

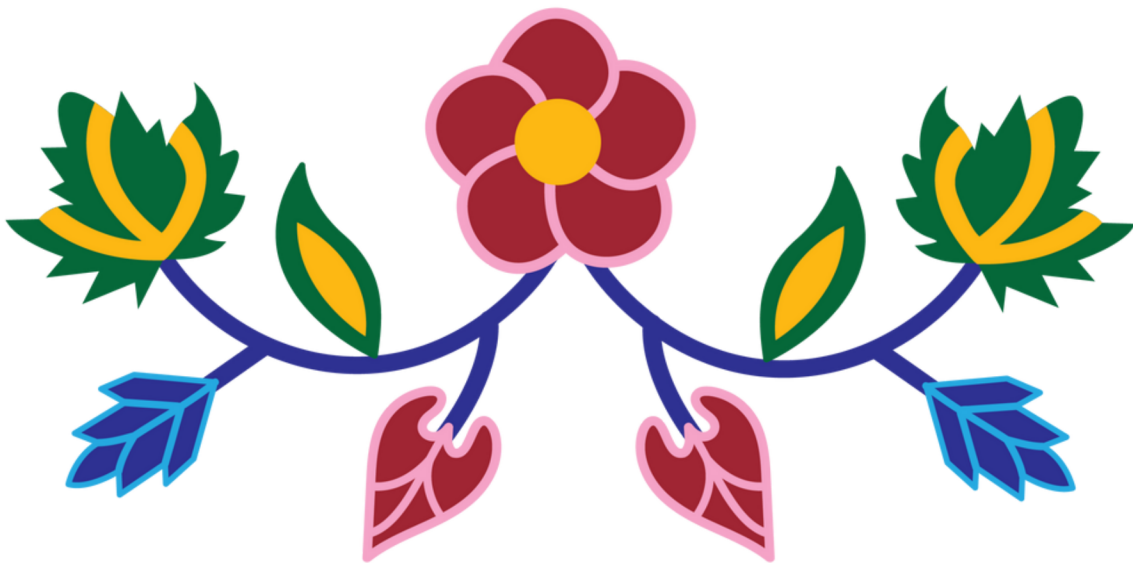
GIKINAWAABI

LESSON 2

LESSON: THE MEDICINE WHEEL BOOK

ACTIVITY 1: SOCK PUPPET PLAY

ACTIVITY 2: THE CREATION STORY



LESSON 2

THE MEDICINE WHEEL BOOK



LESSON OBJECTIVE

The child will attend to language during conversations, songs, stories, or other learning experiences.

MEDICINE WHEEL WISDOM

A child's first teacher is their caregivers. It's important to read books to a child and talk to them about what they are seeing, hearing, and feeling. It helps children to learn new words, develop interest in books, and create time for caregivers and children to talk.

FAMILY OUTCOMES: PICCOLO

- Aware of the child's engagement in the story
- Labels actions and objects for the child
- Talks to the child about different pieces of the story
- Listens to the child when they ask questions about the book
- Asks the child questions about the book

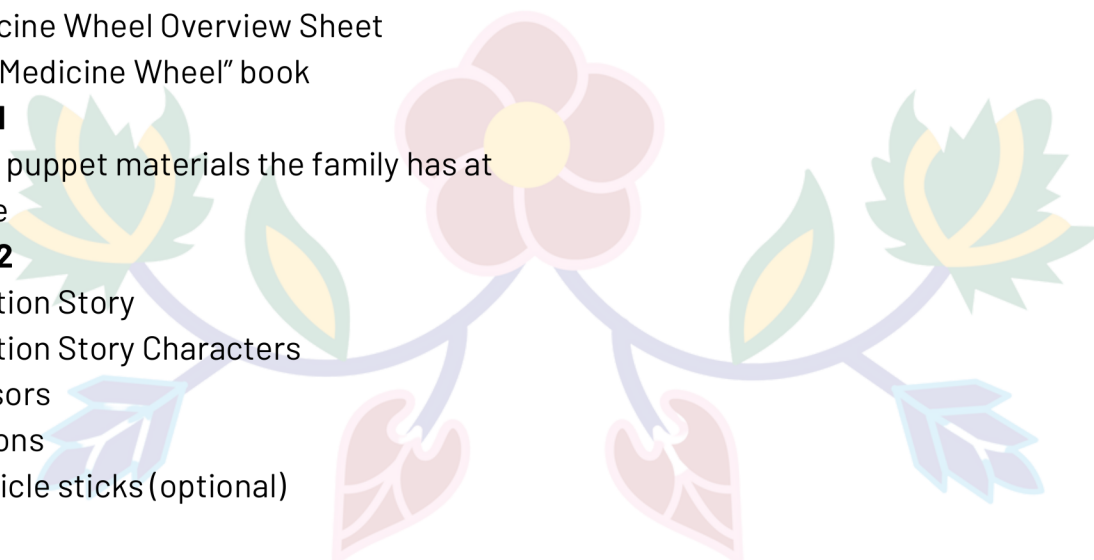
CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- Listens and follows the book
- Shows interest in different aspects of the book along with spatial recognition
- Uses expanding vocabulary to express feelings about the books
- Handles the book with care and respect
- Engages in conversation about the book
- Demonstrates receptive and expressive language skills

