Bundle Item:	Medicine Wheel - Importance, 4 Colours, 4 Directions & 4 Seasons	**Lesson #**	1
Unit:	**Medicine Wheel Teachings**	**Division**	Primary/Junior
Month	September-October	**Time:**	45 minutes
Location:		**Ontario Curriculum Connection:**	Language, Math, Health and Physical Education, The Arts, Science, Native Languages, Social Studies, History

Brief Description

This lesson will introduce and explore the medicine wheel teachings through technology and interactive hands-on learning.
Students will:

- Develop an awareness of the medicine wheel and why it is important to the Anishinaabe
- Develop an understanding of the medicine wheel shape and what each quadrant teaches us
- Develop an understanding of what the four colours of the medicine wheel represent
- Develop an understanding where the four directions found on the medicine wheel
- Develop an understanding where the 4 Seasons and what they teach us as Anishinaabe

Lessons Guiding Questions (Setting Goals/Purpose, new vocabulary)

- We will learn about the medicine wheel and why it is important to the Anishinaabe Culture
- We will learn about the shape of the medicine wheel and why it is broken into 4 quadrants
- We will learn about the 4 colors on the medicine wheel and what the represent
- We will learn about the 4 directions and what they
- We will learn about the four season and what each season represents

- We will learn the Anishinaabemowin words that describe the things that can be found in the four quadrants of the medicine wheel

Prior Knowledge Activation (Make connections, ask questions)

- What is the medicine wheel? (A circular symbol that is broken into four quadrants. Each quadrant contains different teachings that help to live **Mino Bimaadziwin –** a happy and balanced life. The Medicine Wheel is a way of life. It reminds us that: Everything is connected, Balance is key to health and well-being, and We learn and grow through cycles, just like the seasons)
- Why is the medicine wheel important to the Anishinaabe Culture? (The **Medicine Wheel** is a powerful symbol that represents **Life** - the circle of life**, Balance** - the circle of self awareness **and Connection** - the circle of knowledge)
- What are the four colours found on the medicine wheel? (**Ozaawaa**-yellow, **Mskwaa**-red, **Giizho'aande**-blue or **Mkade**-black, **Waabshkaa**-white)
- What are the four directions? **Waabanong** - East, **Zhaawanong -** South, **Ningaabii'anong**-West, **Giiwednong** – North
- What are the four seasons? (**Mnookmi/Ziigwan-**Spring, **Niibin -** Summer, **Dgwaagi -** Fall, **Biboon** – Winter)
- What do the four seasons represent? (**Mnookmi/Ziigwan**-Ziigwan, spring, is the time of renewal and awakening, and there are stories to remind us to listen for sounds of thunder, frogs, crows, and sap, **Niibin**-Niibing, summer, is a period of growth, long bright days, time for work, and being with the animals and plants, **Dgwaagi**-Dagwaagin, autumn, is a time for gathering, harvesting, hunting, and preparing, **Biboon**-Biboon, winter, is a time to pause, to listen, meditate, appreciate, and focus on the conclusion of one cycle before another begins)

Learning Goals (Modeling – think aloud, verbalize steps, demonstrate)	**Success Criteria** (specific terms of what successful attainment of the learning goals looks like)
● Show the medicine wheel video to give students a visual of the medicine wheel and what teachings can be found in each quadrant (first link found below under **Resources/Materials for Teachers**) 4 min ● Introduce the medicine wheels shape and briefly discuss how its circular shape represents the circle of life and that its divided into four quadrants explaining what a quadrant is 5 min ● Discuss the importance of the medicine wheel to the Anishinaabe. The medicine wheel teaches us the importance of balance and harmony in all aspects of life. It emphasizes that every part of the wheel is interconnected and essential for our overall well being, and reminds us of the interconnectedness of all living things	● I can describe what the shape of the medicine wheel represents (circle of life, broken into quadrants) ● I can identify what a quadrant is, and I am able to divide a circle into four quadrants ● I can identify what the four directions represent, and I can say them in Anishinaabemowin ● I can say the four colours of the medicine wheel in Anishinaabemowin and identify what each colour represents ● I can identify where the four seasons can be found on the medicine wheel ● I can describe what each season represents

and how to live in harmony with them here on **Shkakime Kwe**-Mother Earth. The teachings on the medicine wheel guide us to live in harmony with the spiritual, emotional, phisychal and mental aspects of our being. It encourages us to seek balance and be aware of the responsibilities and teachings associated with each direction. ● Introduce the 4 Colours saying the words in Anishinaabemowin first for each colour (**Ozaawaa**-yellow, **Mskwaa**-red, **Mkade**-black or **Giizho'aande**-blue, **Waabshkaa**-white) and discuss what each colour represents (the four colors represent the four nations of people on the earth. In this medicine wheel **yellow** is in the **East** as it represents Asian people, **red** is in the **South** and represents the Indigenous people, **blue or black** is in the **West** and represents Black people and **white** is in the **North** and represents White people. 5 min ● Introduce the words in Anishinaabemowin first for the 4 Directions and discuss what each direction means to us as Anishinaabe **Waabanong –** East is the direction of vision and clarity. **Zhaawanong –** South is the direction that reflects energy, trust, and learning. ● **Ningaabii'anong**- West is the direction that teaches self reflection, learning from past experiences and personal growth. ● **Giiwednong** - North is the direction that embodies clarity, guidance, and completion. 9 min ● Introduce the words for the four seasons in Anishinaabemowin first and discuss what each season means to us as Anishinaabe (**Mnookmi** – Spring represents new beginnings, **Niibin –** Summer represents the time of passion,	

Dgwaagi – Fall represents the time for reflection and healing, **Biboon –** Winter represents is the time for rest 6 min • Give each student a medicine wheel template and parts of a medicine wheel cut and paste sheet 1 2 min • Have students cut the corresponding colour and Aniahinaabemowin word for each direction and paste them onto the medicine wheel template 10 min • Have students put the medicine wheel template in their drawer as they will need them for the next 3 lessons	

Resources/Materials for Teachers (i.e youtube, links, flipchart, markers, visuals)	**Resources/Materials for Students** (i.e. pencils, scissors, glue, activity page, devices)
• medicine wheel - Kids | Britannica Kids | Homework Help • Resources for teachers to prepare for the medicine wheel unit; What is the medicine wheel? 🟡🔴⚫⚪ (Medicine wheel teachings 101) ; Medicine Wheel Teaching with Elder Elsey - YouTube ; Understanding the Medicine Wheel | NCSA Connections; Ojibwe Teaching - Fourdirectionsteachings.com • Ojibwe Teaching - Fourdirectionsteachings.com	• medicine wheel template • parts of a medicine wheel cut and paste sheet 1 • **moozhwaagan** -scissors • **gooksigan -** glue