

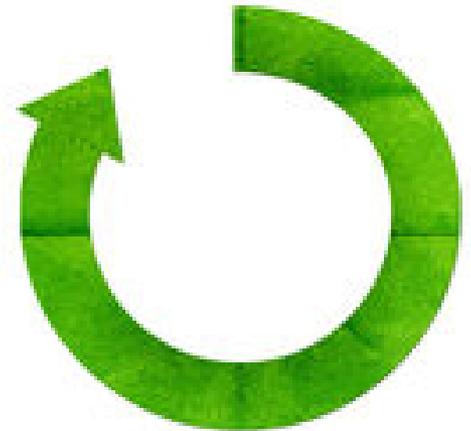
# Medicine Wheel Teachings





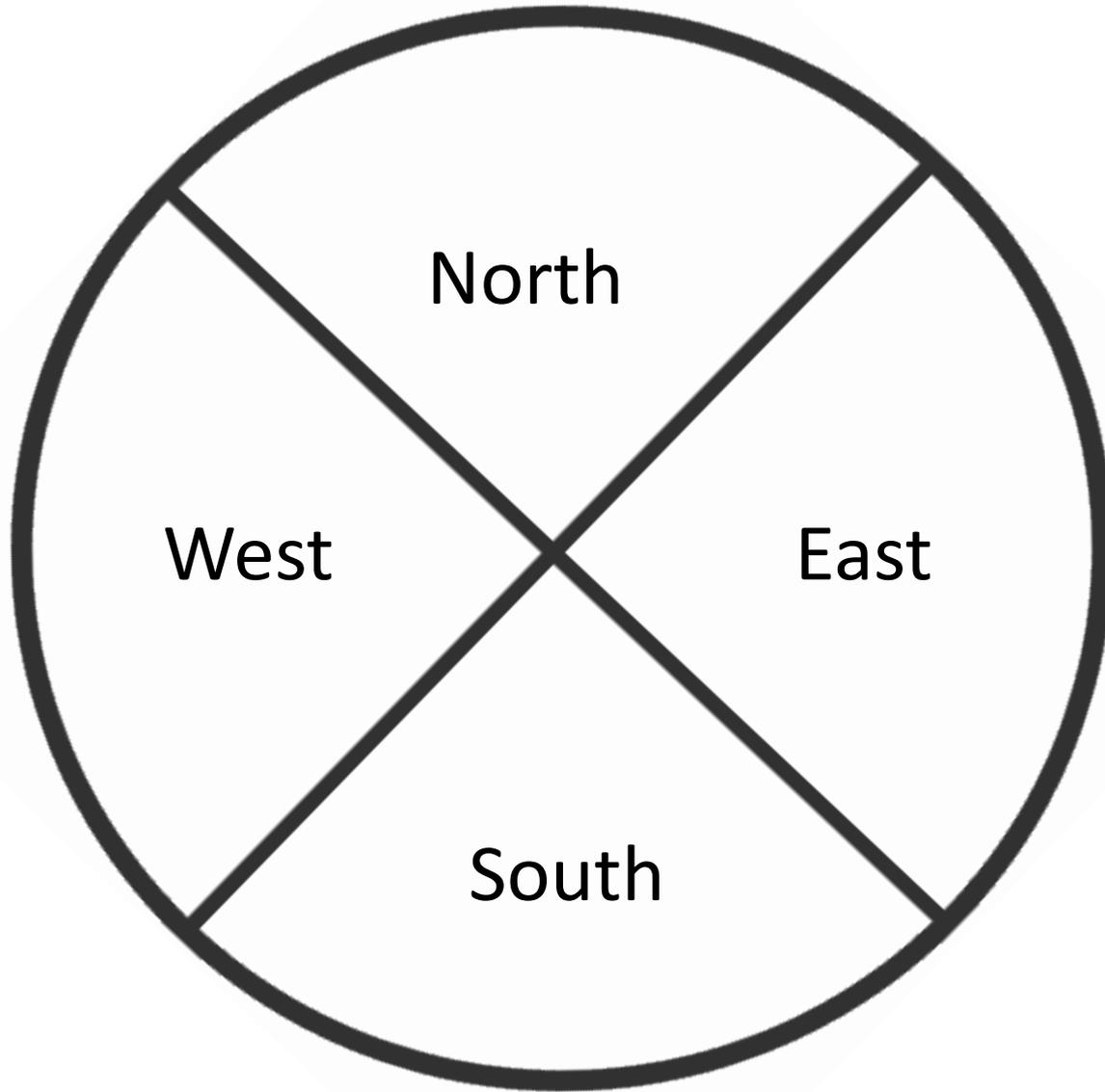
## Sacredness of the Circle

- Representation of Mother Earth
- Flows in one direction
- Inter-connectedness
- The evolution of Mother Earth around the sun



