

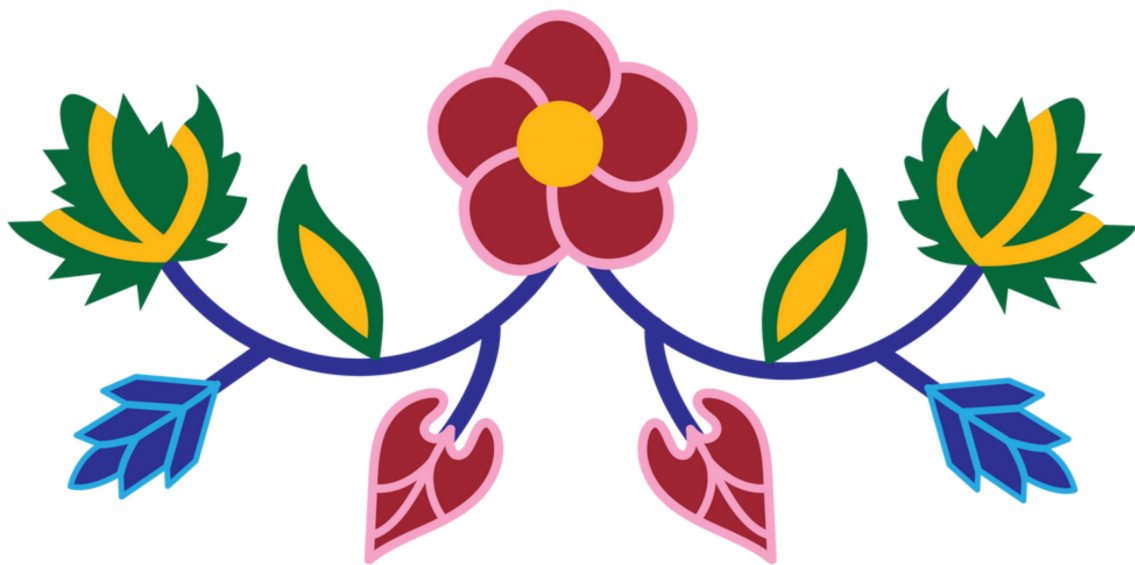
# GIKINAWAABI

## LESSON 8

**LESSON: DRAWING THE MEDICINE WHEEL**

**ACTIVITY1: DOT TO DOT TRACING**

**ACTIVITY2: WHAT ARE THE 7 GRANDFATHER TEACHINGS?**



# LESSON 8

## DRAWING THE MEDICINE WHEEL



### LESSON OBJECTIVE

The child will expand their understanding of the Medicine Wheel through language, conversations, stories and, the activity.

### MEDICINE WHEEL WISDOM



The medicine wheel teaches us to build upon each new skill we learn. We can help our children build their language skills when we discuss activities we are doing with them.

#### FAMILY OUTCOMES: PICCOLO

- Helps the child label objects and ask questions
- Talks about the characteristics of the Medicine Wheel
- Demonstrates active listening and helps the child expand on questions they have
- Aware of the child's engagement in the activity

#### CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- Listens, looks, and participates in drawing the medicine wheel
- Uses language to express aspects and concepts that are on the wheel
- Is able to use words that have been introduced in the activity
- The child can identify specific aspects of the medicine wheel

## HOME VISITOR LESSON OVERVIEW

### Materials Needed:

- **Lesson**
  - Medicine Wheel Tracing Pages (you can print multiple if you feel they are needed)
  - Crayon/Pencil
- **Activity 1**
  - Dot to dot sheets
  - Crayons/pencil
- **Activity 2**
  - 7 grandfather tracing and explanation sheets
  - Crayons/pencil
- **Leave Behind**
  - Tip Sheet "How to hold a crayon/pencil"

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### LESSON

1. Set up a comfortable place to practice writing skills.
2. Work with the child on how to correctly hold a writing tool of their choice.

# LESSON 8

## DRAWING THE MEDICINE WHEEL



### LESSON

3. Begin with page 1 of the Medicine Wheel tracing sheets. At the child's pace move through pages 2 and 3.

- The child may need to practice each page more than once!

4. During the activity, point to and name some shapes, colors, seasons, and directions of the Medicine Wheel

5. Transition to the caregiver leading the activity. Ask the child to repeat the drawing steps and encourage the child to name the shapes, colors, and other aspects of the Medicine Wheel.

6. Note the use of modeled skills and point out those skills to the caregiver and the child's receptive and expressive language skills.

7. Identify opportunities to reinforce concepts and practice in the home environment and community.



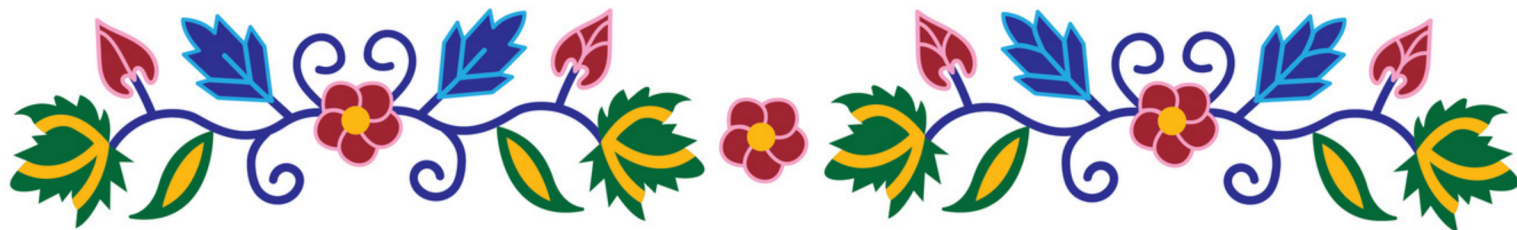
**ENCOURAGE YOUR CHILD TO FIND ELEMENTS OF THE MEDICINE WHEEL IN THEIR EVERYDAY LIFE!**

