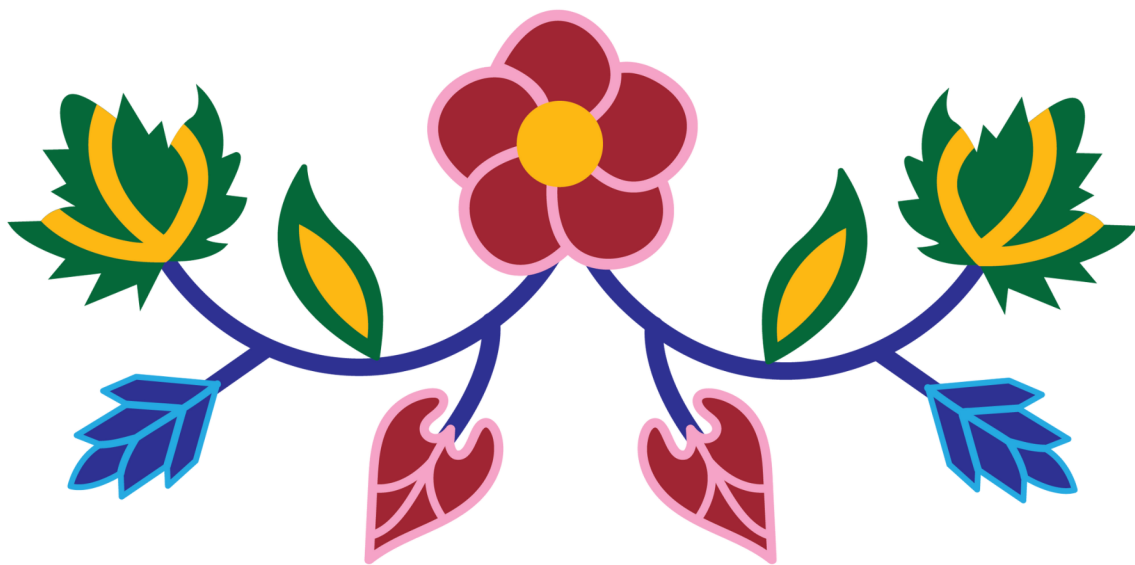


GIKINAWAABI

LESSON 5

LESSON: MEDICINE WHEEL COMMUNICATION

ACTIVITY: MEDICINE WHEEL ELEMENTS



LESSON 5

MEDICINE WHEEL COMMUNICATION



LESSON OBJECTIVE

The child and/or family will learn to communicate with others in a healthy and balanced way.

MEDICINE WHEEL WISDOM

The medicine wheel represents the four aspects of a person's mental, physical, emotional, and spiritual self. When we communicate with our children, they are developing early learning skills and they can be supported in all four of these aspects.

FAMILY OUTCOMES: PICCOLO

- Help the child label objects and talk about the characteristics of them
- Demonstrate active listening to the child and their response
- Asks the child questions about what they are doing/seeing
- Encourages the child to clarify meaning
 - "Tell me more"

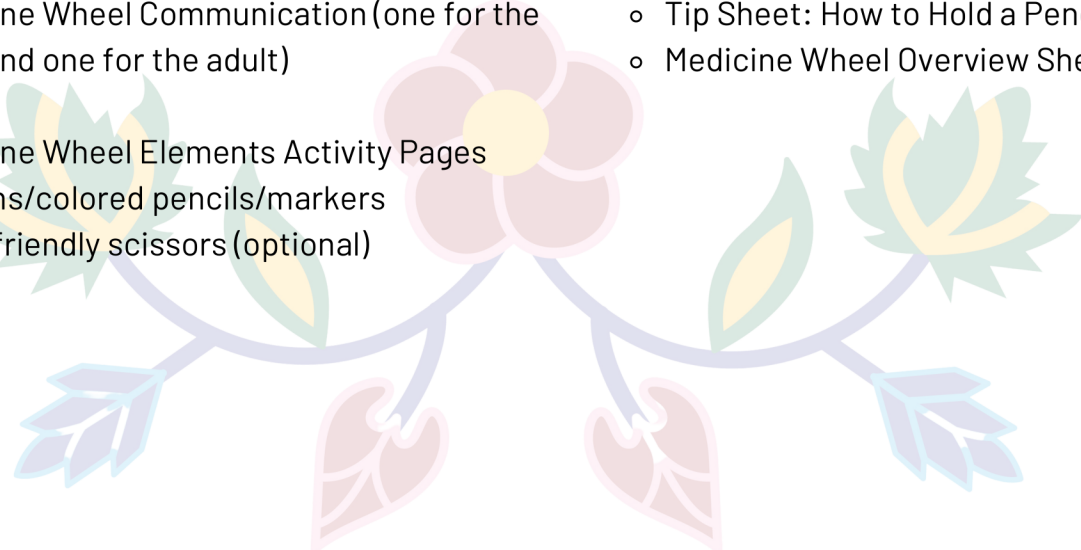
CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- Listens, looks, and actively participates in building the medicine wheel
- Is able to point to specific aspects of the wheel
 - Colors, directions, etc.
- Uses language to express their feelings and concepts of the wheel
- Can use words introduced during the activity

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - Medicine Wheel Communication (one for the child and one for the adult)
- **Activity**
 - Medicine Wheel Elements Activity Pages
 - Crayons/colored pencils/markers
 - Child-friendly scissors (optional)
- **Leave Behind**
 - Tip Sheet: How to Hold a Pencil/Crayon
 - Medicine Wheel Overview Sheet



