

Stories of the Land: A Secwepemc Inspired Fall Activity

1. What it is

This is not a scavenger hunt.

It's a finding walk—a quiet invitation to notice what the land is offering.

- A quiet walk to notice what the land offers
- A circle to share stories and reflections
- A way to teach kids the land is alive

2. What You/ll Do

Walk slowly—backyard, trail, or field

- Spot signs of fall: red leaves, resting trees, meaningful stones
- Record your finds with drawings, words, or memory
- Share in circle, then close with gratitude

Why It Matters

In Secwepemc culture, the land teaches us.

Fall is a time to listen, let go, and prepare.

This ritual helps us reconnect—without disturbing nature.

Begin Your Walk

This ritual is meant to be shared, Take this ritual with you when you go outside.

Share it. Live it. Let the land lead.

