

<b>Date:</b>	<b>Fairmount JEDI October 2023</b>
<b>Lesson focus and goals:</b>	<ul style="list-style-type: none"> <li>• In the last session we discussed the power of words and how words can support, show love and empathy, and affirm ourselves and others.</li> <li>• Words are like seeds. <b>When we plant, water, nurture thoughts, words, and actions that show love, empathy, gratitude, service, and courage for ourselves and others, we grow a garden of thoughts and actions that reflect this into the world.</b> This has a positive effect on ourselves and others.</li> <li>• In order to have love and empathy for others, especially those that are most different from us or most challenging for us, we need to have love and empathy for ourselves.</li> <li>• Love for oneself leads to gratitude, appreciation, and empathy for others.</li> </ul>
<b>Materials needed:</b>	<input type="checkbox"/> Markers, crayons, pens <input type="checkbox"/> Glue sticks <input type="checkbox"/> Construction paper <input type="checkbox"/> Scissors
<b>In:</b>	<ul style="list-style-type: none"> <li>• Snack and run around (15 min)</li> <li>• Kids filter out back, weather permitting, for a snack and play on the playground.</li> <li>• <b>JEDI refers to justice, equity, diversity, and inclusion.</b> <ul style="list-style-type: none"> <li>◦ Just like every week our focus is empathy, courage, service, and gratitude.</li> </ul> </li> <li>• Did you have any experiences this week that made you think about the ideas of empathy, courage, service, and gratitude? We love to see and hear about how JEDI is showing up for you in your time at school or with your families and friends.</li> <li>• You are welcome to share your thoughts and feelings, we love to hear from you, or you can keep them private or share them at home with your family.</li> <li>• These are our expectations, we will say them together each week at the start of each session. It is not only important to say them, but to believe them.</li> <li>• <b>Expectations:</b> <ul style="list-style-type: none"> <li>◦ This is a safe place,</li> <li>◦ We will respect and value each other by honoring our differences and our similarities.</li> <li>◦ We will always try our best.</li> <li>◦ We are better together.</li> </ul> </li> <li>• Speaking of better together, let's learn about the three sisters.</li> </ul>

<p><b>Through:</b></p>	<ul style="list-style-type: none"> <li>● Does anyone know what the word indigenous means? <ul style="list-style-type: none"> <li>○ Indigenous means the first people to live in a place.</li> <li>○ In Colorado, the first people to live here long before it was Colorado are the Shoshone, Ute, Comanche, Pueblo, Arapaho, and Apache.</li> <li>○ There are many indigenous groups that live all over the United States.</li> <li>○ The indigenous people to first live where we are were Pueblo, Arapaho and Ute, many people still live here.</li> <li>○ The Cherokee and the Haudenosaunee, among others, have an ecological practice of planting corn, squash, and beans together - these are the three sisters.</li> </ul> </li> <li>● The com provides the support for the bean vines, squash provides shade for the soil, deter animal pests, and prevent weeds from growing, the beans have a special bacterial living on their roots that "fix" nitrogen in the soil. This means they change the nitrogen in the soil into something that can be used by the com plant, and other plants, to grow more strong.</li> <li>● All three of these plants will grow on their own just fine but when they are grown together they are much stronger, much more robust/healthy, and grow better.</li> <li>● This type of relationship is called symbiotic, being together is helpful to everyone. Our relationships should also benefit everyone in the relationship.</li> <li>● Create a Three Sisters art piece: how to nourish, support, and protect one another. Have one or several as an example. <ul style="list-style-type: none"> <li>○ Background paper, com stalk, com on stalk, beans vines, squash leaves on the bottom, beans on the vines,</li> <li>○ After they create their piece, they can add the names of people that are most important in their lives, who supports you? Who do you support? Who protects you? Who do you protect?</li> <li>○ You can put this art piece in your room or home as a reminder that you are never alone, you are always supported, you are important and support others through your love, service, and presence.</li> <li>○ You can add words that describe these relationships, love support, growth, patience...</li> <li>○ <a href="https://www.brainybeginningsnetwork.com/single-post/three-sisters-planting-craft">https://www.brainybeginningsnetwork.com/single-post/three-sisters-planting-craft</a></li> </ul> </li> </ul>
<p><b>Out:</b></p>	<ul style="list-style-type: none"> <li>● Read <u><b>We Move Together</b></u> by Kelly Fritsch and Anne McGuire</li> <li>● "Sometimes the things that connect us are the things that challenge us."</li> </ul>

- Visit CSU Spur Terra building as a group and learn about where our food comes from. 11/4/203
- Steamhouse Fairmount Super Harvest 9/30 and Gould Gala 10/30