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - Medicine Wheel Overview Sheet
 - "The Medicine Wheel" book
- **Activity 1**
 - Sock puppet materials the family has at home
- **Activity 2**
 - Creation Story
 - Creation Story Characters
 - Scissors
 - Crayons
 - Popsicle sticks (optional)



LESSON 2

THE MEDICINE WHEEL BOOK



LESSON

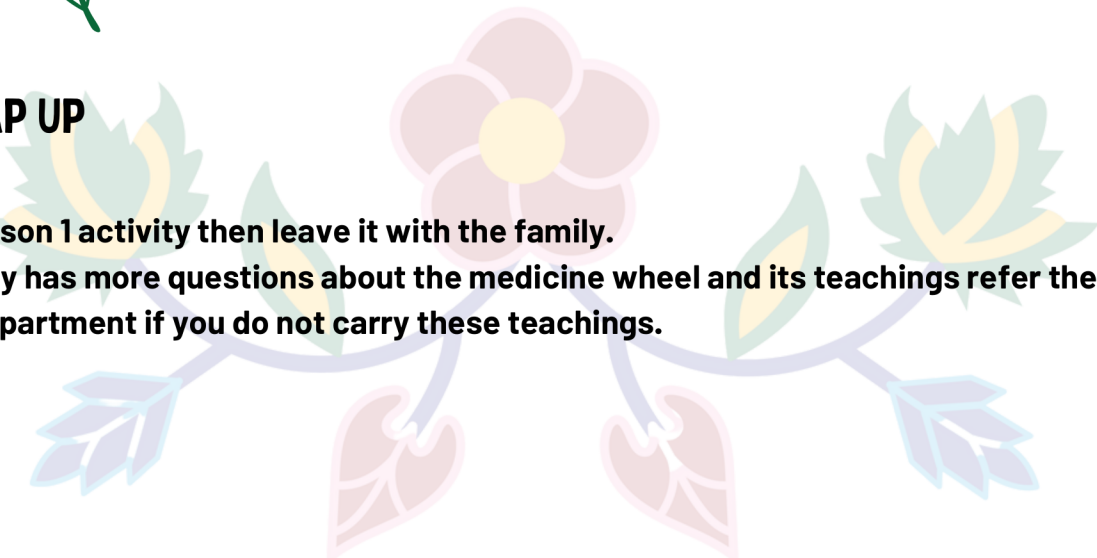
1. Discuss the important steps to reading to a child.
 - Ask the family about their experiences with the Medicine Wheel.
 - Every child develops skills at their own pace.
 - Read the same book over if children request it.
 - Ask questions about the book before reading it (such as where is the cover or title).
 - Point to the text and pictures with your finger as you read.
 - Model respect and careful handling of books.
2. Interactively read the first few pages of the Medicine Wheel Preschool Book to the child while modeling reading skills.
3. Transition the family member to lead the activity with the child. The home visitor provides guidance, encouragement, and acknowledgement of a job well done. Point out positive behaviors: provide positive feedback, supports the child's book selections or decisions, and/or shows enthusiasm about the activity.
4. Note the child's receptive and expressive language skills and point out to the family member opportunities to reinforce concepts and practice in the home environment and community.



