

Medicine Bag Craft



Step 3: Pull shorter string through two holes at bottom of the bag. Put button bead in central hole so that the knot is on the inside and button is on the outside.



Step 4: Decorate with beads and feathers!



Medicine bags are sacred items in many Indigenous cultures. They are traditionally made from hide and are worn around the neck or waist.

Medicine bags usually contain tobacco, sweet grass, sage, and cedar. They may also contain items with personal significance to the wearer.

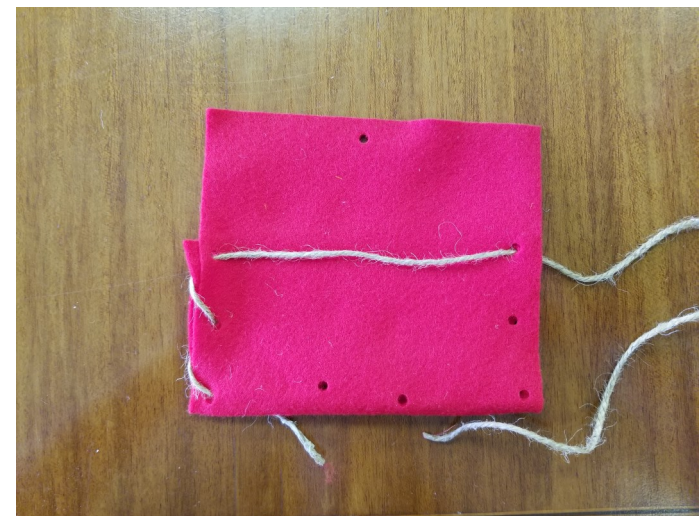
Wearing a medicine bag gives the wearer protection, healing, and emotional and spiritual support.



Supplies: 1 piece of felt, 1 long string, 2 short strings with a knot, 1 bead button, beads and feathers for decoration.



Step 1: Fold up felt so that 8 holes line up. Thread long string up one side.



Step 2: Run string across back of the bag and continue threading it down the other side.