**Science**

4 Directions



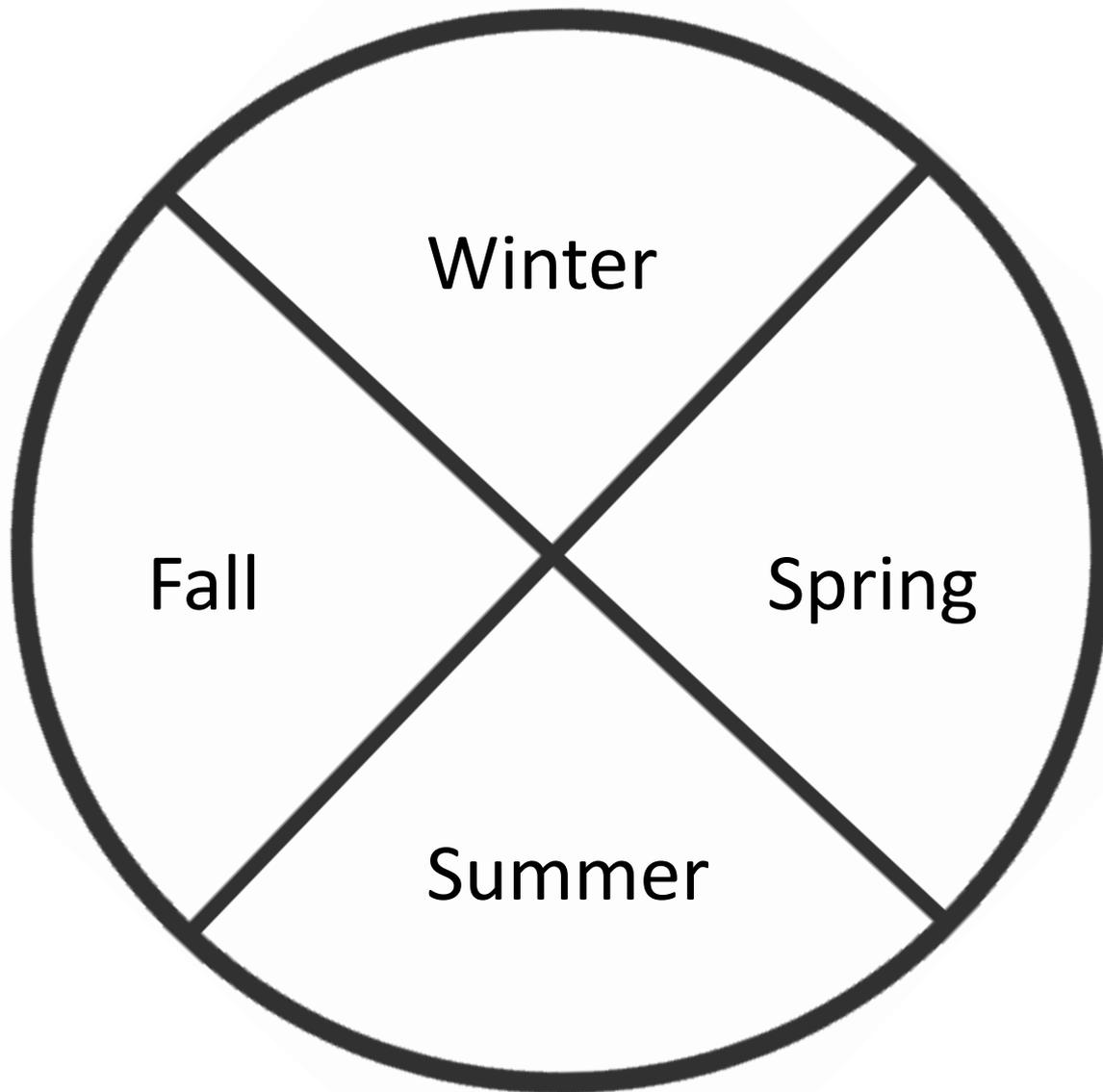
North

West

East

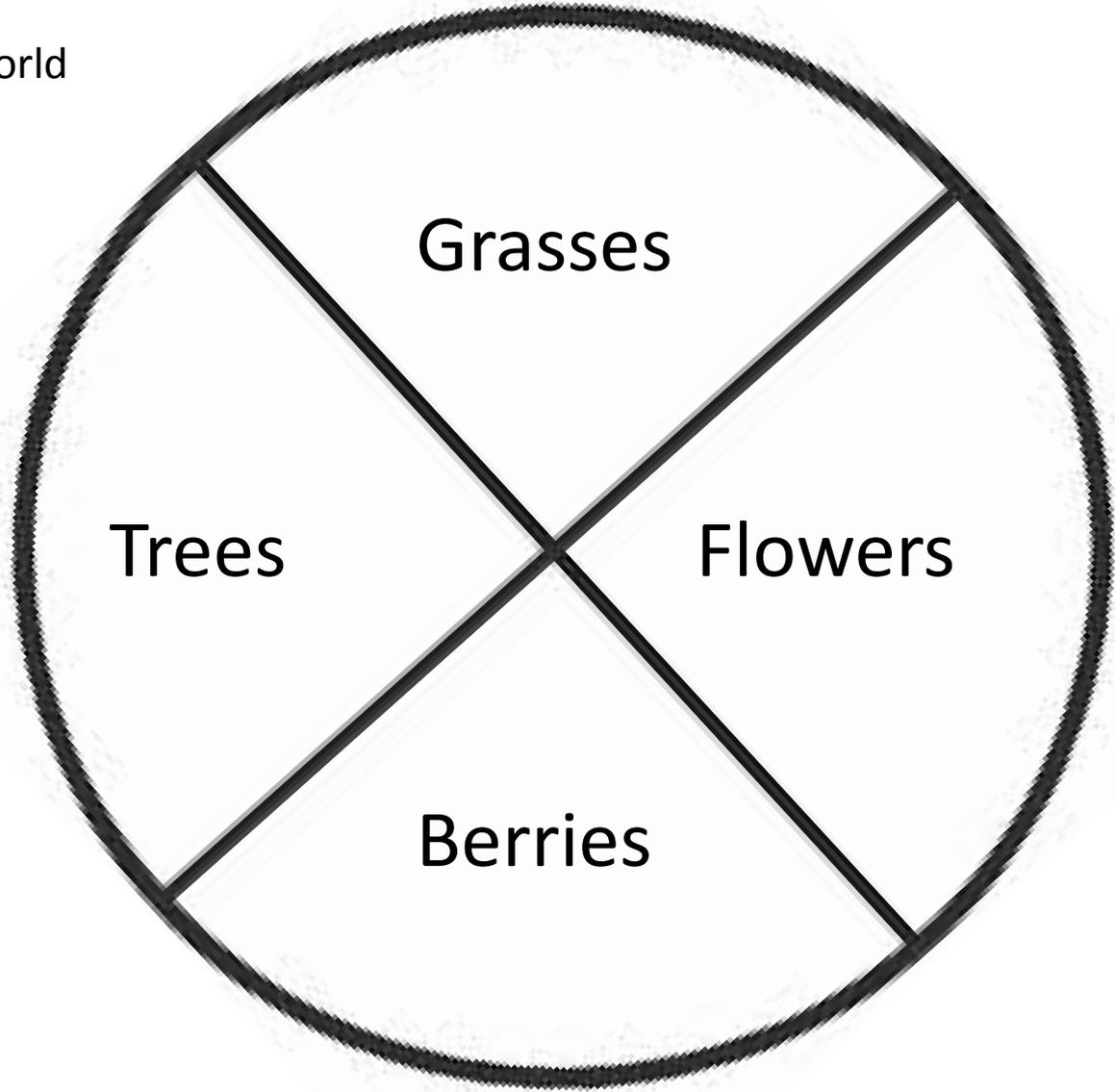
South

