**Abstract**

- In November of 2016, I had the privilege of helping my instructor present at the BC Aboriginal Child Care Society annual conference. Before we left I had to be shown how to thigh spin, and weave on a Coast Salish loom. While working with the one who was teaching me I came to the realization that Coast Salish and West Coast were very similar.

- Both require fine motor skills, planning, following directions, processes, differences of loose and tight, big and small, patience and both give a sense of accomplishment when a project is completed.

**Through the generations**

- I believe that Coast Salish Weaving and Cedar Bark Weaving are Art passed on from generation to generation. We learn these traits from our previous generations who have learned from theirs. Teaching this traits to our children ensures that our culture and traditions will carry on for many years to come. We as teachers teach our students as much as we learn from our students.

**How are they similar**

**Cedar Bark -**

- Gathering
- Cleaning
- Thinning
- Projects

**Weaving - Spinning**

- Setting the loom
- Working on the loom
- Following a pattern

**A mom getting help from her daughter to tie a rose**

**A grandmother helping her grandson work on a loom.**