



Dnaagdawenmag Binnoojiiyag  
**Child & Family Services**

# Bundles

Our bundles are unique and not every bundle is the same. The items that we carry in our bundle help us along our physical journey and promote our own cultural learning. Our newborns would have been gifted items to start their bundle as a welcoming into the physical world. Some of these items would have included, the 4 medicines (sage, sweetgrass, cedar and tobacco), smudge bowl as well as a small wooden bowl and spoon for feasting their bundles. As our young ones grow and learn more of their responsibilities, other items could be added such as, feathers, hand drum and/or shakers.



The responsibility of caring for their bundle would be a learned process as they mature. The responsibility when they are young would have fallen to the parents/care givers. Some of our people will carry their bundle items in a bag for when they travel, or some choose to leave them at home where they use them the most. As adults we would ensure that their bundle items are kept safe but also to ensure that they are used regularly. A yearly feast of their bundle items can be done. The yearly feast would be putting small amounts of food in a small bowl so that we could offer that food back to mother earth, a sacred fire, or to the water.



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