4 Seasons





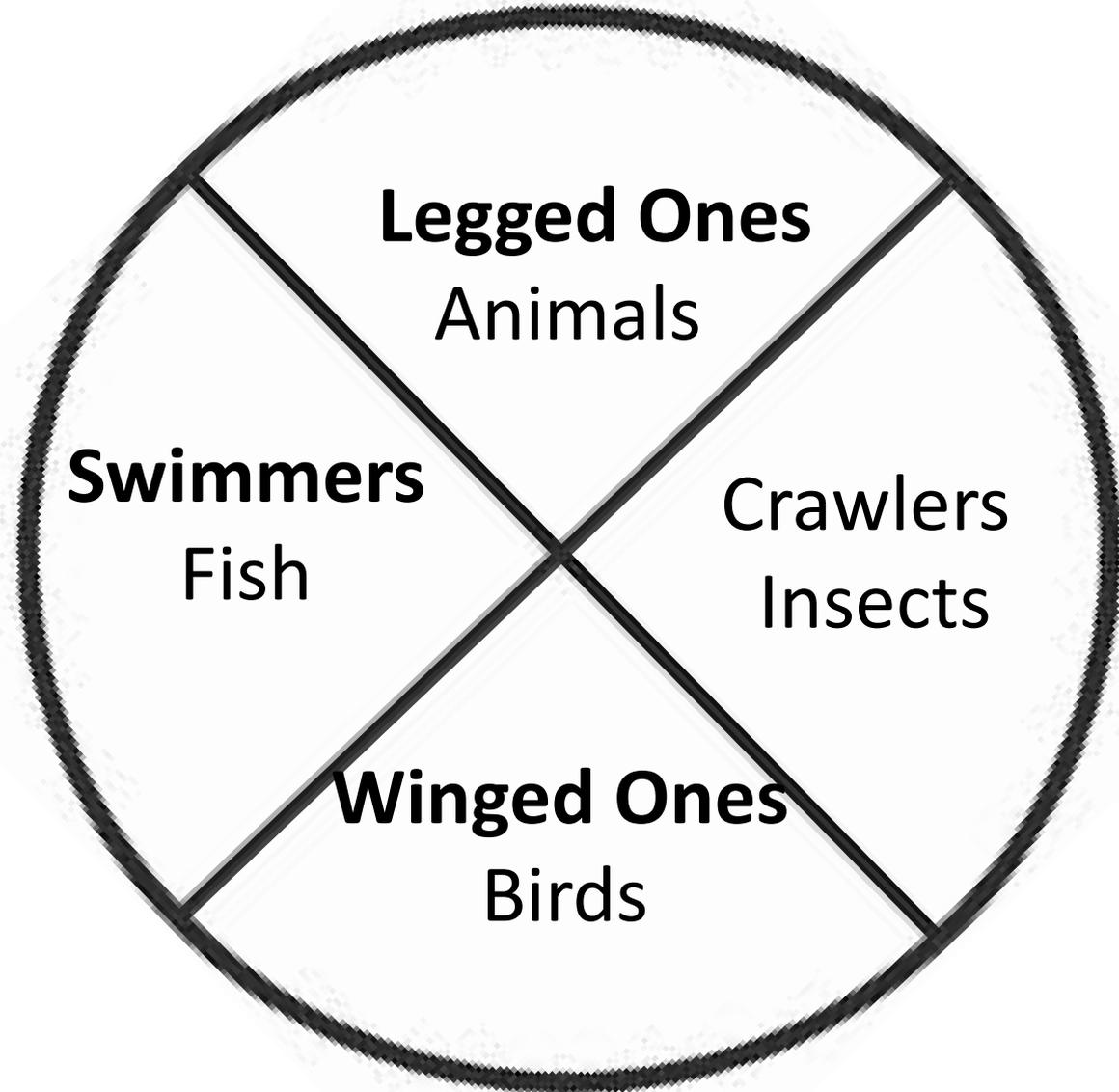
Science  
The Plant World





**Science**

Animal World



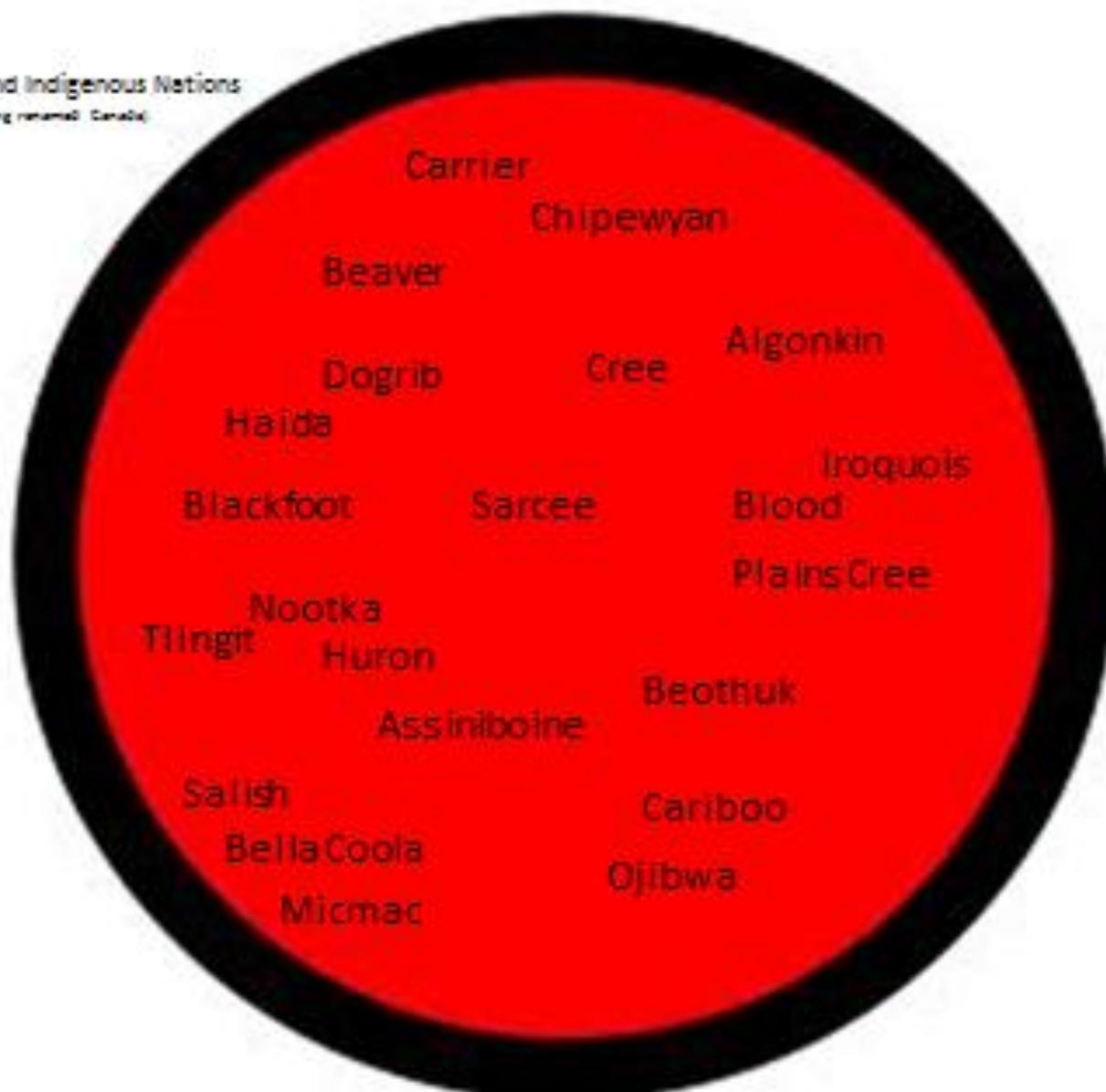