IT IS IMPORTANT TO PRACTICE LANGUAGE SKILLS WITH YOUR CHILD

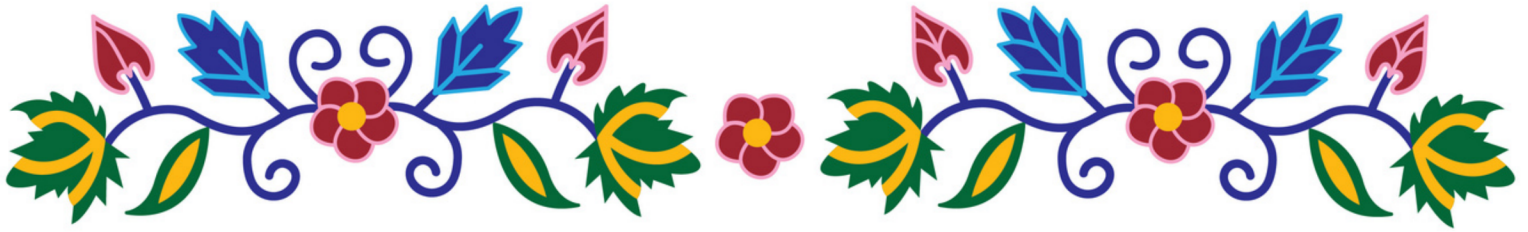
LESSON WRAP UP

- **Explain 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 2 ACTIVITY 1

SOCK PUPPET PLAY



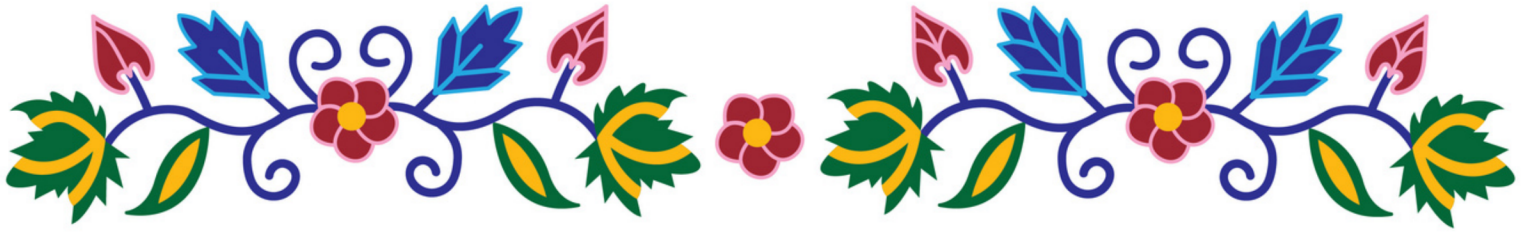
CREATING A SOCK PUPPET

- 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.



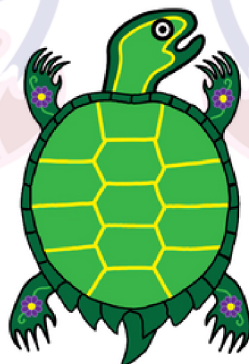
LESSON 2 ACTIVITY

THE CREATION STORY



ACT IT OUT

- Have the child color in the characters that they would like to use to recreate the story.
 - They can color in all of them or just a few.
- Have the child cut them out if they are able to or have an adult help.
- Tape the figures to popsicle sticks, regular sticks, straws, colored pencils. get creative with whatever the family has that can be used.
 - Or leave them as they are
- Have the caregiver read the creation story or scan the QR Code to listen to it.
- As the child hears the story they will find the puppets and act it out along with the story.
- Once the child has listened to the story a few times see if they can retell it using their memory and the puppets!
- Or come up with your own story using the characters!