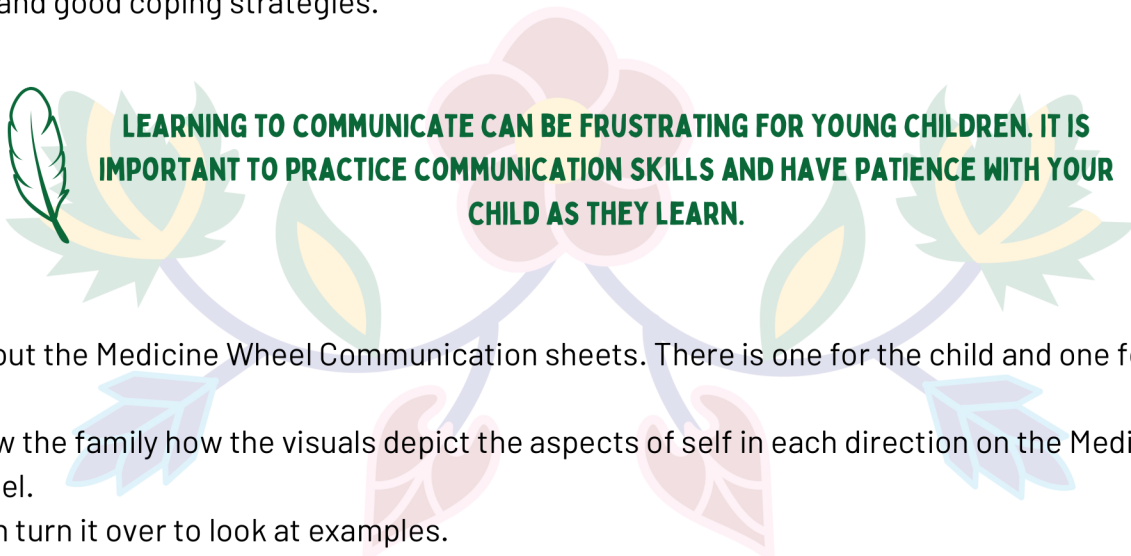
LESSON 5

MEDICINE WHEEL COMMUNICATION



LESSON

1. Good communication and learning how to resolve conflict is an important skill for developing empathy and resilience in children as well as building healthy family relationships.
2. The Medicine Wheel is an important teaching tool that connects families to ancient wisdom and traditional values passed down over many generations.
3. There are four important aspects of self. We have a physical self, emotional self, mental self and spiritual self.
4. Taking care of each of these aspects is an important part of being healthy.
5. We exercise and eat good foods to maintain our physical self; being loved is important to our emotional self; learning develops our mental self; and being connected to nature nourishes our spiritual self.
6. The journey to wellness involves learning to communicate with others in healthy balanced ways.
7. Parenting is a challenging but rewarding job. Children learn to communicate by observing others around them. If parents/caregivers are able to communicate openly and effectively, it's likely that their child(ren) will too.
8. Effective communication teaches respect, makes children feel heard, and supports self-esteem and good coping strategies.



9. Take out the Medicine Wheel Communication sheets. There is one for the child and one for the adult.
 - Show the family how the visuals depict the aspects of self in each direction on the Medicine Wheel.
 - Then turn it over to look at examples.

LESSON 5

MEDICINE WHEEL COMMUNICATION



LESSON

10. The following ways are examples of how you as a parent/caregiver can use the Medicine Wheel to support positive communication and behavior:

- Have the parent/caregiver review the examples on the Adult Medicine Wheel Communication sheet.

11. Begin using the Medicine Wheel for communication with the child. Let them pick which aspect they wish to start with.

- Brainstorm with them different things they experience in their everyday life and how to communicate their needs.
- You can take turns with having the child practice and the adult.
- Once the child practices their statements try linking one or more aspects together.
 - I saw him break my new toy (physical), that made me feel sad. (emotional)
 - I was happy when you let me eat another cookie (emotional), thank you for making me yummy food. (spiritual)

12. Transition to the adult leading the communication practice with the child, working their way through the medicine wheel.



REMEMBER THAT MODELING GOOD COMMUNICATION ALSO REQUIRES PARENTS TO LISTEN TO THEIR CHILD WITH FULL ATTENTION. INSTEAD OF QUESTIONS AND ADVICE, THERE ARE TIMES WHEN ACKNOWLEDGING THE CHILD'S FEELINGS OR A WORD TO EXPRESS A THOUGHT THE CHILD IS TRYING TO EXPRESS CAN ENCOURAGE PROBLEM SOLVING.

13. Encourage the family to continue to use the Medicine Wheel Communication visual

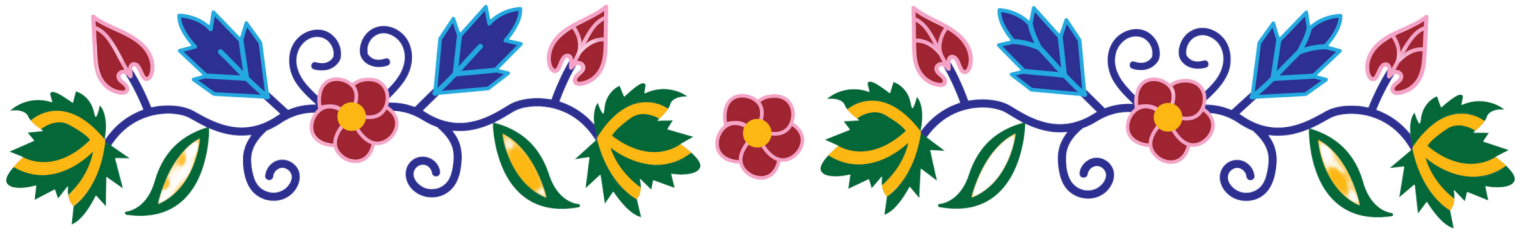
- Especially when the child is having a hard time communicating their needs
- Or just to practice being a good communicator

LESSON WRAP UP

- **Explain the Lesson 1 activity then leave it with the family**
- **If the family has more questions about the medicine wheel and its teachings refer them to your cultural department if you do not carry these teachings.**

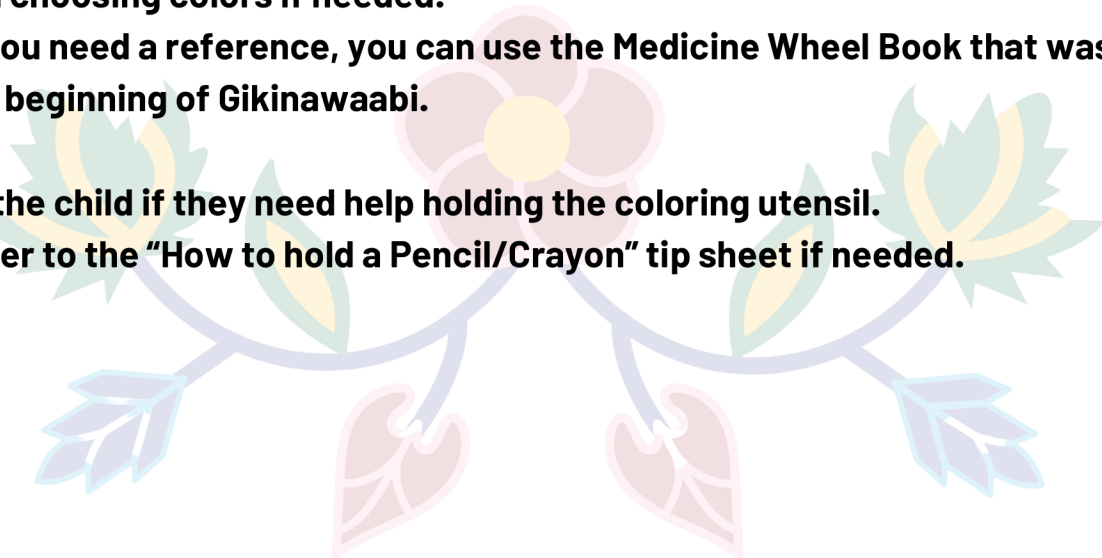
LESSON 5 ACTIVITY

MEDICINE WHEEL ELEMENTS



LEARN ABOUT THE MEDICINE WHEEL!

