

Lesson Title:

K-1

Time Needed:

30–45 minutes

Big Idee (BC Curriculum):

- Stories and traditions help us learn about ourselves, our families, and our communities.
- People connect to others and share who they are through stories and traditions.

First Peoples Principles of Learning:

- Learning is holistic, reflexive, reflective, experiential, and relational.
- Learning involves recognizing the consequences of one's actions.
- Learning involves generational roles and responsibilities.
- Practice respect and curiosity when learning about indigenous knowledge.

Materials

- Large poster or digital display of the Medicine Wheel
- Printable blank Medicine Wheel templates
- Crayons/markers in white, yellow, red, and black
- Picture books or short video introducing the Medicine Wheel (e.g., *We All Count: A Book of Cree Numbers*)
- Small talking stick or sharing item

Learning Objectives:

Students will:

- Learn the four parts of the Medicine Wheel (mental, emotional, physical, and spiritual)
- Recognize the circular and color-coded design of the Medicine Wheel.
- Reflect on how each part connects to their own lives.
- Practice respect and curiosity when learning about Indigenous knowledge.

Story or Video (5–10 min)

- Read a short Indigenous story or show a video that introduces the Medicine Wheel or themes of balance and harmony.

Hands-On Activity (10–15 min)

- Distribute blank Medicine Wheel templates.
- Guide students to color each section with the correct color.
- Ask them to draw something in each section that relates to their own life (e.g., something that helps them feel happy, strong, calm, or thoughtful).

8 Sharing Circle (5–10 min)

- Invite volunteers to share one part of their wheel and explain what they drew.
- Use a talking stick to encourage respectful listening and turn-taking.

Assessment

- Observe participation in circle discussions.
- Check for correct color placement and personal connections in activity.