### LESSON WRAP UP

- **Choose the lesson 6 activity you would like to do with the family and explain it to them**
- **Ask if they have any questions about it**
- **Explain and leave behind the extra handouts**
- **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 8 ACTIVITY 1

## DOT TO DOT TRACING



### CONNECT THE DOTS!

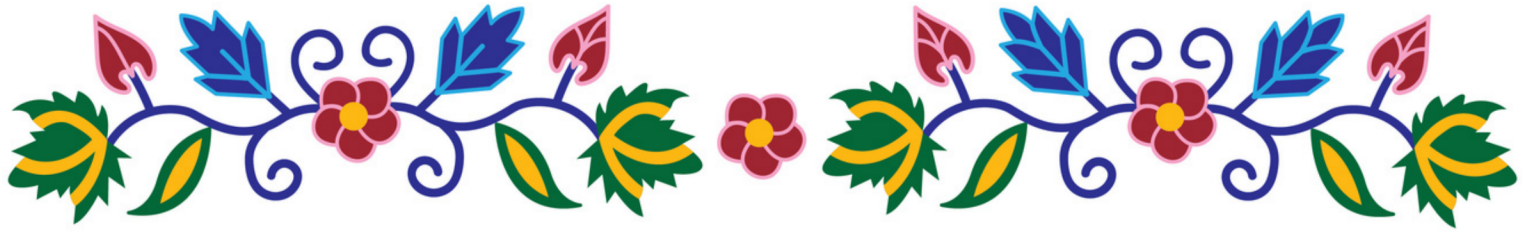
- Help the child connect the dots using a writing tool of their choice.
- The child can choose any color they wish.
  - Maybe one from the Medicine Wheel or their favorite color.
- They can color in the picture when it is completed, if they choose too.
  - Help the child hold the writing tool if needed.
- Encourage counting to each number as they connect them.
  - The child's lines don't have to be perfect! Focus on the positives they are doing during the activity (see how to hold a pencil/crayon tip sheet if needed).
  - This activity helps them with their counting and with holding a writing utensil.

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Memengwaa	mem-en-gwah	Butterfly
Miin	meen	Blueberry
Giizis	gee-zis	Sun



# LESSON 8 ACTIVITY 2

## WHAT ARE THE 7 GRANDFATHER TEACHINGS?



### LET'S LEARN ABOUT THE 7 GRANDFATHER TEACHINGS!

- Sit with the child and let them choose the teaching they wish to start with.
- Encourage them to color the image and trace the words in English and the Anishinaabemowin.
- As they do this explain to them what the teaching is and why it is important.
- You can work through these at the child's pace if they want to learn one a day, do them all in one day, or over a longer period of time.
- Hang them up where the child can see them and talk about them frequently.

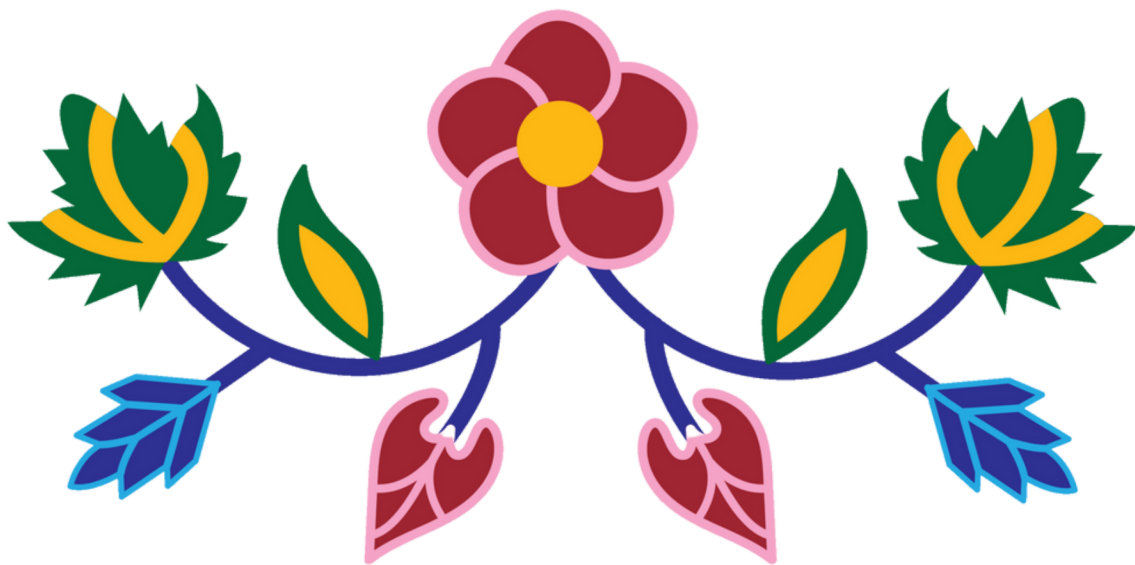
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Zaagidwin	Zah-gi-dwin	Love
Mnaadendimowin	Mn-ah-dend-a-mowin	Respect
Debwewin	Deb-way-win	Truth
Nbwaakaawin	Nb-wah-kaw-win	Wisdom
Gwekwaadiziwin	Gwe-Kwah-di-ziwin	Honesty
Zoongidewin	Zoon-gi-de-win	Bravery
Dibaadendiziwin	Dabah-den-diz-e-win	Humility