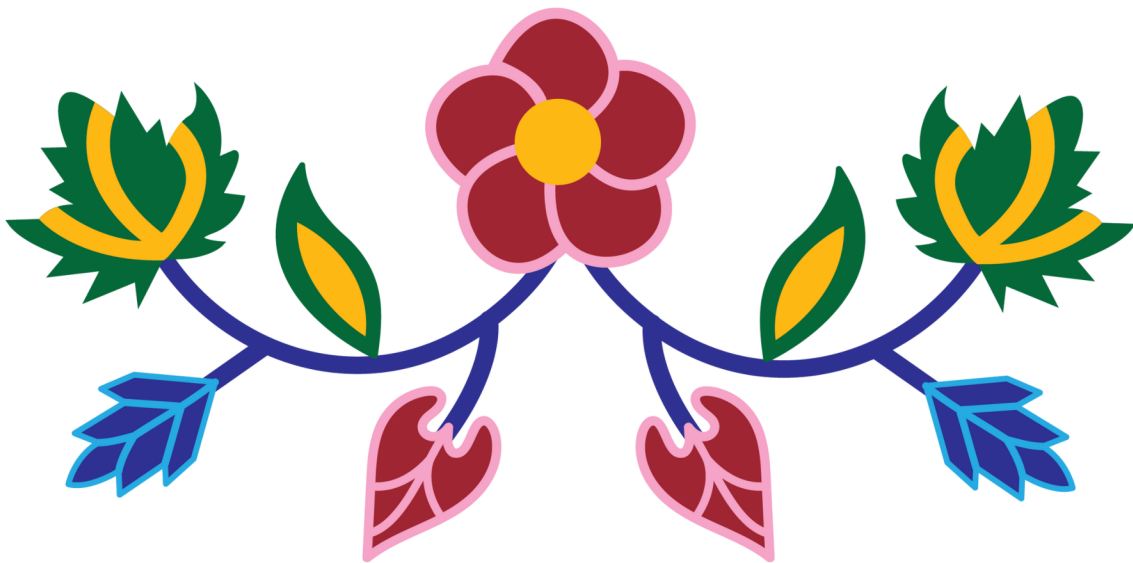
- Using the blank Medicine Wheel overview coloring pages have the child color the different elements from the Medicine Wheel.
 - They can do however many they choose.
 - Let the child do them at their own pace. If they want to do them all in one day that is okay. If they want to space them out that is okay too.
 - You can leave the coloring pages as they are or you can cut out the pieces and arrange them around the blank medicine wheel.
- These pages are to help reinforce the teachings of the Medicine Wheel while allowing the child to explore it and practice their skills.
- The coloring does not have to be perfect. It is important to talk and encourage them as they color. You can talk about the Medicine Wheel while they are coloring, and aid them in choosing colors if needed.
 - If you need a reference, you can use the Medicine Wheel Book that was given at the beginning of Gikinawaabi.
- Assist the child if they need help holding the coloring utensil.
 - Refer to the “How to hold a Pencil/Crayon” tip sheet if needed.



GIKINAWAABI LESSON 5

ADDITIONAL LEAVE BEHIND PAGES

- **MEDICINE WHEEL COMMUNICATION FOR THE CHILD & THE ADULT**
- **MEDICINE WHEEL ELEMENTS ACTIVITY PAGES**
- **TIP SHEET: HOW TO HOLD A PENCIL/CRAYON**
- **MEDICINE WHEEL OVERVIEW**





CHILD MEDICINE WHEEL COMMUNICATION

MENTAL

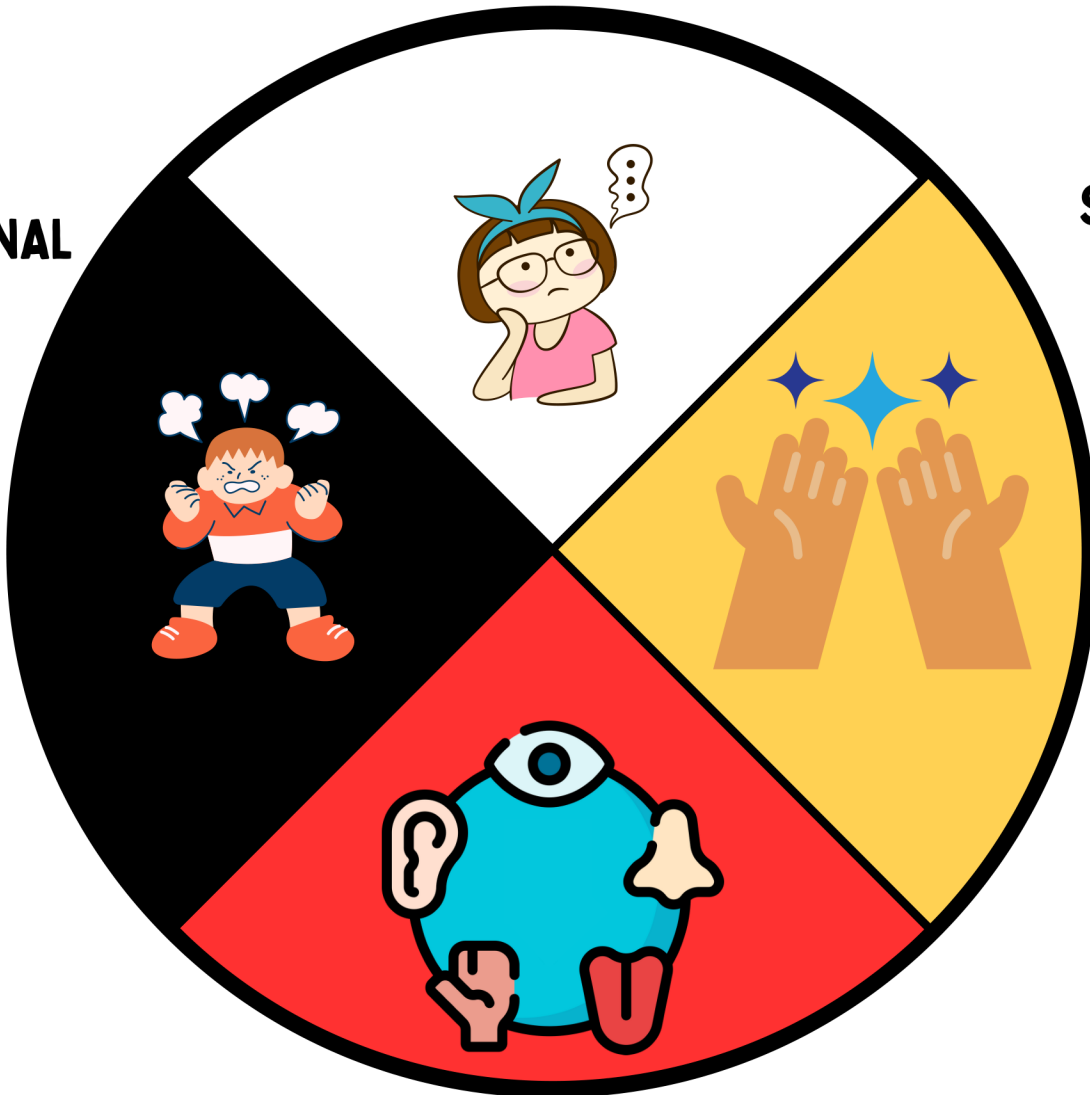
"I THINK"

SPIRITUAL

"I NEED"

EMOTIONAL

"I FEEL"



PHYSICAL

"I SEE, HEAR, TASTE, SMELL, FEEL"



MEDICINE WHEEL COMMUNICATION

EMOTIONAL: EXPRESS HOW YOU FEEL

- I felt scared when you turned out the light.
- I feel angry when I have to turn off the T.V.
- I was happy when you let me eat another cookie.
- I was sad when I had to share my toys.