# Trickster



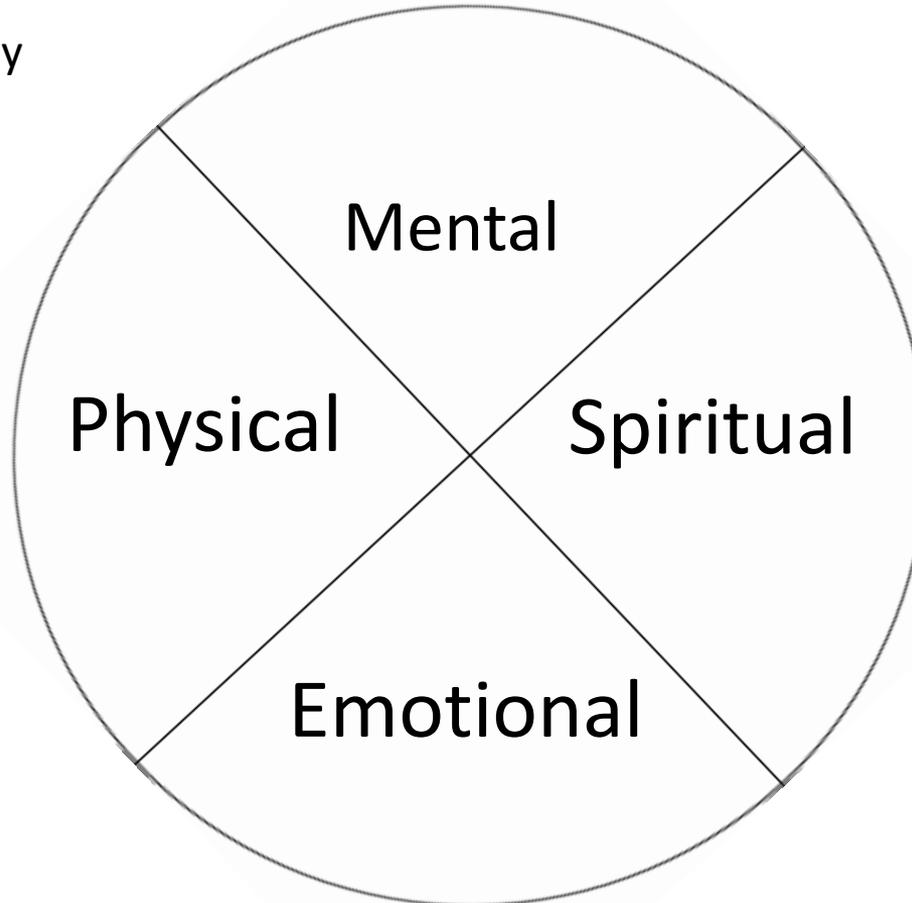
Cree – Wisakechuk  
Inuit – Amagug  
Lakota – Iktomi  
Ojibwe - Nanabozho