# **GIKINAWAABI**

## **LESSON 8**

### **ADDITIONAL LEAVE BEHIND PAGES**

- **MEDICINE WHEEL TRACING PAGES**
- **DOT TO DOT PAGES**
- **PRE-WRITING PRACTICE SHEETS**
- **7 GRANDFATHER TEACHINGS**
- **TIP SHEET HOW TO HOLD A CRAYON/PENCIL**





# MEDICINE WHEEL TRACING

## PAGE 1

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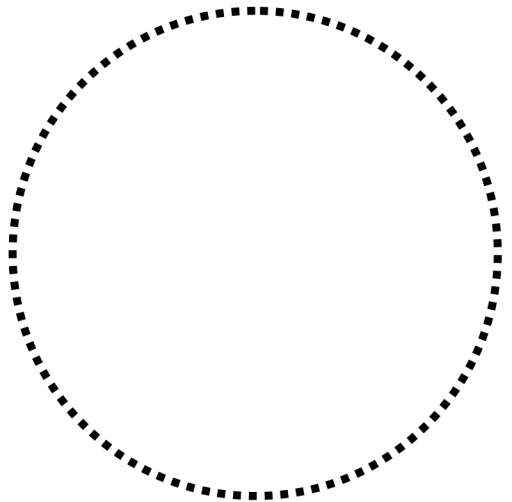
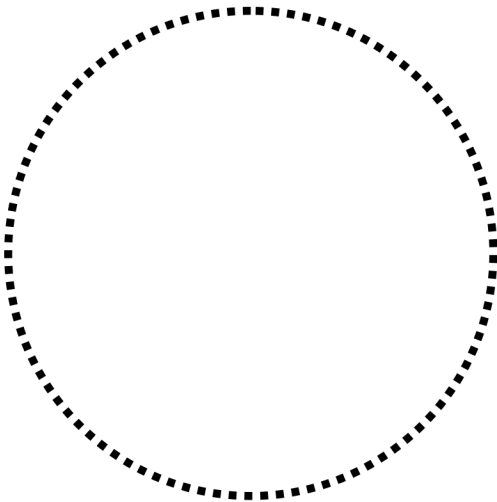
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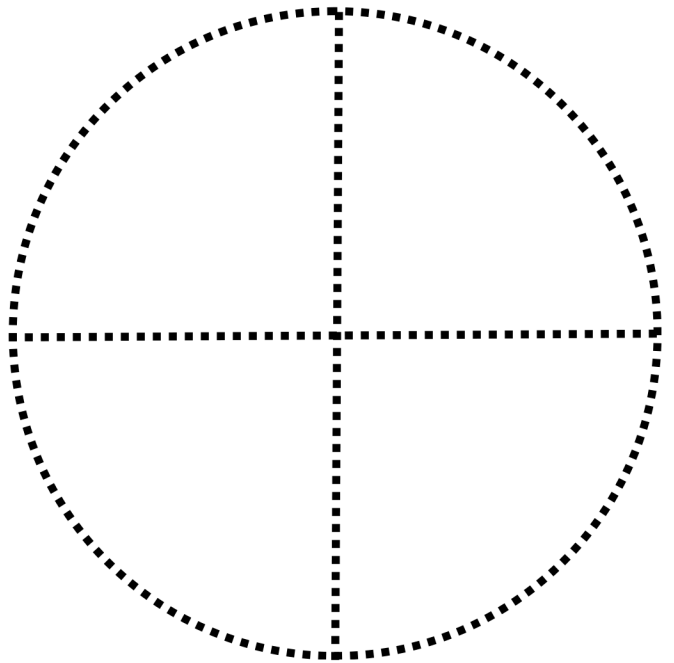
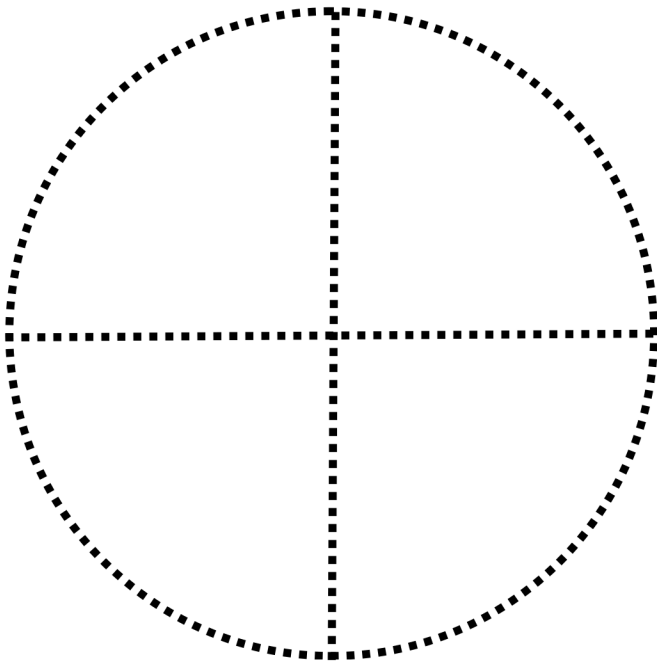
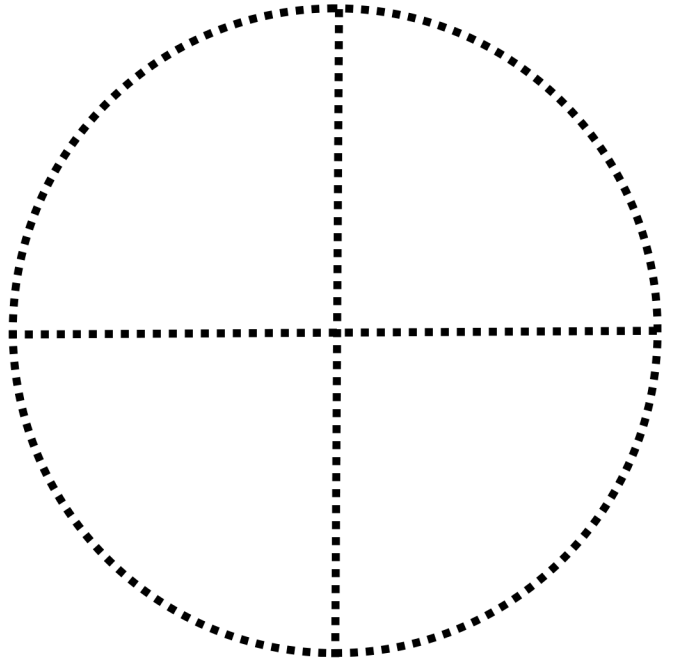
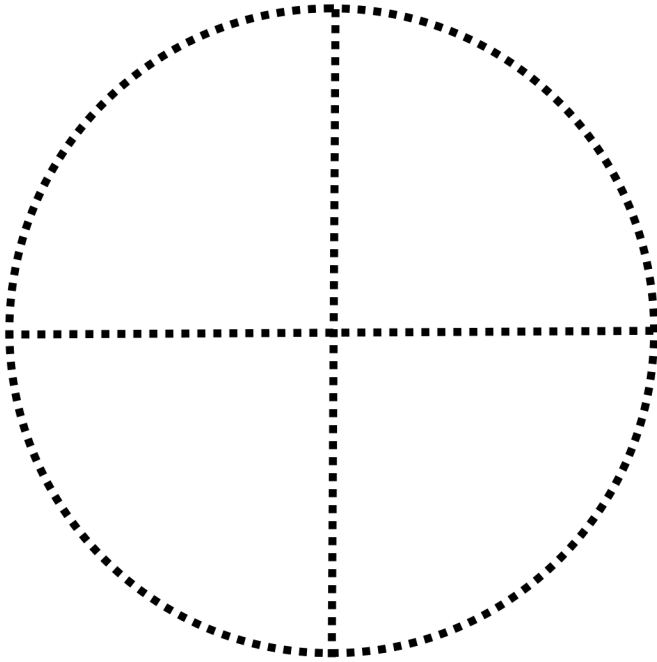
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# MEDICINE WHEEL TRACING

