes, etc.) things working together in a particular unit of space or bubble of life.

Gregorian calendar: is based on the movement of the Earth around the sun and 12 months in a year.

Lunar calendar: is a calendar based on the different phases of the moon.

Salish Sea: the body of water that stretches from southwestern British Columbia to the northwestern portion of the U.S. state of Washington. Its major bodies of water are the Strait of Georgia, the Strait of Juan de Fuca, and Puget Sound.

Stewardship: the use and protection of natural environments in responsible ways. This includes conservation and sustainable practices. The ultimate goal is to enhance ecosystem resilience, while at the same time enhancing human well-being.

Sustainability (environmental): responsibly interacting with the planet to protect and maintain natural resources long-term and avoid jeopardizing the ability for future generations to meet their needs.

Watershed: an area of land that channels rainfall and snowmelt to creeks, streams, and rivers, and eventually to outflow points such as reservoirs, bays, and the ocean.

SENĆOŦEN Word List

<https://itservices.cas.unt.edu/~montler/saanich/wordlist/animals.html>

SENĆOŦEN: the traditional language historically spoken on the Saanich Peninsula of southern Vancouver Island and islands in the Strait of Georgia, today divided by the US-Canada border.

ŪSÁNEĆ: Translated means “look what is emerging”. The Saanich or ŪSÁNEĆ are Indigenous nations from the north coast of the Gulf and San Juan Islands, southern Vancouver Island and the southern edge of the Lower Mainland in British Columbia. Saanich bands include:

- MÁLEXEL - Malahat First Nation
- BOŔÉĆEN – Pauquachin

- STÁ,UTW – Tsawout
- WJOLELP – Tsartlip
- WSIKEM – Tseycum First Nation

SKÁU LTE (13 moon calendar): represents the natural laws of the WŚÁNEĆ (Saanich) people. The calendar depicts the four seasons, the WŚÁNEĆ 13 moons and the culturally important plants, food, medicines, animals and marine life and illustrates the flow of activities that occurred when WŚÁNEĆ people lived a traditional life linked to nature.

TETÁCES: The SENĆOTEN word for these Islands. translates as “Relatives of the Deep” reflecting the creation story for the Islands. “The Islands, our relatives, have provided a way of life for our people for thousands of years and WŚÁNEĆ law creates a reciprocal relationship of care between WŚÁNEĆ and TETÁCES. — “This responsibility is absolute; we are obligated to care for these islands, not only through our own actions but by protecting the islands against harmful actions by others”.

Seventh Generation Principal: is a guiding principle based on an ancient Haudenosaunee (Iroquois) philosophy that the decisions we make today should result in a sustainable world seven generations into the future.

EŚÁS: Sea lion

ĶENES: Humpback whale

QONED: Porpoise

QENQENED: Dolphin

ĶOĶO, IĶĶ - Arbutus Tree

For a more extensive list of words in [SENĆOTEN](#), please check out the [SENĆOTEN](#) word list (linked).

Informational Resource links

Activities and Curriculum materials

[Junior Sea Doctors - Salish Sea Splash Unit](#) - A learning unit about the Salish Sea using lessons, games and activities. Developed by a working group of teachers, marine educators, Native Environmental Scientists, and Marine Scientists. Download all materials for this unit [HERE](#).

[Garden of the Salish Sea curriculum \(GSSC\)](#) - a K-12 environmental science program that uses shellfish as a vehicle to teach marine science with hands-on learning through field experience. Resources include [curriculum materials](#), [virtual lessons and field trips](#), and [multimedia](#).

[Salish Sea Wild](#) - Join the adventure and explore the Pacific Northwest's most amazing ecosystem with wildlife veterinarian Joe Gaydos and Team SeaDoc. Lists a catalogue of videos showcasing stories, people and wildlife in the Salish sea.

Books

[Explore the Salish Sea: A nature guide for kids](#) by Joseph K. Gaydos and Audrey Delella Benedict

[Saltwater people by Dave Elliot Sr.](#) - A resource book about the Saanich People.

Songhees Pictorial: a history of the Songhees people as seen by outsiders, 1790-1912 by Keddie, Grant R.

Songhees: to work with good mind, good feelings by Songhees First Nation.

Indigenous Peoples atlas of Canada by Royal Canadian Geographical Society

First Nations series for young readers.

- Environmentalists from our First Nations by Schilling, Vincent
- Wisdom from our First Nations by Sigafus, Kim
- Great writers from our First Nations by Sigafus, Kim
- Great athletes from our First Nations by Schilling, Vincent
- Great women from our First Nations by Fournel, Kelly

- The Salish by Christine Webster
- This place: 150 years retold by Kateri Akiwenzie-Damm
- Hannah & the Salish Sea by Shaw, Carol Anne,
- Island in the salish sea by McFarlane, Sheryl,
- Animals of the Salish Sea: Coast Salish First Nations and native art by Gleeson-Lyall, Melaney.
- A Stó:lō : Coast Salish historical atlas by Carlson, Keith
- How raven freed the moon by Cameron, Anne
- My Elders tell me by Wright, Marion (Roze)
- Raven brings the light by Roy Henry Vickers
- We are Puget Sound: discovering & recovering the Salish Sea by Workman, David L., author.
- Explore the Salish Sea : a nature guide for kids by Gaydos, Joseph K.
- Indigenous Peoples Atlas of Canada by National Chief Perry Bellegarde

Indigenous resources

[First Voices](#) - SENĆOŦEN learning hub with language, games, and activities for kids.

[SENĆOŦEN word list](#)

[The Legend of ŁÁUWELNEW](#) - The Saanich Flood Story (printable story pages)

[13 moon calendar](#) - outlines the descriptions for each moon.

Online Resources

[Canadian Museum of history](#): (origin Stories/Land/Peoples of the Longhouse and more)

[Creation stories](#)

[The Canadian Encyclopedia](#): Turtle Island (origin Story)

First Nations Education Steering Committee Resources:

[Learning First Peoples Classroom Resources](#)

[Authentic Resources Guide](#)

Media (available in designated libraries)

[Growing Native Northwest: Coast Salish \(2018\)](#): 54 mins film access immediately on Kanopy with a GVPL library card.

13 Moon Calendar

