

LESSON PLAN: Tsucwinucw-k

Activity: Gratitude and Acknowledgement

Grade Level: 4–8

Overview

This lesson invites Grade 4-8 students to explore the deep meaning of the Indigenous word “Tsucwinucw-k” (pronounced “Juh Wee Nuh”), which means “I see you, I acknowledge you, and I am happy you are here.” Through a video introduction and interactive activities, students will learn how to embody the spirit of Tsucwinucw-k by practising gratitude, acknowledging others, and showing care and respect for their community and the world around them. The activities will encourage critical thinking about how Tsucwinucw-k applies to everyday situations, fostering empathy and positive communication.

Learning Objective

Students will be able to:

- Define “Tsucwinucw-k” and articulate its multi-layered meanings (e.g., “I see you,” “we’re on this earth together”).
- Identify and apply the core elements of Tsucwinucw-k: seeing and valuing others, recognizing collective connection, and showing care and respect.
- Analyse different scenarios and choose responses that reflect the spirit of Tsucwinucw-k.
- Practice acknowledging others and expressing gratitude through written reflection and discussion.

Materials

- “Tsucwinucw-k” Video
- Large chart paper or whiteboard
- Markers/pens
- Individual student journals or loose paper for “Gratitude and Acknowledgement Journal”
- Optional: An object to pass around for a circle activity (e.g., a talking stick, a smooth stone)
- Optional: Card with the word “Tsucwinucw-k - Juh Wee Nuh” written clearly for display

Duration

Approximately 50 minutes.

Lesson Steps

1. Introduction to Tsucwinucw-k (10-15 min)

Teacher Prompt: “Before we dive in today, let’s do a quick check-in. Turn to your neighbour and simply say ‘hello.’ Think about how it feels to connect with someone, even with a simple greeting. Now, imagine a word that holds even more power – a word that makes someone feel truly seen, acknowledged, and happy that they are right here with you. Words have that kind of power, and today we’re going to learn a very special

one. It's called 'Tsucwinucw-k,' or 'Juh Wee Nuh,' and it comes from the language of the kind person we're about to meet, Phyllis. This word is more than just a greeting; it's a beautiful way of saying, 'I see you, I acknowledge you, and I am happy you are here.' Get ready to learn from Phyllis and discover the power of Tsucwinucw-k!"

2. Play Video - Tsucwinucw-k (2 minutes)

3. Post-Video Discussion (3 minutes)

Facilitate a brief discussion about the word Tsucwinucw-k. Ask students: "What did Phyllis teach us about Tsucwinucw-k? What does it mean to you?"

4. "Juh Wee Nuh" Meaning Web (15-20 minutes)

- On a large piece of chart paper or the whiteboard, write "Juh Wee Nuh" prominently in the centre.
- As a class, brainstorm and write out all the layers of its meaning that students recall from the video and discussion (e.g., "I acknowledge you," "We're on this earth together," "I see you," "We've made it through another day," "showing care and respect").
- Draw lines to connect the ideas, creating a "meaning web." Encourage students to explain their connections.

5. Gratitude and Acknowledgement Journal (10 minutes to introduce)

- Introduce the concept of a "Gratitude and Acknowledgement Journal."
- Explain that for the next week (or a chosen period), students will make a short written and/or illustrated journal entry each day.
- Prompt: "In your journal, reflect on someone you acknowledged today, or someone who acknowledged you. How did it feel? How does this connect to the meaning of 'Juh Wee Nuh'?"
- Provide a few minutes for students to start their first entry.

6. Conclusion (5 minutes)

- Have a few students share journal entries each day, if they are comfortable.
- Open up discussion on how recognizing moments of gratitude is connected to what Phyllis shared about "Juh Wee Nuh."

Extensions (Optional)

- Creative Expression - have students create drawings, short stories, poems, or skits that demonstrate what "embodying Tsucwinucw-k" looks like in different situations.
- Community Tsucwinucw-k - Discuss how the concept of Tsucwinucw-k can extend beyond the classroom to the broader community. Brainstorm ways they can show care and respect for their neighborhood, local parks, or even the planet. This could lead to a class project like a community cleanup or a kindness campaign.



**Circle of
Learning**