## PAGE 2





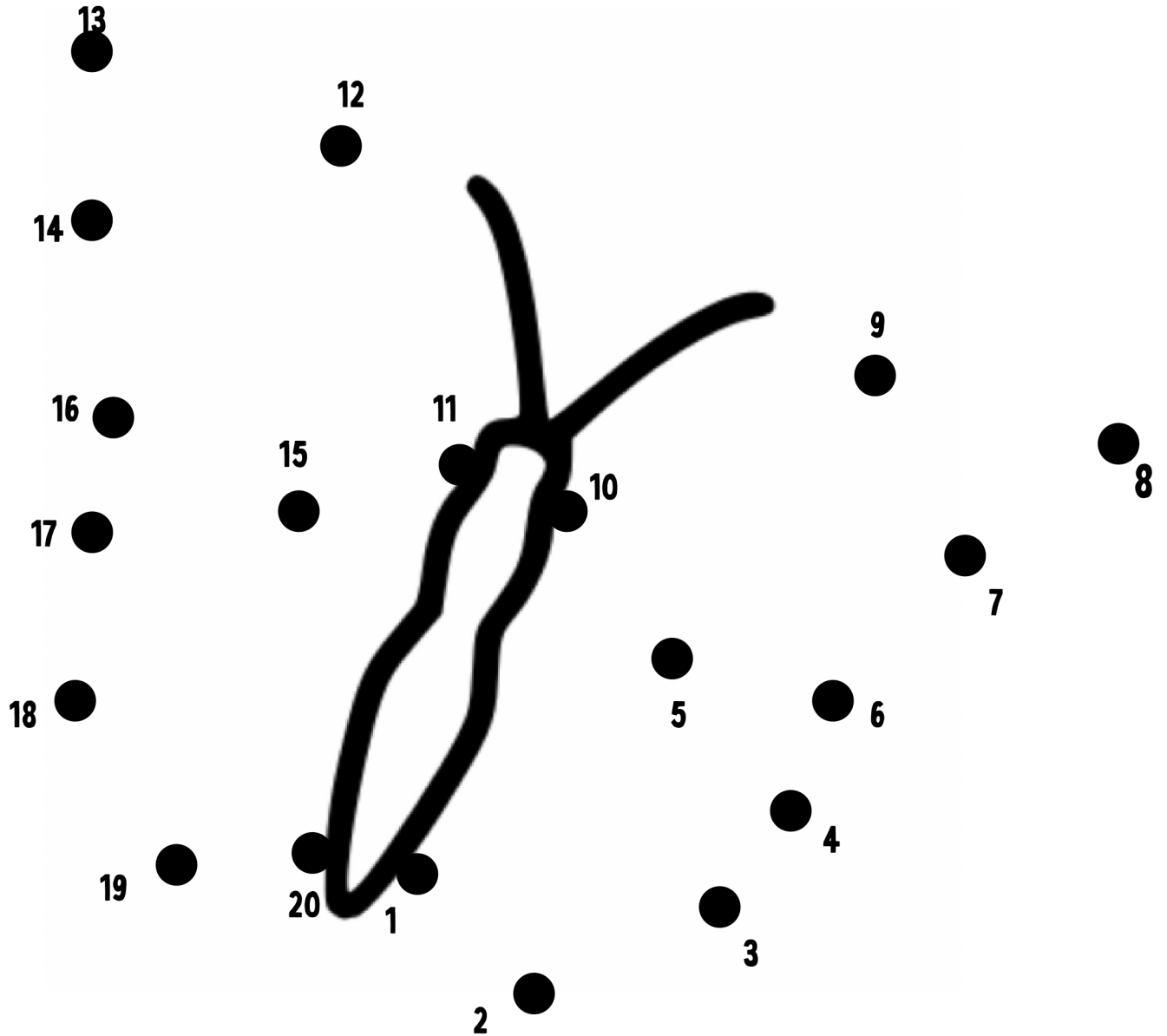
# MEDICINE WHEEL TRACING

## PAGE 3

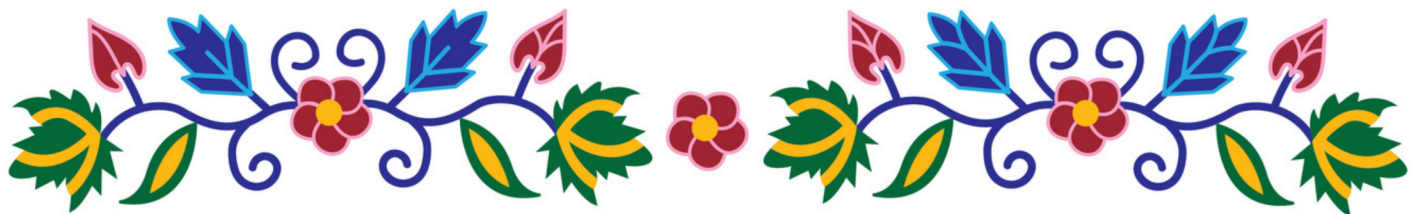
**TRY IT ON YOUR OWN!**



# DOT TO DOT TRACING

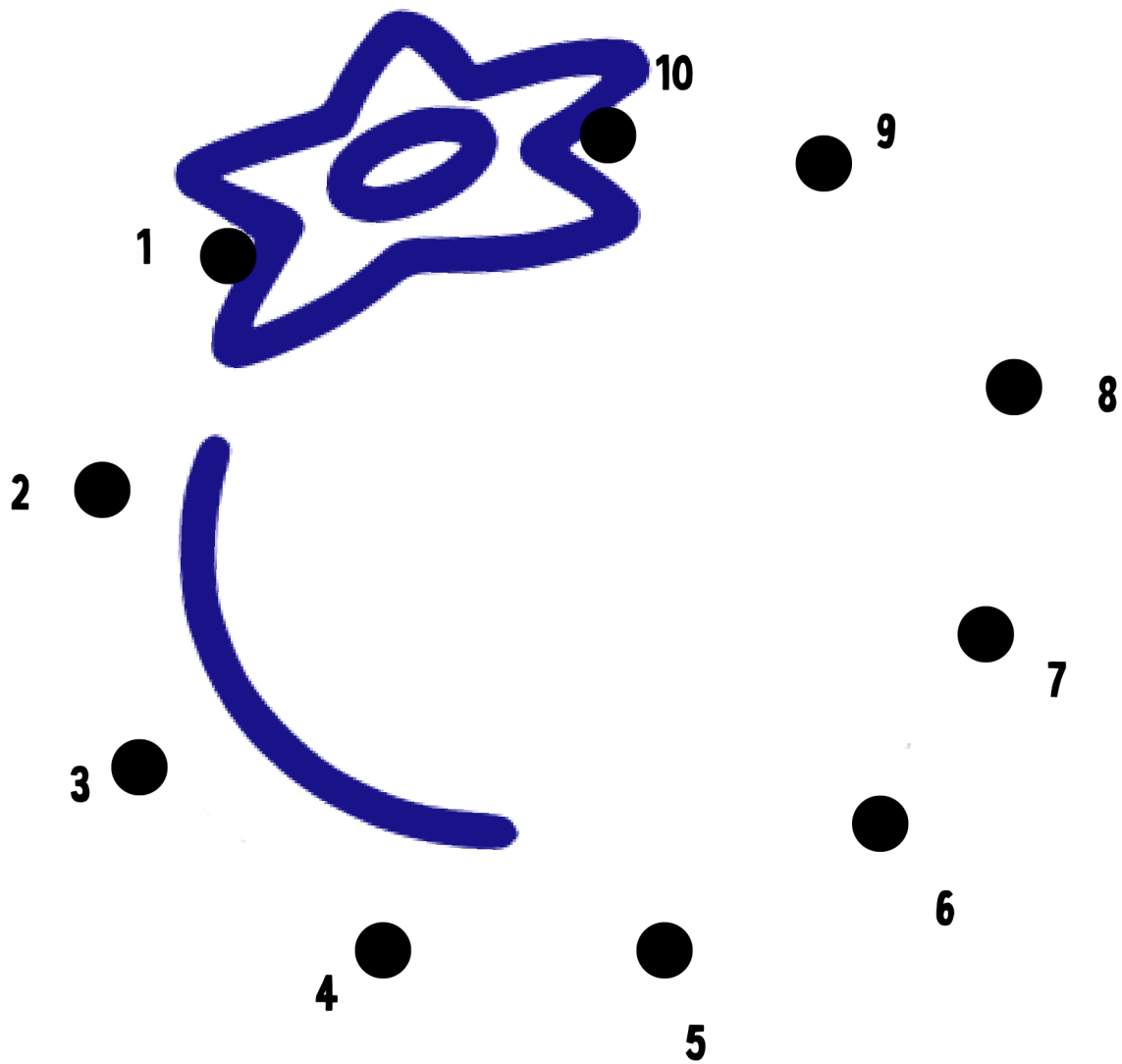


LESSON 8

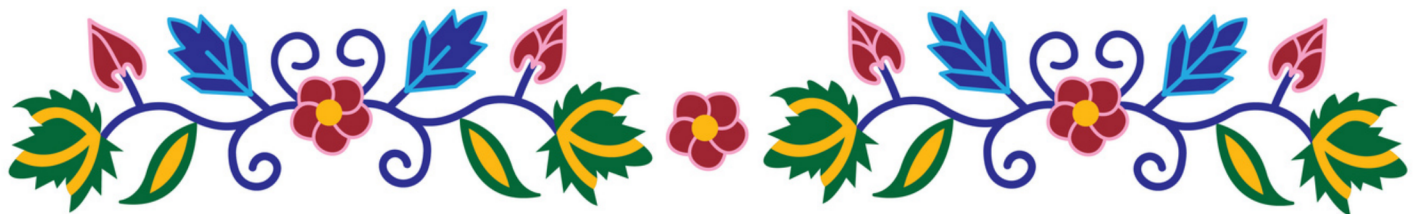




