

Forest

White Spruce Tree



I provide: Seeds, shelter, nesting sites

Who eats me? Red squirrels, snowshoe hares

Indigenous Connection: Many First Nations use spruce roots for basket-making and spruce gum for medicine.

Snowshoe Hare



I eat: Spruce cones and seeds

Who eats me? Great horned owl, coyote, fox

Indigenous Connection: The snowshoe hare appears in many stories, including trickster tales involving Nanabozho, teaching lessons about cleverness and survival.

Great Horned Owl



I eat: Hares and squirrels

Who eats me? Adults rarely have predators (bald eagles or coyotes if they are on the ground or injured). Raccoons, snakes and crows will eat the eggs.

Indigenous Connection: Owls are respected in many Nations as messengers and symbols of awareness and listening.

Red Squirrel



I eat: Spruce cones and seeds

Who eats me? Great horned owl, snakes, coyotes

Indigenous Connection: *Squirrels are observed in seasonal cycles, teaching about food storage and winter preparation in land-based learning.*

Gray Wolf

I eat: Hares and other mammals

Who eats me?: no natural predators

Indigenous Connection: *The wolf is a clan animal in many Nations and represents loyalty, family, and balance within ecosystems.*

Lake

Largemouth Bass (fish)



I eat: Smaller fish and frogs

Who eats me? Humans, ospreys, herons, and larger fish.

Indigenous Connections: *Fishing is about more than just catching fish—it's a way of saying "thank you" to nature. When we fish, we treat the water and the fish with kindness, making sure we only take what we need so there is always enough for everyone later.*

Waterlily Leaf Beetle



I eat: insects, spiders, snails

Who eats me? Herons, snakes, turtles

Indigenous Connections: Many Indigenous traditions view insects as "elders" who existed long before humans. They are considered teachers from whom humans can learn about interconnectedness and the survival of the ecosystem.

Frog



I eat: insects, spiders, snails

Who eats me?: Herons, snakes, turtles

Indigenous Connections: Frogs are seasonal indicators in many Nations, signaling spring.

Water Lily (plant)



I provide: Shelter and shade

What eats me?: ducks

Indigenous Connections: Water plants are part of wetland harvesting traditions and medicine teachings.

Mallard Ducks



I eat: water lily seeds and leaves

What eats me?: large fish will eat ducklings

Indigenous Connections: For many First Nations in Canada, the spring return of ducks and geese is a critical, celebrated event marking the return of an important food source after winter.

Grassland

Prairie Grass (plant)



I provide: Food and shelter

Who eats me? Elks, deer, rabbits

Indigenous Connections: Grasslands are traditional territories of many Plains Nations, where controlled burns were used to maintain biodiversity.

Grasshopper (insect)



I eat: Grasses

Who eats me? Birds of prey, birds, snakes and mice

Indigenous Connections: Grasshoppers could predict the weather and changes in the weather.

Richardson's Ground Squirrel



I eat: Seeds and plants

Who eats me? Foxes and birds of prey

Indigenous Connections: Burrowing animals teach about soil health and prairie ecosystems.

Red Fox



I eat: Ground squirrels

Who eats me? Coyotes are main predator, but occasionally can be attacked by bobcats, lynxes, cougar and wolves

Indigenous Connections: Fox appears in stories across many Nations as a clever teacher figure.

Hawk (bird of prey)



I eat: Grasshoppers and small mammals

Who eats me? Great horned owl. Racoons, snakes and crows will destroy the eggs.

Indigenous Connections: Eagles and hawks are respected as powerful sky beings in many cultures.

Wetland (Marsh)

Great Blue Heron (bird)



I eat: Frogs and fish

Who eats me? Hawks, racoons (they will destroy the eggs)

Indigenous Connections: The heron is associated with patience and careful observation in many coastal and inland Nations.

Frog



I eat: insects, spiders, snails

Who eats me? Herons, snakes, turtles

Indigenous Connections: *Frogs are considered to be the keepers of rain and bringers of fertile weather.*

Dragonfly (insect)



I eat: Mosquitoes

Who eats me? spiders, birds

Indigenous Connections: *Dragonflies symbolize transformation and change.*

Mosquito (insect)



I eat: Mosquito larvae feed on algae and microorganisms. Adult females drink blood; males feed on nectar.

Who eats me? Dragonflies, frogs

Indigenous Connections: *mosquitoes are viewed as part of the natural world, often appearing in stories that teach lessons about behavior, greed, or the origin of certain pests.*

Cattail (plant)



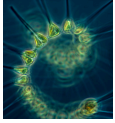
What do I provide? Shelter, nesting, food

Who eats me? Birds, beavers

Indigenous Connections: *Cattails are traditionally used for weaving mats and insulation.*

Ocean

Phytoplankton (micro-algae)



I provide: oxygen and food for nearly all marine life

Who eats me?: oysters, clams, mussels, fish

The Breath of the Ocean: *Phytoplankton produce about half of the Earth's oxygen.*

Indigenous connection: *Reciprocity: The principle of never taking more than you need applies to the whole ecosystem.*

Zooplankton (tiny animals that float in water)



I eat: Phytoplankton

Who eats me?: fish, whales, sharks

Indigenous connection: *In many Indigenous perspectives, the survival of the smallest creature is as important as the survival of the largest.*

Salmon



I eat: Smaller organisms such as insects, fish and larvae

Who eats me?: bears, wolves, eagles, seals, orcas

Indigenous Connections: *Salmon are central to cultures of many Pacific Nations and are honoured in seasonal ceremonies*

Orca



I eat: Salmon

Who eats me?: no natural predators

Indigenous Connections: Orcas are deeply respected in Pacific Northwest Nations and appear in family crests and stories.

Sea Otter



I eat: crabs, mussels, clams, fish, sea urchins

Who eats me?: Orca, bald eagles

Indigenous Connections: The sea otter generally symbolizes friendship, peace, and family, as well as curiosity and grace.

Cards



FOREST



LAKE



GRASSLAND



WETLAND (Marsh)



OCEAN