**Lesson 2 (Niish): Medicine Wheel Book**

**Activity- Sock Puppet Play**

* Create a sock puppet to use while reading books or just for fun to play with!
* Take an old sock and allow the child to draw a face on it
  + You can use any other materials you may have for hair, eyes etc.
* Get creative! It doesn’t have to be perfect.
* This allows the child to exercise their minds and to create a fun character.