# DOT TO DOT TRACING



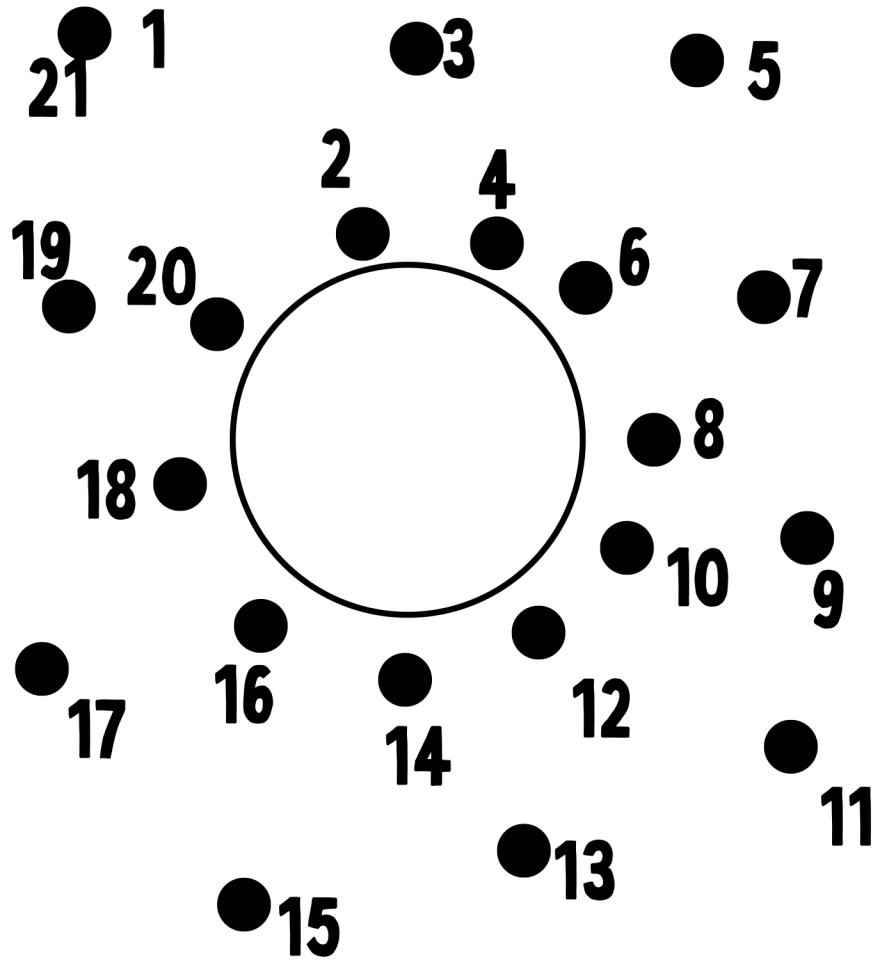
LESSON 8



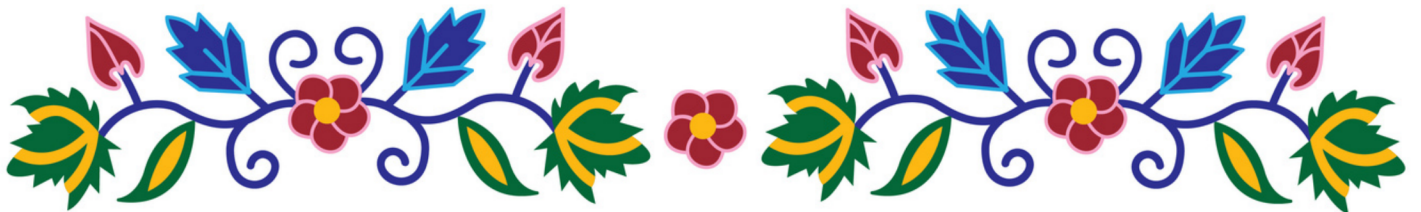




# DOT TO DOT TRACING

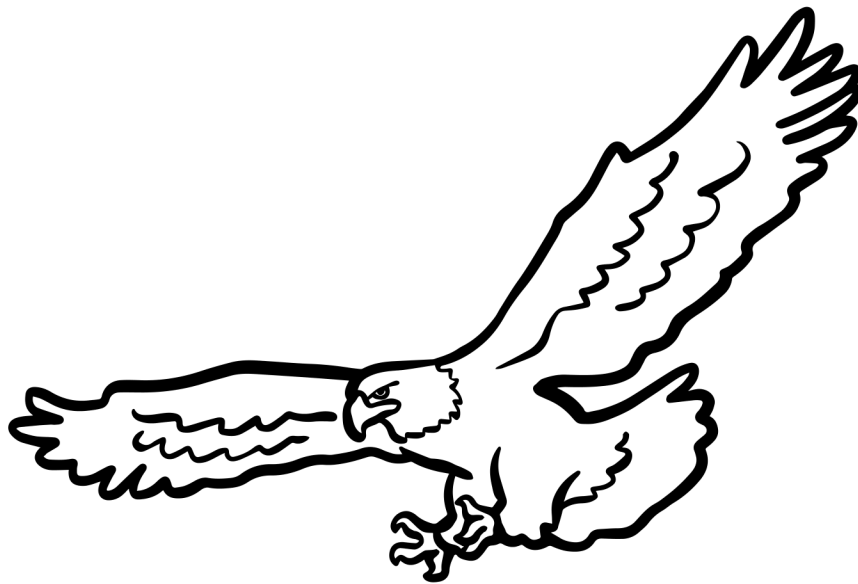


LESSON 8





# 7 GRANDFATHER TEACHINGS

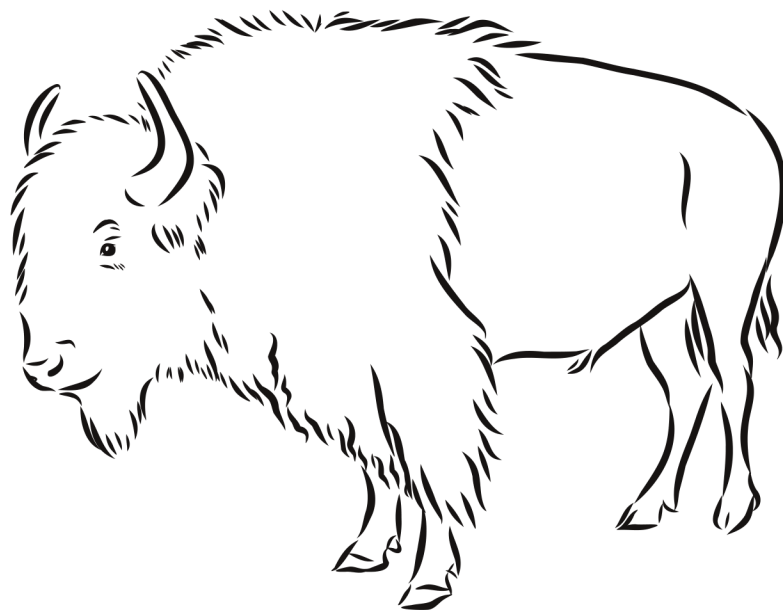


Love  
Zaagidwin