***WITHOUT ATTACKS OR NAME CALLING---- PRACTICE "I" STATEMENTS..**

PHYSICAL: REPORT HOW AND WHAT YOU WITNESSED

- I saw him break my new toy.
- I am good at jumping.
- It hurts when she bites me.
- I like the way dinner tastes.

MENTAL: WE SAY WHAT MADE US THINK OR STATE OUR EXPECTATIONS

- I think sharing is hard.
- I like when I get to help you.
- I think we should read a story at bedtime.
- I want a snack when we get home.

SPIRITUAL: WE SPEAK WHAT WE NEED TO HAPPEN. WE CAN ALSO MAKE AMENDS OR SHOW GRATITUDE

- I need to have alone time when I am upset.
- I need you to listen to me.
- Sometimes I need a hug.
- I am sorry for biting you.



ADULT MEDICINE WHEEL COMMUNICATION

MENTAL

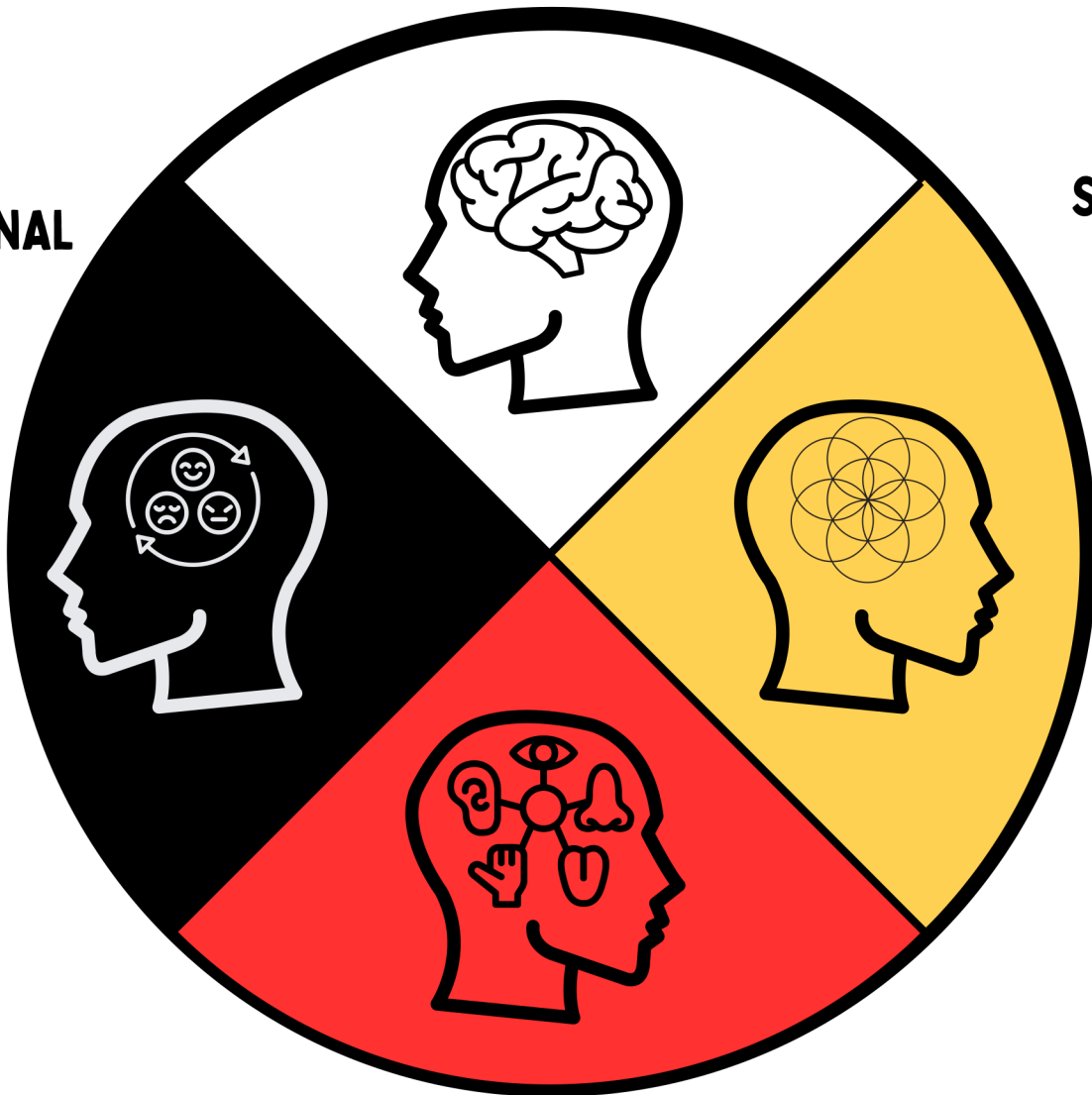
"I THINK"

SPIRITUAL

"I NEED"

EMOTIONAL

"I FEEL"



PHYSICAL

"I SEE, HEAR, TASTE, SMELL, FEEL"



MEDICINE WHEEL COMMUNICATION

EMOTIONAL: EXPRESS HOW YOU FEEL

- I felt scared when you ran in the parking lot.
- I feel angry when you don't follow the rules.
- I was proud when you put your toys away.
- I was sad that you were hurt.

***WITHOUT ATTACKS OR NAME CALLING---- PRACTICE "I" STATEMENTS..**

PHYSICAL: REPORT HOW AND WHAT YOU WITNESSED

- I saw you help your sister outside.
- I heard you call for me, I'll be right there.
- It hurts when you hit me.
- The flowers you picked me smell good.

MENTAL: SAY WHAT YOU'RE THINKING OR STATE YOUR EXPECTATIONS

- I appreciate when you respect our family rules.
- I am proud of how hard your trying.
- We are all going to work together for the next five minutes to clean up.
- I would like you to return that toy to your brother.

SPIRITUAL: SPEAK WHAT NEEDS TO HAPPEN, ALSO MAKE AMENDS OR SHOW GRATITUDE

- I am thankful no one was hurt.
- I need you to ask for what you want.
- What she needs is an apology and a hug.
- Miigwech for helping your grandma.



MEDICINE WHEEL ELEMENTS ACTIVITY

Below are *suggested* answers. Keep in mind that teachings can be very different across communities, households, and individuals.

