**Lesson 10 (Midaaswi): Letter Tracing**

**Activity- Trace the Teachings**

* Use the Grandfather Teachings trace letters to help the child work on their writing and holding a pencil/crayon.
* Have the child say the letters as they are tracing them to practice the alphabet and being able to identify letters.
* The 7 Teachings are an important part of a good foundation for children that they can use for the rest of their life.
* You can do one at a time or all at once!
	+ Have fun with a twist and use different colors that can be found in the Medicine Wheel!