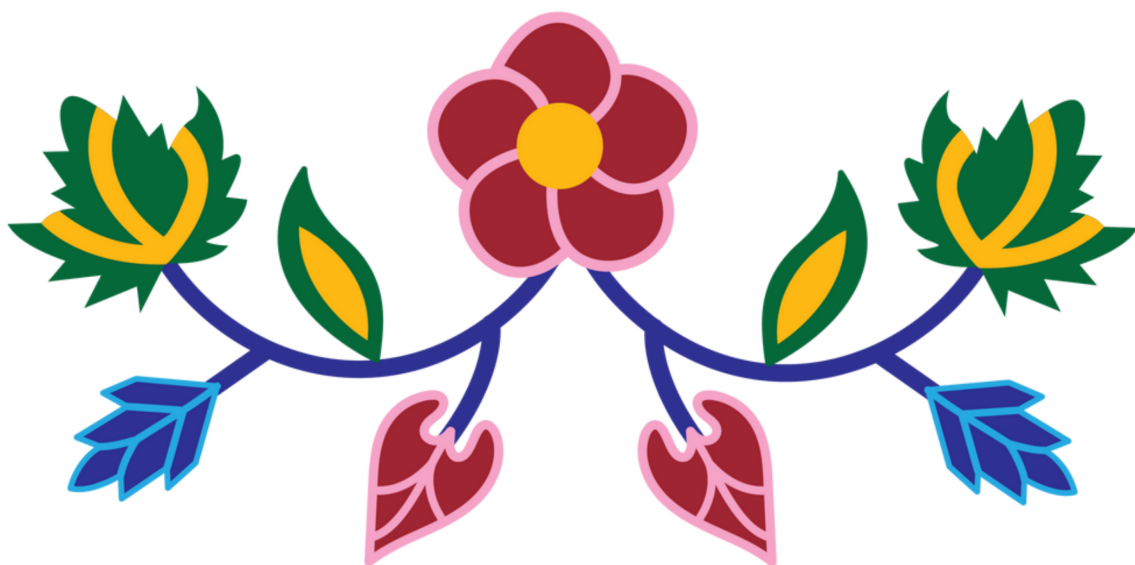


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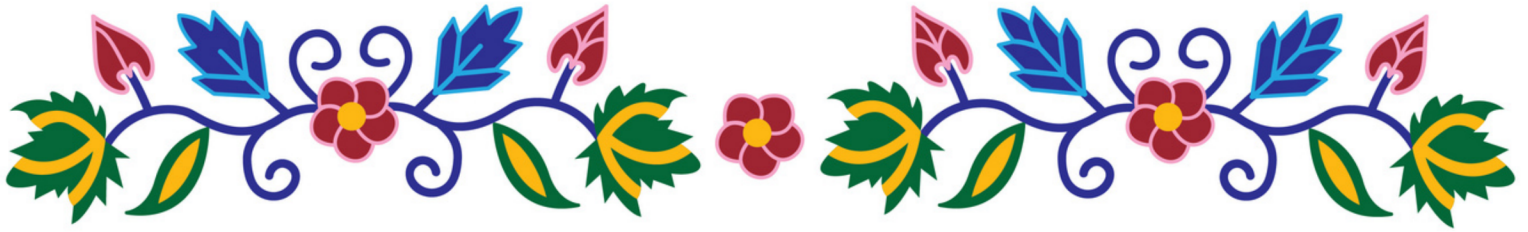
LESSON 2

ADDITIONAL LEAVE BEHIND PAGES

- **MEDICINE WHEEL OVERVIEW**
- **CREATION STORY**
- **CREATION STORY CHARACTERS**



THE CREATION STORY



A long time ago, the Creator flooded the earth because people could not live together in peace. Only Nanabush and a handful of the animals survived. But now they faced the problem. There was no land on which they could live. Nannabush had an idea to bring earth from deep underneath the water in order to recreate the land of the earth.

Nannabush dove down but he could not reach the bottom no matter how hard he tried. He came up, each time more exhausted than the last.

Next, the Loon a very talented diver, tried to fetch some earth. He too could not reach the bottom.

The turtle, the grebe (diving duck) and other animals with diving skills all took a turn trying to reach the bottom.

Finally, as all animals sat, with Nannabush exhausted on the log, a little muskrat quietly swam up and said that he would try. Everyone laughed at him. He dove and stayed underwater for a very long time. Everyone thought that the muskrat had drowned, but suddenly had fought back to the surface, barely breathing. Nannabush scooped up the muskrat into his arms as the muskrat died, and Nannabush noticed that clenched in his hand was a small ball of earth.

Nannabush and the other animals celebrated the muskrat's sacrifice. The turtle said that it would carry the burden of the earth on its back in recognition of the muskrat.

Once Nannabush placed the earth on the turtle, the winds blew in all directions, spreading the earth until it became the island we now call North America. To this day, the turtle is there at the center of creation supporting us all.