NORTH: WINTER, ELDERS, AIR, NIGHT TIME, SWEET GRASS

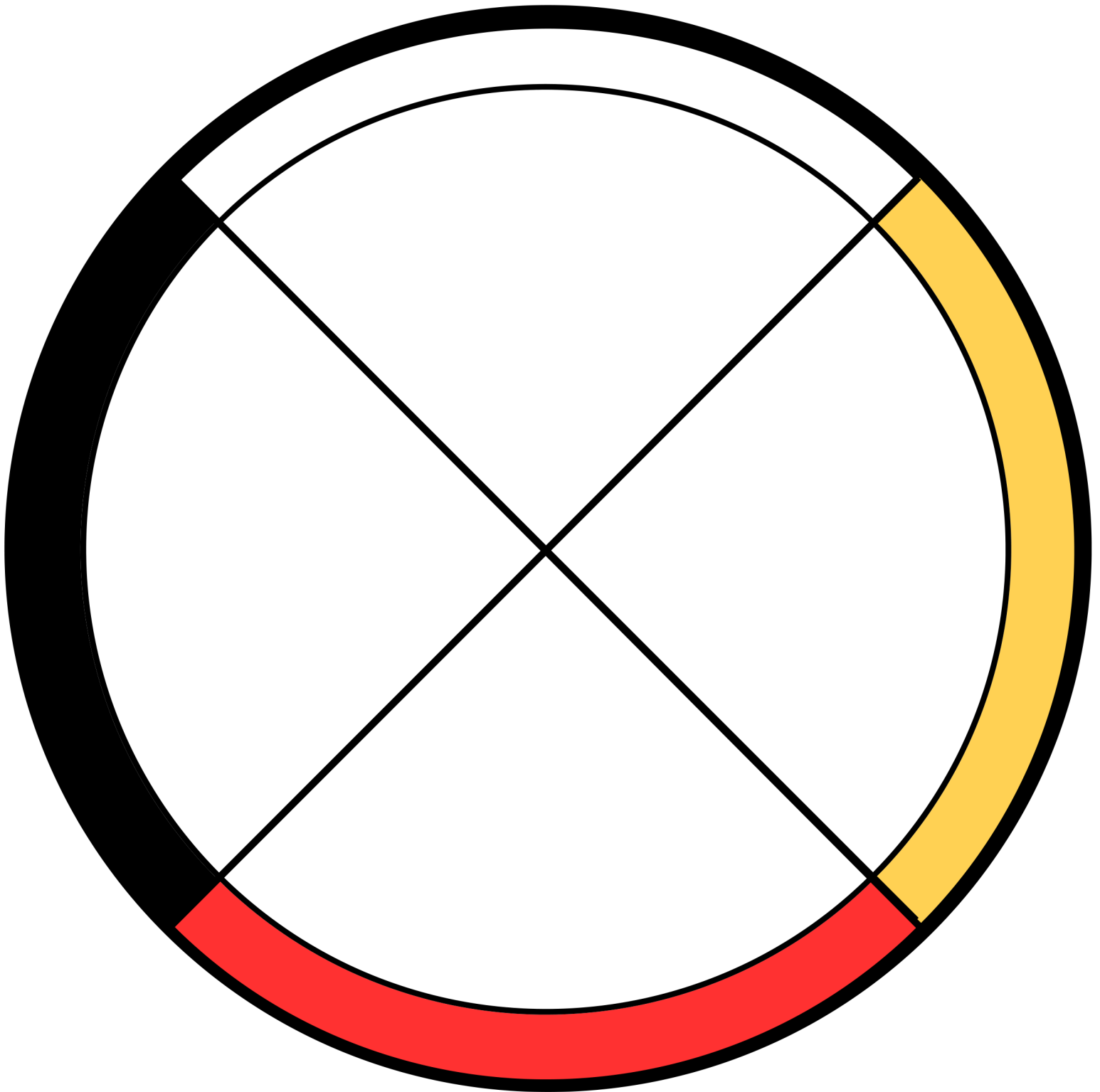
EAST: SPRING, BIRTH/BABIES, FIRE, MORNING, TOBACCO

SOUTH: SUMMER, CHILDREN & TEENS, EARTH, NOON, CEDAR

WEST: FALL, ADULTS, WATER, EVENING, SAGE



MEDICINE WHEEL ELEMENTS ACTIVITY



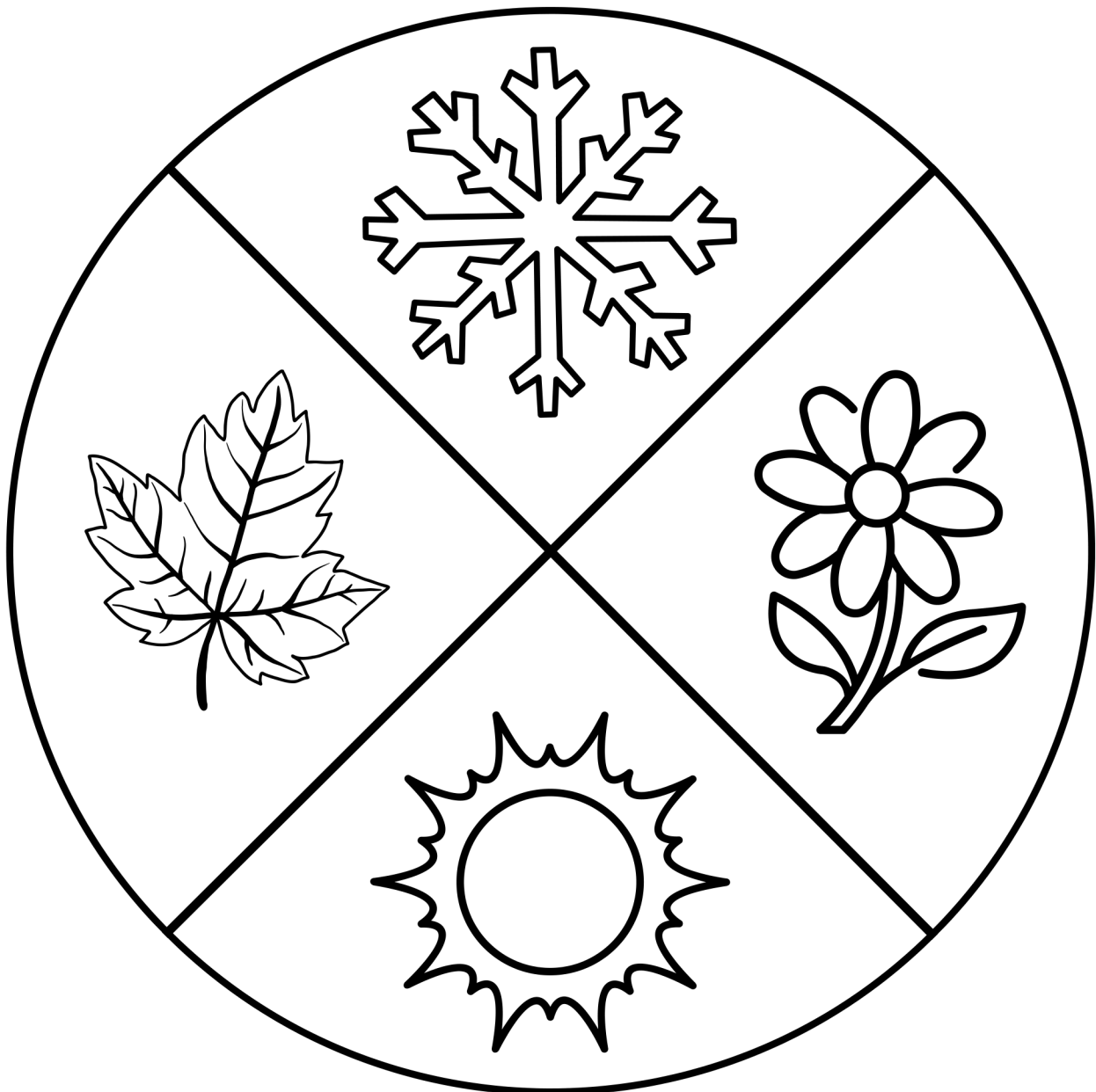
MEDICINE WHEEL

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



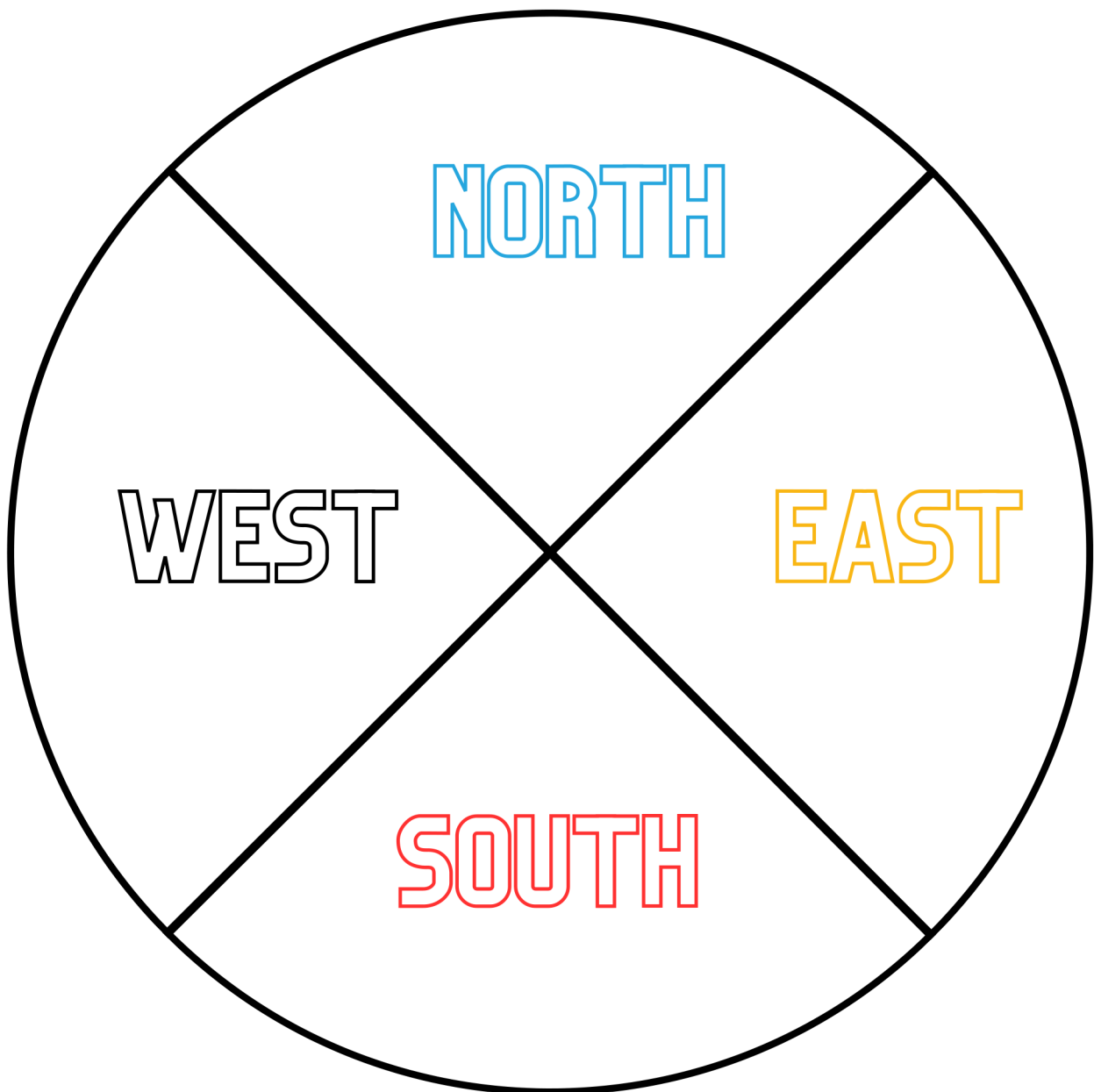
SEASONS

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



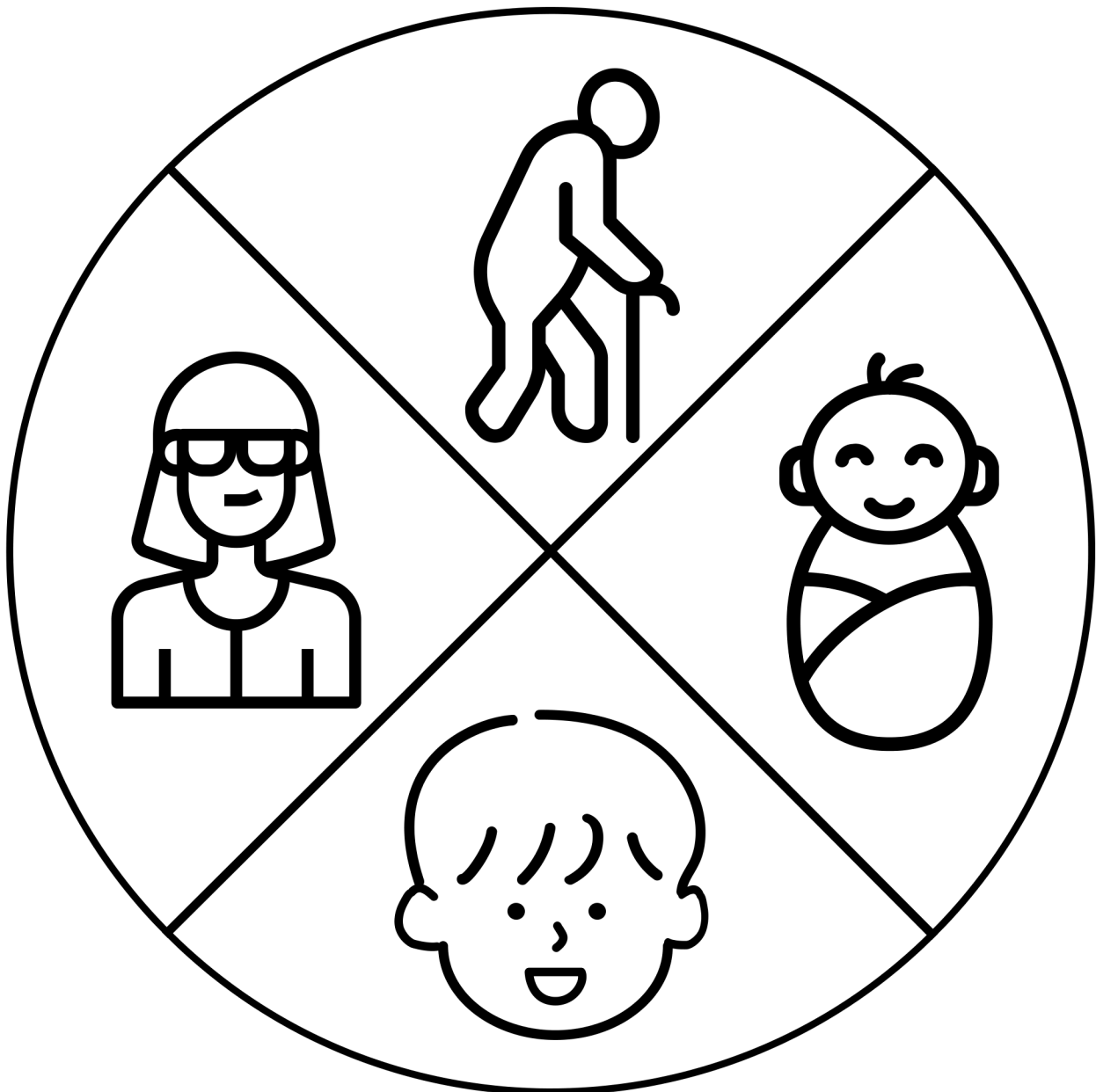
DIRECTIONS

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



STAGES OF LIFE

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



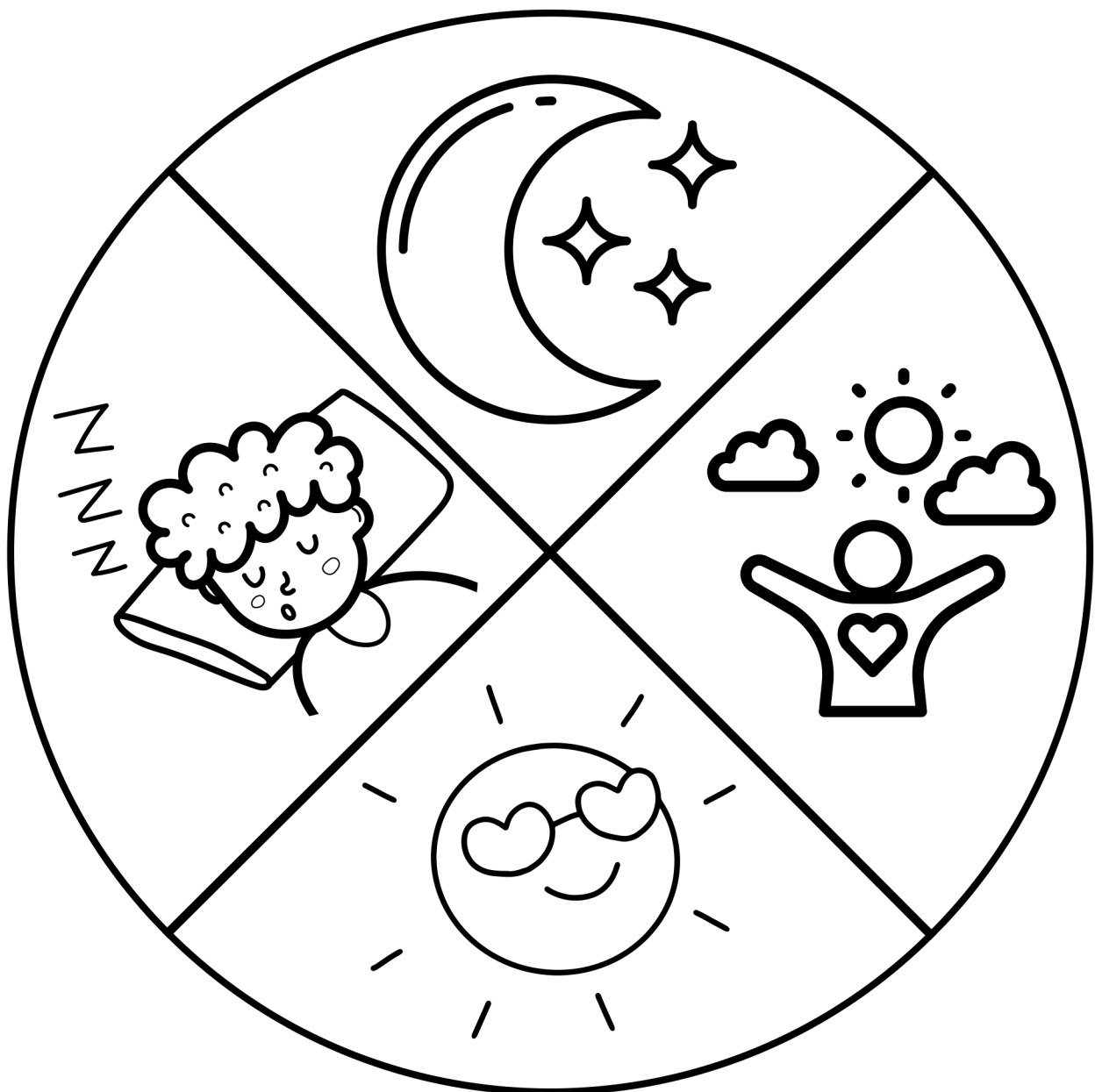
ELEMENTS

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



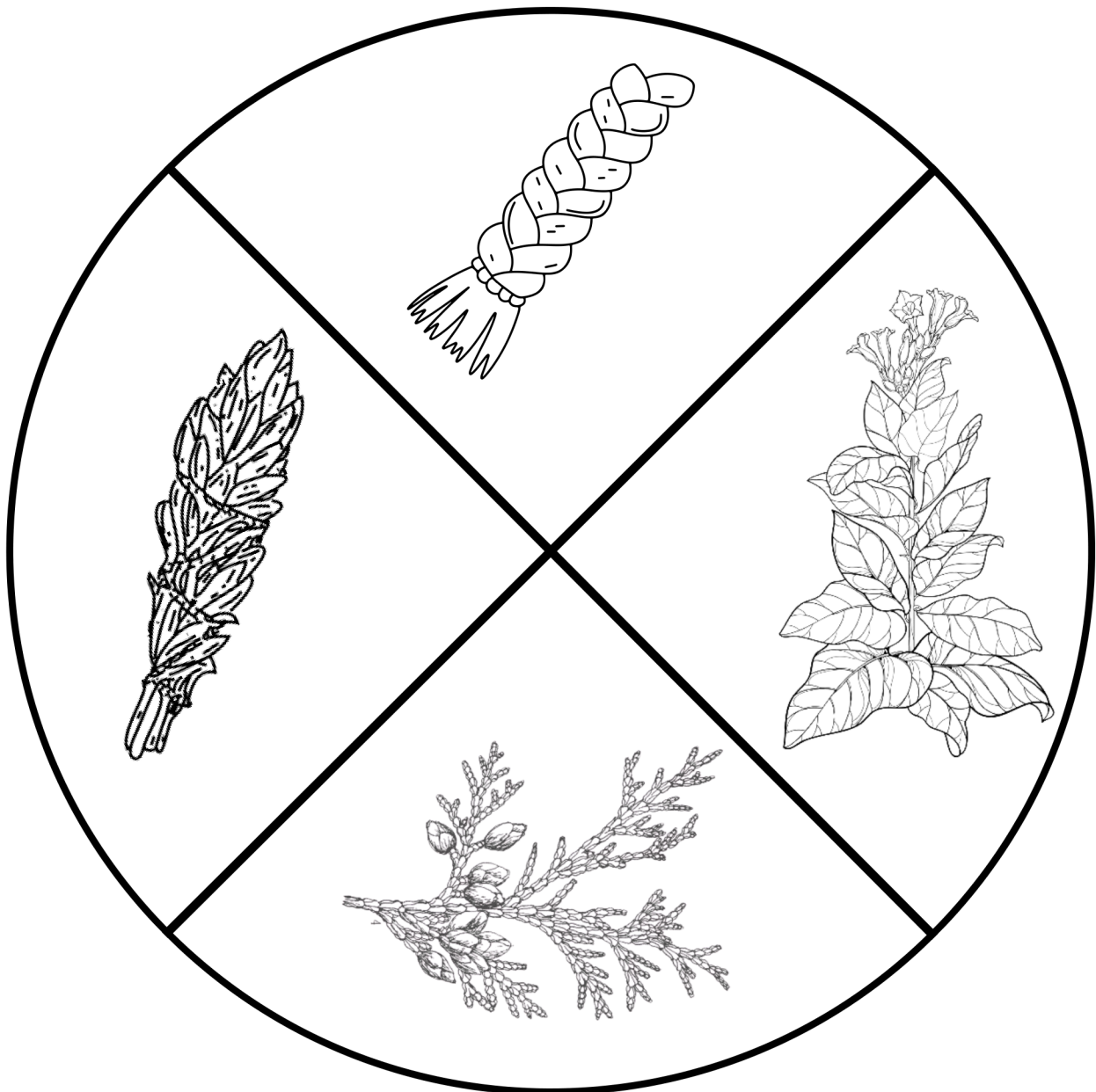
TIME OF DAY

LESSON 5



MEDICINE WHEEL ELEMENTS ACTIVITY

**COLOR AND THEN CUT OUT TO AND PLACE THEM
ON THE MEDICINE WHEEL**



MEDICINES

