**TIP SHEET:**

Ways to Use the Medicine Wheel Kit

It is important to remember that the Medicine Wheel is a powerful teaching tool used to help people find meaning in nature and remember important concepts or lessons. It’s important in a child’s development to know their culture. The Medicine Wheel can help a child build cultural identity and self-esteem. It can also increase their understanding of concepts such as order, grouping, counting, making comparisons, cycles, labeling, and memory.

**Some Ideas for Using the Medicine Wheel:**

* Have fun when using the Medicine Wheel kit! It can be a powerful tool for learning and exploring the world. Fun is important for increasing a child’s long term memory, improving their focus/attention, and creates a bond with those sharing in the moment.
* Parents can model where objects are placed on the wheel and invite children to share what they know about each object.
  + To extend, families can make up stories or share old ones to explain how or why items are placed on the wheel in certain directions.
* Have a positive attitude toward learning and be careful not to overcorrect ideas different from your own. While some items used on the Medicine Wheel have a certain order, other concepts may not. There is a place for all things, and we understand that they are related regardless of where they are placed. How we choose to make sense of the world is a gift!
* Find other ways to use the Medicine Wheel around the house, and outside. The kit provides extra wedges for any time learning. Some examples could be:
  + Collect objects from nature or draw pictures on the Medicine Wheel t
  + Talk about things not included in the lessons such as:
    - Clothing, body parts, clans, plants, telling time on the clock, the stages of life, types of animals and four elements of earth.

\*Parents may use the MW to teach their child important communication and behavior skills. For more on this see the tip-­sheet called: **USING THE MEDICINE WHEEL TO COMMUNICATE**.