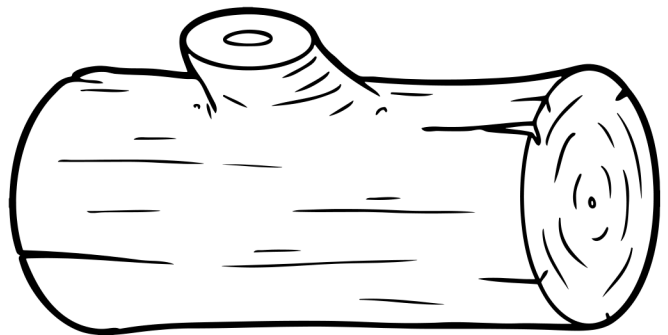
CREATION STORY CHARACTERS



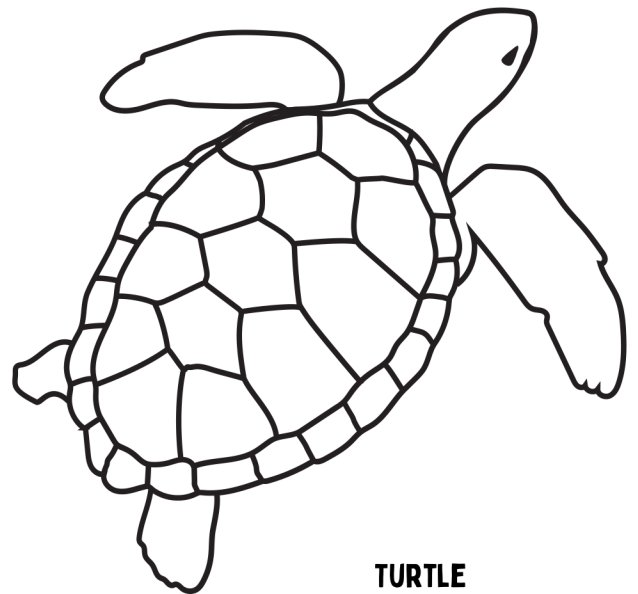
CUT OUT THE CHARACTERS AFTER THEY HAVE BEEN COLORED



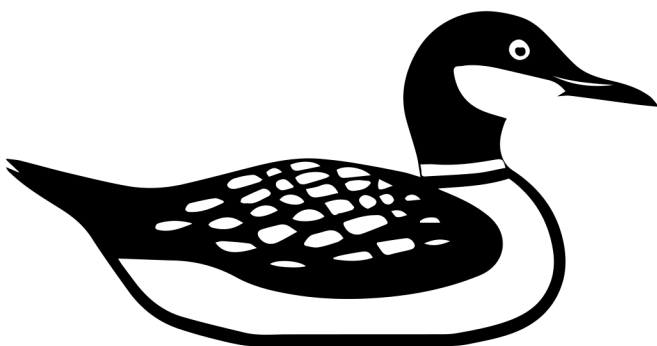
NANNABUSH



LOG



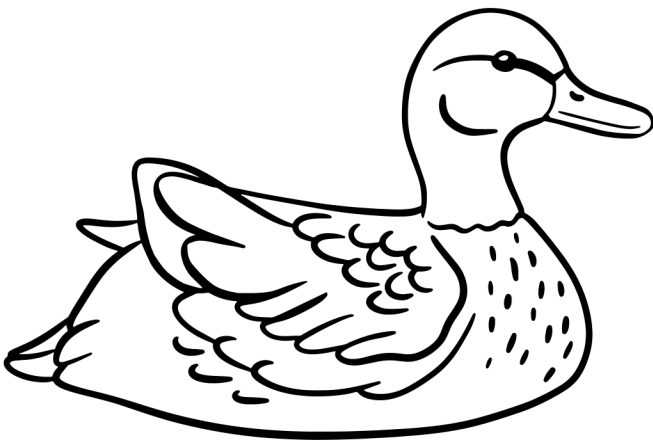
TURTLE



LOON

CREATION STORY CHARACTERS

 CUT OUT THE CHARACTERS AFTER THEY HAVE BEEN COLORED



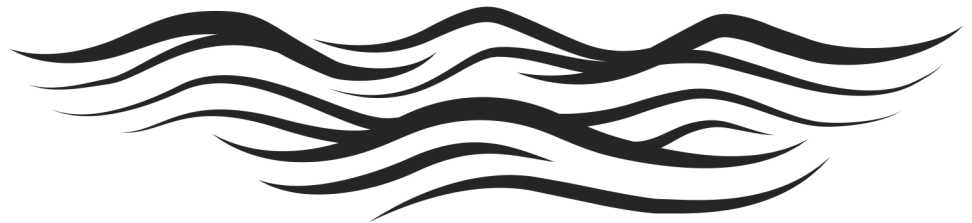
DIVING DUCK



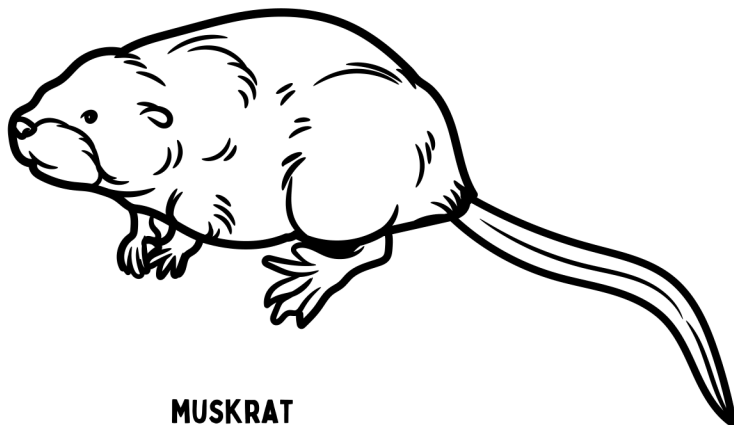
WINDS



DIRT



WATER



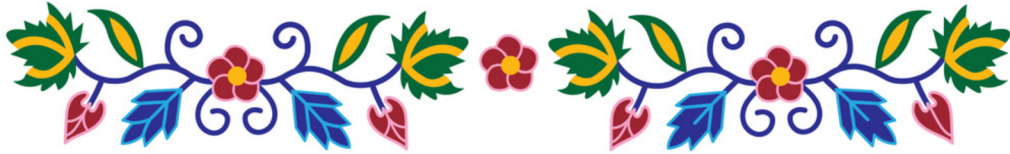
MUSKRAT

CREATION STORY CHARACTERS

OTHER DIVING ANIMALS



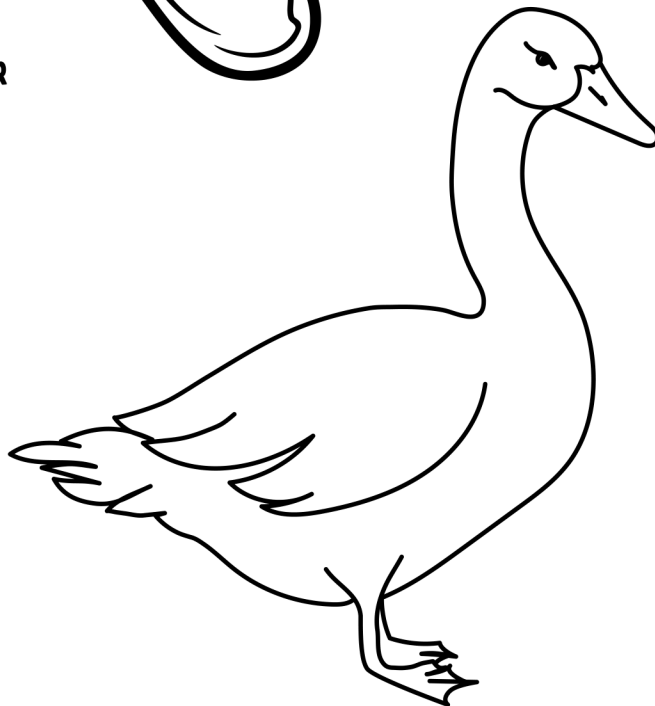
CUT OUT THE CHARACTERS AFTER THEY HAVE BEEN COLORED



BEAVER



MINK



GOOSE







MEDICINE WHEEL

OVERVIEW

NATIVE TEACHINGS ARE ABOUT OUR 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 (Waabinong): the place of birth, babies, and spring. Waabinong teaches us to have hope for the future, to have courage, and to keep ourselves pure – like newborn spirits. Waabinong is the place of leadership.
-  The South (Zhowaanong): 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 Zhowaanong.
-  The West (Epongishimag): the place of adulthood, knowledge, and autumn. Epongishimag 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 (Kewadinong): the place of elders, wisdom, and winter. Kewadinong 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**