**LOVE IS TO BE USED FOR ALL THINGS:  
ESPECIALLY TO THOSE WHO DON'T HAVE IT. IT  
IS ONE OF THE GREATEST POWERS WE CAN  
POSSESS. LOVE IS UNCONDITIONAL AND  
KNOWS NO BOUNDS. ACCEPT IT AND GIVE IT  
WITHOUT REGRET.**



# 7 GRANDFATHER TEACHINGS

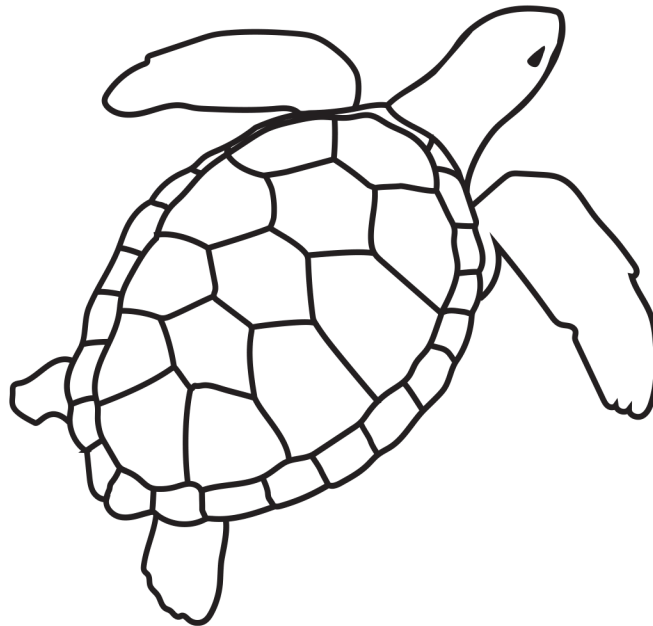


Respect  
Mnaddendimowin

**RESPECT IS SHOWN TO ALL THINGS: HUMAN,  
NATURE AND ANIMALS. TO GET RESPECT, ONE  
MUST EARN IT. RESPECT IS SHOWN TO OUR  
FAMILY, ELDERS AND OURSELVES. GIVE RESPECT  
TO THOSE WHO ARE DIFFERENT FROM YOU.  
RESPECT COMES FROM THE HEART.**