West Coast – Raven  
Blackfoot – Naapi  
Anishinabe - Witiko

Turtle Island Indigenous Nations  
(Before being renamed Canada)

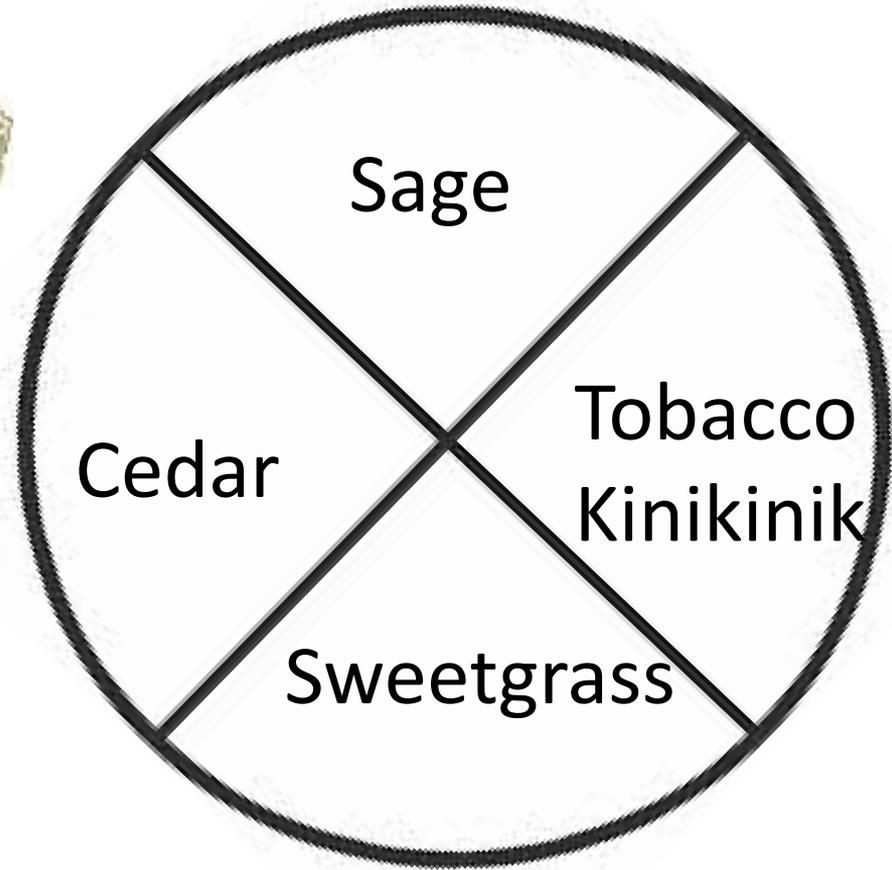


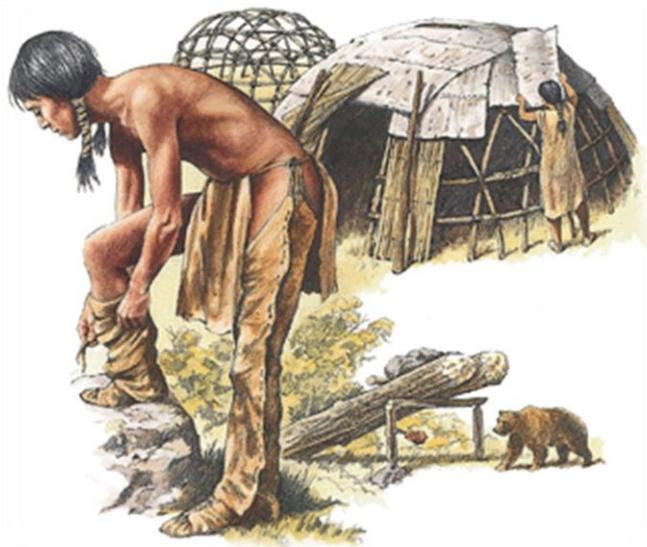
4 parts of the body





4 Sacred Plants





**Pronghorn Productions**





It was predicted that other brothers would join our Turtle Island.