LESSON 5



TIP SHEET

HOW TO HOLD A PENCIL/CRAYON

The proper writing grip is called the tripod grip: the thumb, index and middle fingers support and the last two fingers are bent in the palm. By allowing your child to see you properly hold a writing tool, they can learn it in no time!

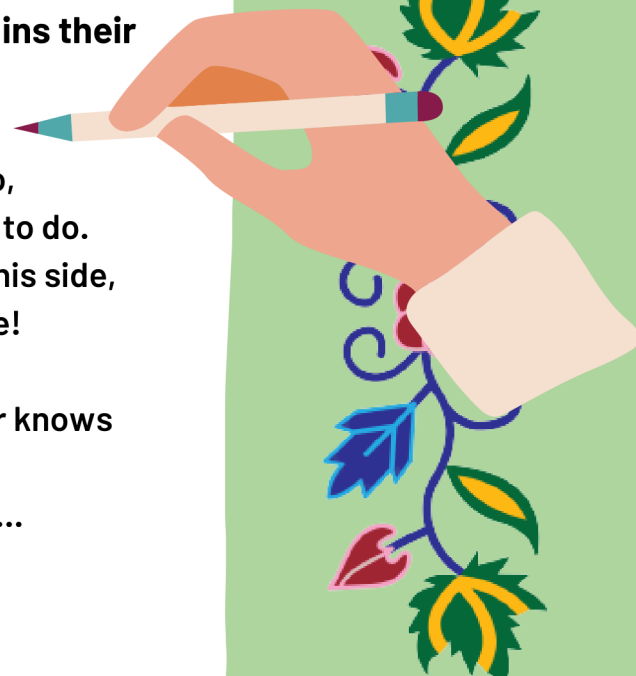
- Remember that every child develops skills at their own pace. Positive encouragement is key during this time of learning.
- Encourage self-feeding for toddlers to further develop their holding skills.
- Start early writing/drawing with small pieces of crayon or pencil. Small children will automatically pick up small pieces of food and crayons using their pincer-style grip.

The Crayon Song can be a learning tool as the child begins their writing/drawing journey:

Pick up a crayon, pick up a crayon, this is easy to do,
Pick up a crayon, pick up a crayon, I tell my fingers what to do.
My thumb is bent, pointer fingers to the tip, tall man uses his side,