# 7 GRANDFATHER TEACHINGS

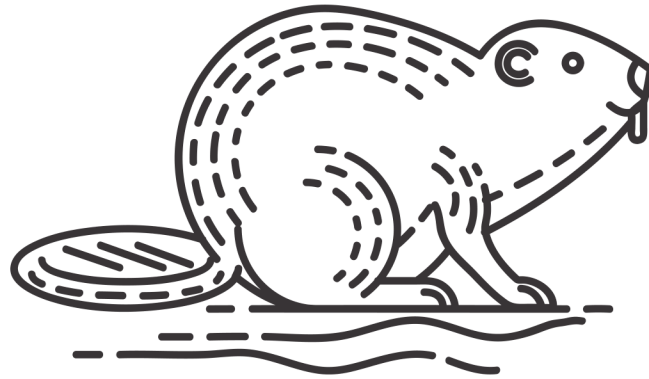


Truth  
Debwewin

**SPEAKING THE TRUTH IS POWERFUL. THIS ACTION IS MADE TO DO GOOD IN ALL THINGS. KNOWING THE TRUTH IN YOUR HEART LEADS TO KNOWING WHO YOU ARE AND WHAT YOU BELIEVE IN. THE TRUTH WILL ALWAYS GUIDE YOU ON YOUR JOURNEY.**



# 7 GRANDFATHER TEACHINGS



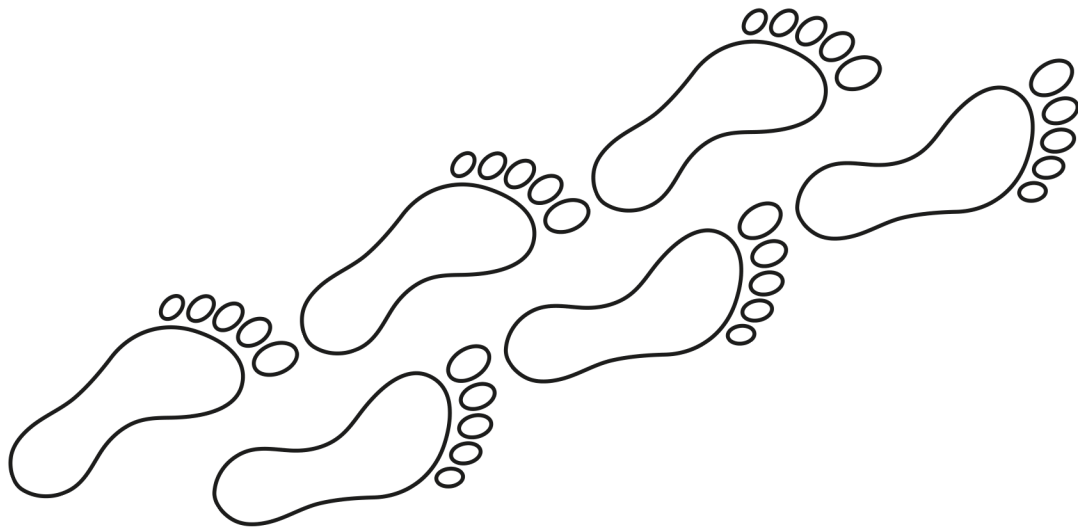
Wisdom

Nbwaakadwin

**GIVEN TO YOU BY THE CREATOR TO USE GOOD  
JUDGEMENT, KNOWLEDGE AND A POSITIVE  
ATTITUDE. WISDOM CAN BE FOUND IN ANY AGE  
AND ANYONE. USE IT FOR GOOD AND  
PROSPERITY.**



# 7 GRANDFATHER TEACHINGS



Honesty  
Gwekwadadziwin

**THE TRUTH MUST PREVAIL ALWAYS. IT STARTS WITH OURSELVES AND BEING HONEST WITHIN. CARRY HONESTY WITH YOU ALWAYS AND THIS LEADS TO THOSE BEING ABLE TO TRUST YOU. REMEMBER TO ALSO ACT ON TRUTHS WITH COMPASSION, UNDERSTANDING AND GOOD COMMUNICATION.**



# 7 GRANDFATHER TEACHINGS



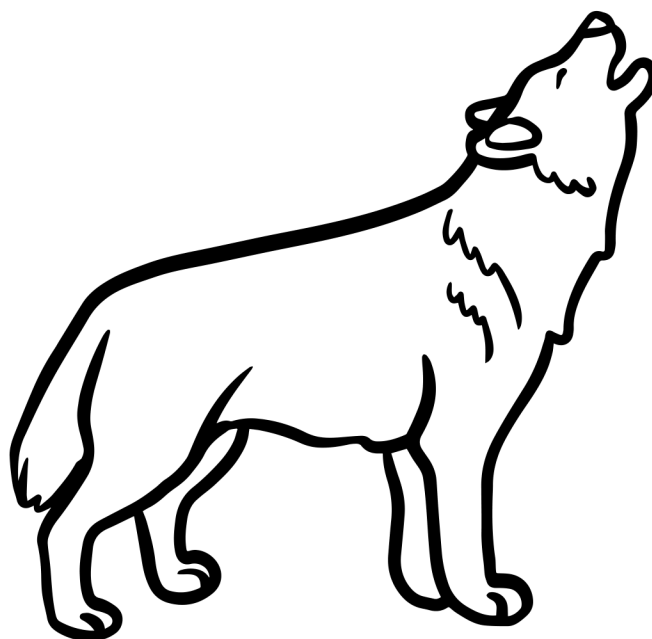
Bravery  
zoongid'ewin

**THIS IS DOING WHAT IS RIGHT, EVEN WHEN THE  
RIGHT THING IS HARD OR UNPLEASANT. STAND  
AND SPEAK UP FOR WHAT YOU BELIEVE IN AND  
BE STRONG IN THE EYES OF ADVERSITY.**





# 7 GRANDFATHER TEACHINGS



Humility  
Dibaddendiziwin

**DO NOT LOOK DOWN ON OTHERS WHO ARE BELOW  
OR ABOVE YOU. WE ARE ALL EQUAL IN THE EYES  
OF THE CREATOR. REFLECT ON HOW YOU WANT  
THE WORLD TO SEE YOU.**



# 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!