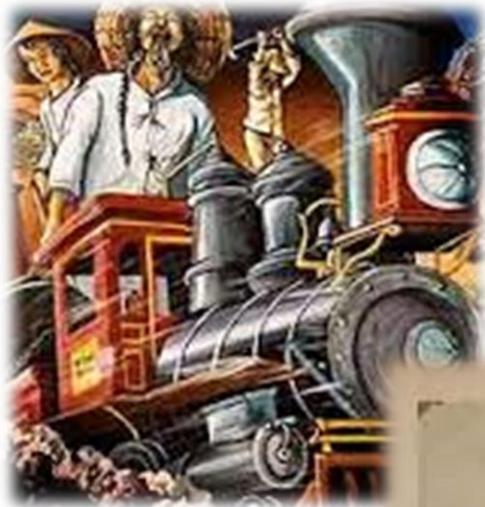


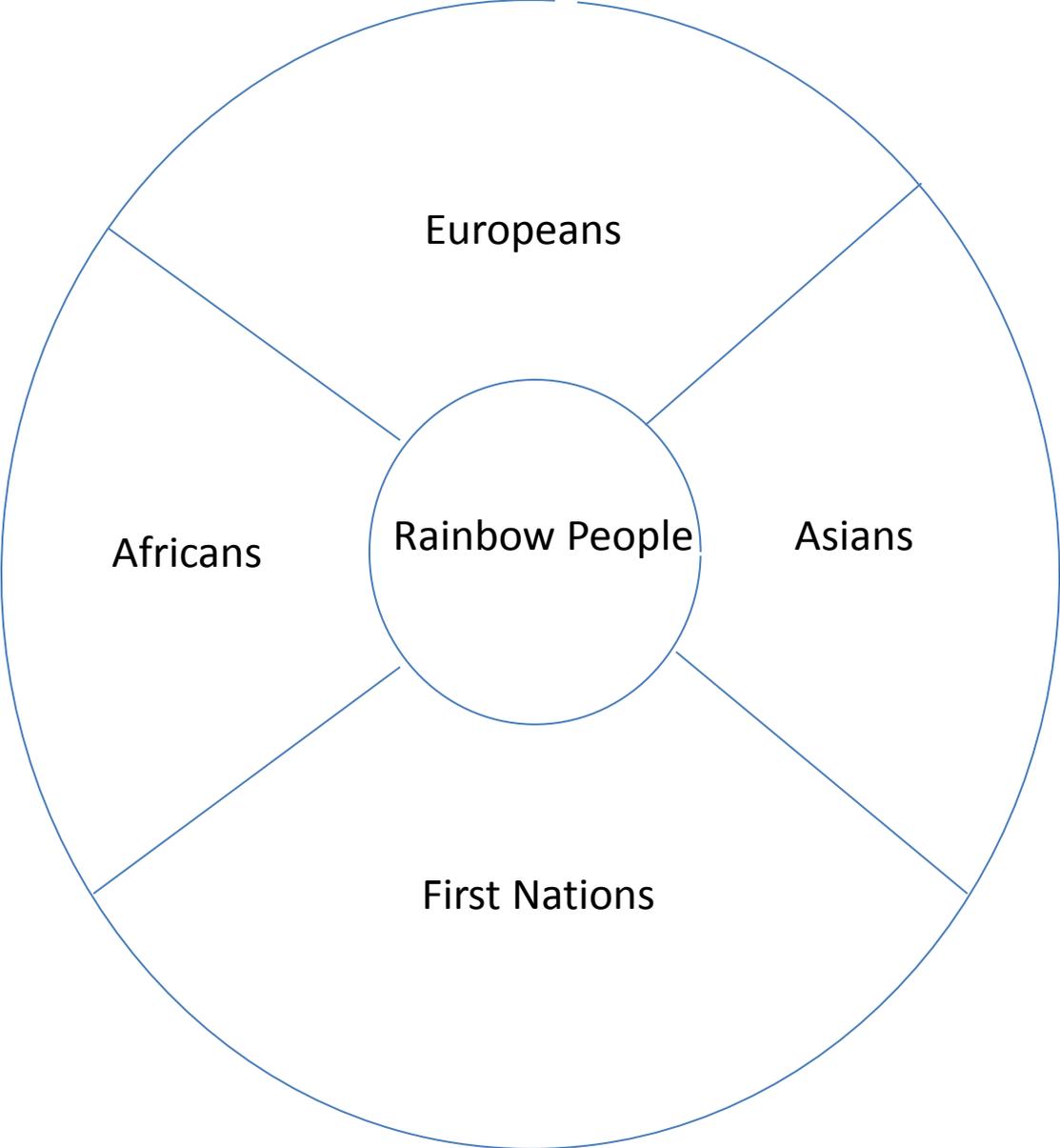
First Nations invited early brothers to share our Turtle Island.

(need circle ½ white and ½ red)



