



**GOOD MEDICINE  
WITH DOMINIQUE RANKIN AND  
MARIE-JOSEE TARDIF**



**MOOSE HIDE  
CAMPAIGN  
CAMPAGNE  
MOOSE HIDE**

Welcome to our "Good Medicine" workshop with hosts Marie-Josée Tardif and Hereditary Chief and Elder T8aminik (Dominique) Rankin.

Spend time with these two knowledge keepers and learn about the concept of good medicine and what it means for Indigenous Peoples. Learn lessons from the Algonquin culture about traditional and sacred medicines, animal medicine, traditional drumming and singing, and the medicine of the moose hide.

This workshop is intended for middle and high school classes.

**Good  
Medicine**



# Discussion Questions

"Medicine is anything that makes you alive."

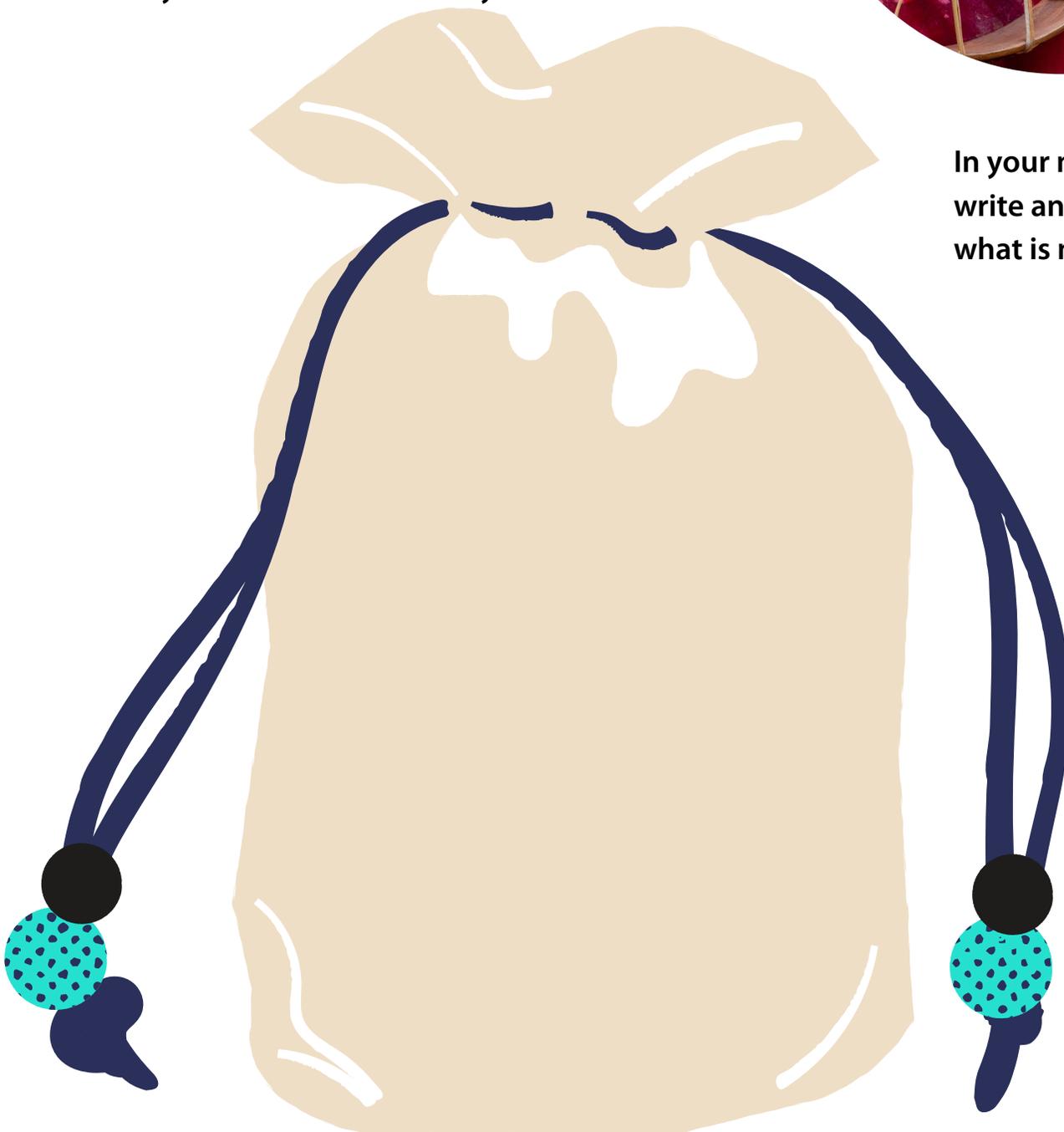
Think about this quote from the video. What are some things that make you feel alive? That make you feel good?

Good medicine can be Indigenous sacred medicines such as tobacco, sage, cedar, etc. It can also be the drum that brings people together and brings us back to our heartbeat, to songs that ground us, to memories of our family.

Think critically about what your medicines are - they will be different for everyone!



In your medicine pouch write and draw pictures of what is medicine for you.



# The Moose Hide Campaign as medicine



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CAMPAGNE  
MOOSE HIDE

The Moose Hide Campaign is rooted in good medicine. The moose hide pins are offered as a small piece of traditional Indigenous medicine to help end violence and live respectfully and peacefully. The spirit of the moose is in the pin. The moose is a large and powerful animal, but also a peaceful animal. Not only do the pins carry the medicine of the moose, they also spark important conversations and shine a light into the shadows where domestic and gender-based violence live. Each pin invites an average of 5 conversations about reconciliation and ending violence.

We encourage you to discuss how your class can help end violence and grow kindness by spreading the good medicine of the moose hide pins.

In small groups (3 - 5 students per group), come up with an idea of how you might share the message of the Moose Hide Campaign and get moose hide pins out to more people in your school and community.

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Create a poster that shows the pins as good medicine or create a work of art for the annual Moose Hide Campaign Art and Video Challenge. Visit [www.moosehidecampaign.ca](http://www.moosehidecampaign.ca) to find out more.