I tuck the last two fingers in and take them for a ride!

Now I'm holding it just right, but not too tight. Every finger knows
what to do!

And now I have a big surprise, a big surprise for you...
Let's drop them and do it all again!









MEDICINE WHEEL

OVERVIEW

NATIVE TEACHINGS ARE ABOUT A WAY OF LIFE



THE MEDICINE WHEEL REPRESENTS THE FOUR SACRED DIRECTIONS OF LIFE AND THE JOURNEY THAT EVERY PERSON MUST TAKE. EVERY TRIBAL NATION MAY HAVE A DIFFERENT WAY OF UNDERSTANDING THE TEACHINGS, HOWEVER, THE FOLLOWING TEACHINGS ARE COMMON TO MANY ANISHINAABE COMMUNITIES (OJIBWE, BODEWADOMI, AND ODAWA).

-  The East (Wabenok): the place of birth, babies, and spring. Wabenok teaches us to have hope for the future, to have courage, and to keep our selves pure – like newborn spirits. Wabenok is the place of leadership.
-  The South (Wéch gshaték): the place of childhood, summer, and self-control. It is important to learn what our gifts are and to keep our bodies pure and healthy. Children will learn to express themselves and be respectful to themselves and others in this phase of life. Music and art are gifted to us from wéch gshaték.
-  The West (Wéch bgeshmok): the place of adulthood, knowledge, and autumn. Wéch bgeshmok teaches us to reflect on our life and begin to pass our teachings onto the next generation. It is when we begin to understand life’s meaning, and allows us to use our gifts to make the world a better place. It is a time for praying, fasting, and doing ceremonies.
-  The North (Wéch bok): the place of elders, wisdom, and winter. Wéch bok teaches us to let go of anger, hate, and fear. It is the place of truth, and a time when elders will see their visions and dreams come true.

***ADAPTED FROM TRIBAL COMMUNITY PREVENTION**

***THESE TEACHINGS WERE ADAPTED FROM THE TRIBAL COMMUNITY PREVENTION PROGRAM BY THE MATERNAL AND CHILD HEALTH STAFF AT THE INTER-TRIBAL COUNCIL OF MICHIGAN**