Our medicine wheel changed to add all of our nations Living on our Turtle Island



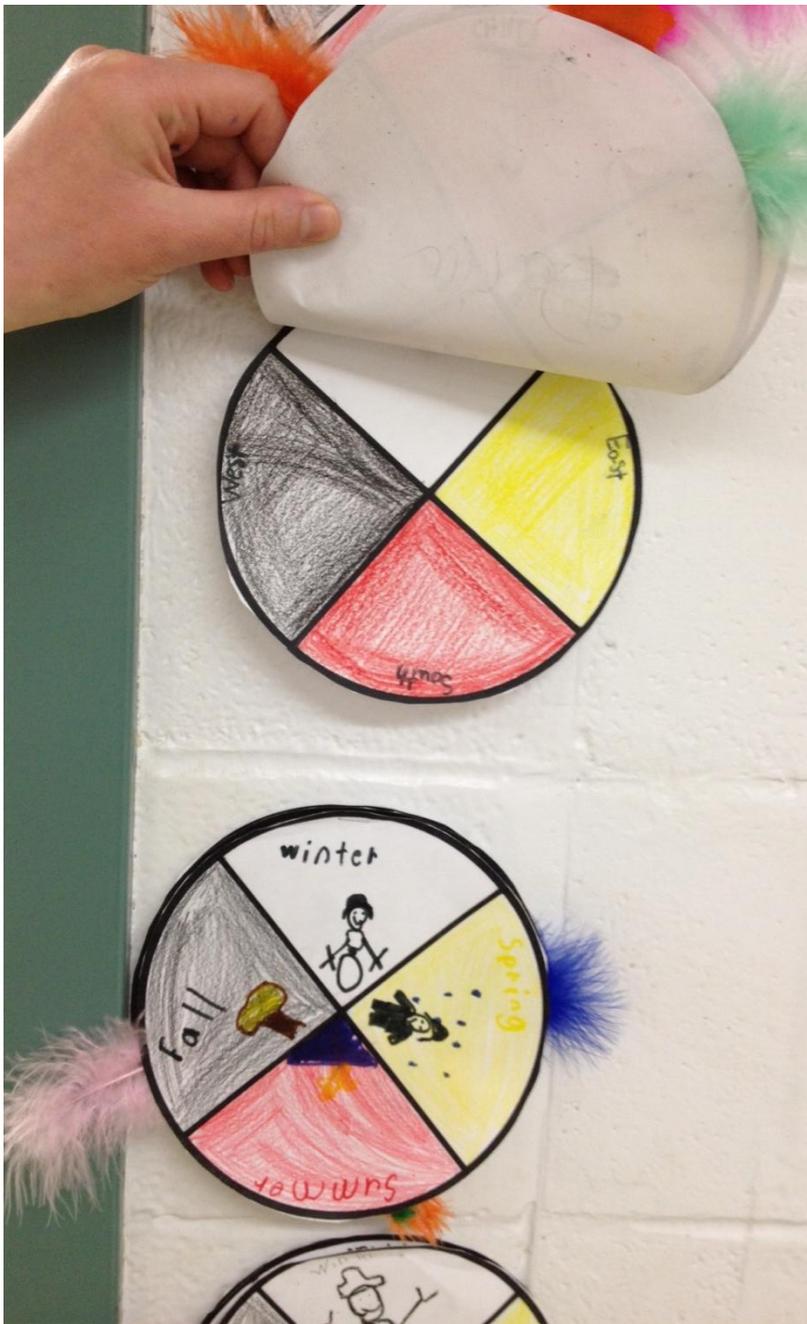


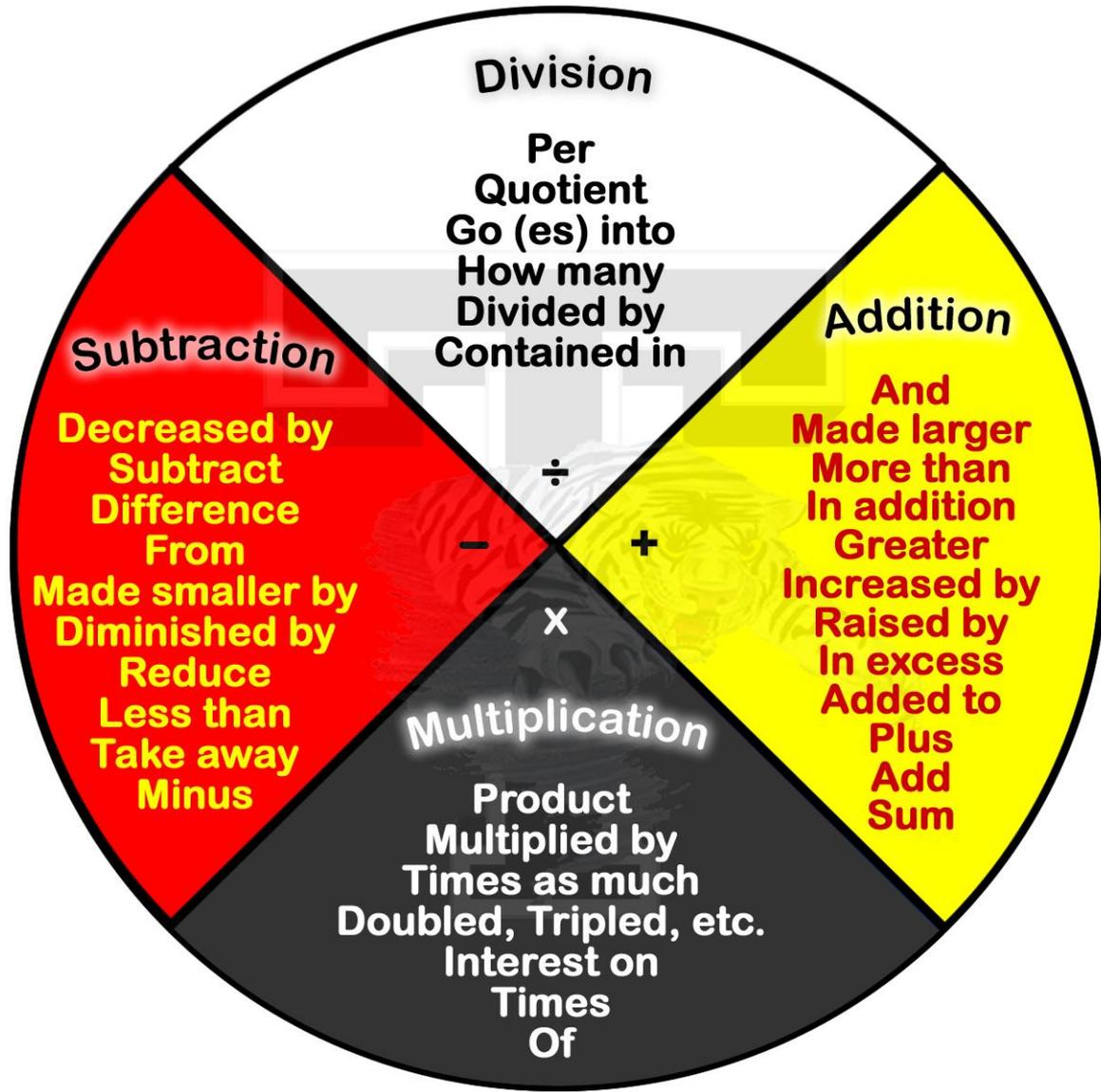
Let's see how teachers are using the medicine wheel in the classroom:











# HEALTH

## USC4.2 Traditional Healing & Western Medicine



## HEALING

### What we KNOW

- Sometimes it doesn't hurt
- Ointment can help heal a wound
- It takes a while to heal wounds
- It helps you feel better
- You can take medicine if it hurts
- Some plants can heal you
- Some medicines have to be injected with a needle
- Your skin will make a scab while the skin underneath heals
- Sometimes casts are needed
- When your body is healing, you don't notice it
- Sometimes you need stitches to heal
- Sometimes bandaids are needed
- Medicines can come in capsules
- Some medicines don't taste very good
- Healing can sometimes take a long time

### QUESTIONS we have

- Why is it called healing?
- Can animals take medicine?
- How does the body heal on its own?
- Why do some illnesses take so long to heal?
- How is medicine made?
- How do medicines work?
- How can plants heal you?
- What plants can help heal you?
- Do medicines always help to heal you?
- Does healing take longer when you are older?
- What is in medicines to help heal you?
- Can medicines take over the germs inside of you?
- Can all illnesses be healed with medicine?
- Are there different kinds of healing?
- Why are medicines also called drugs?

## Why is prevention so important?

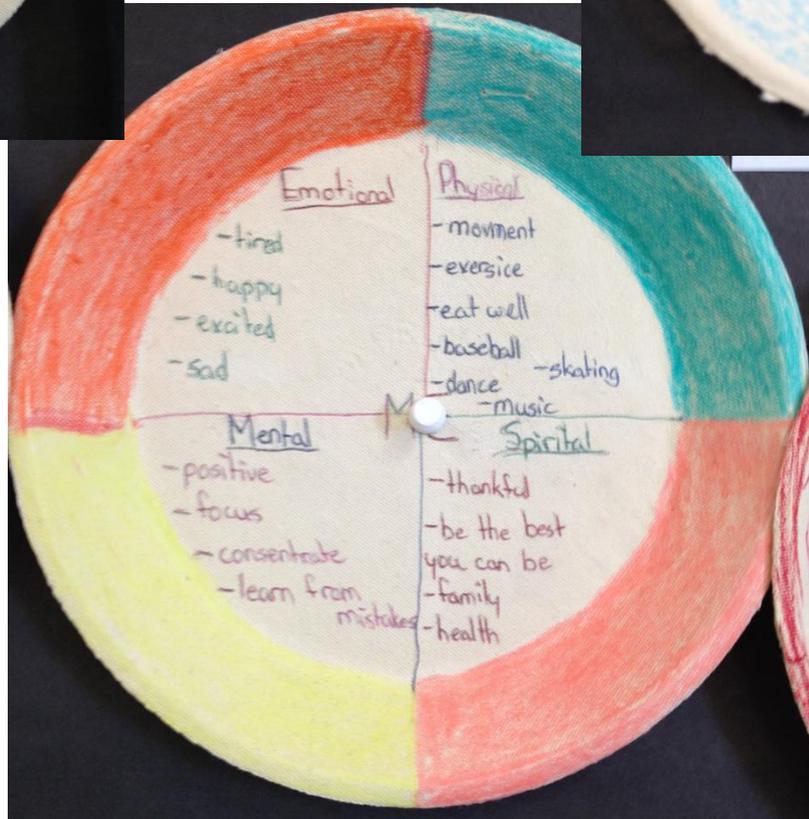
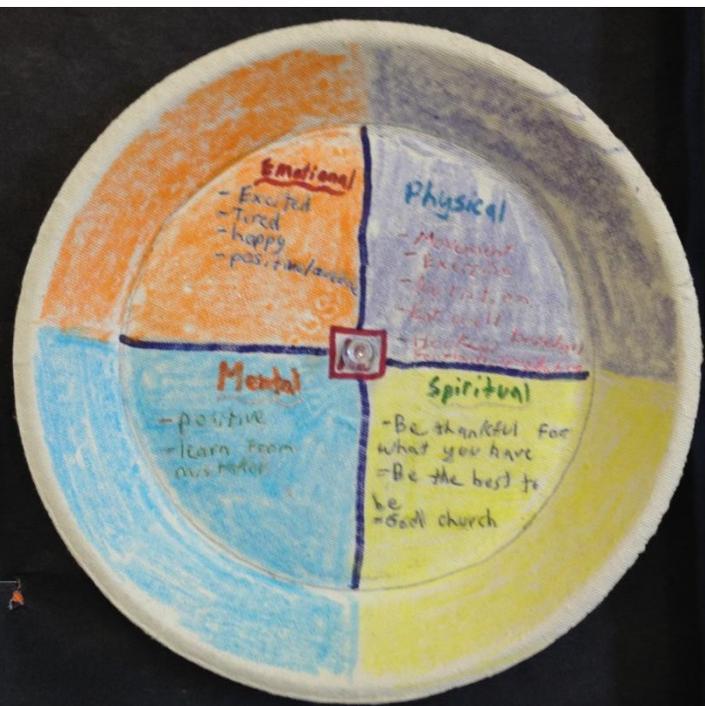
## Traditional Healing

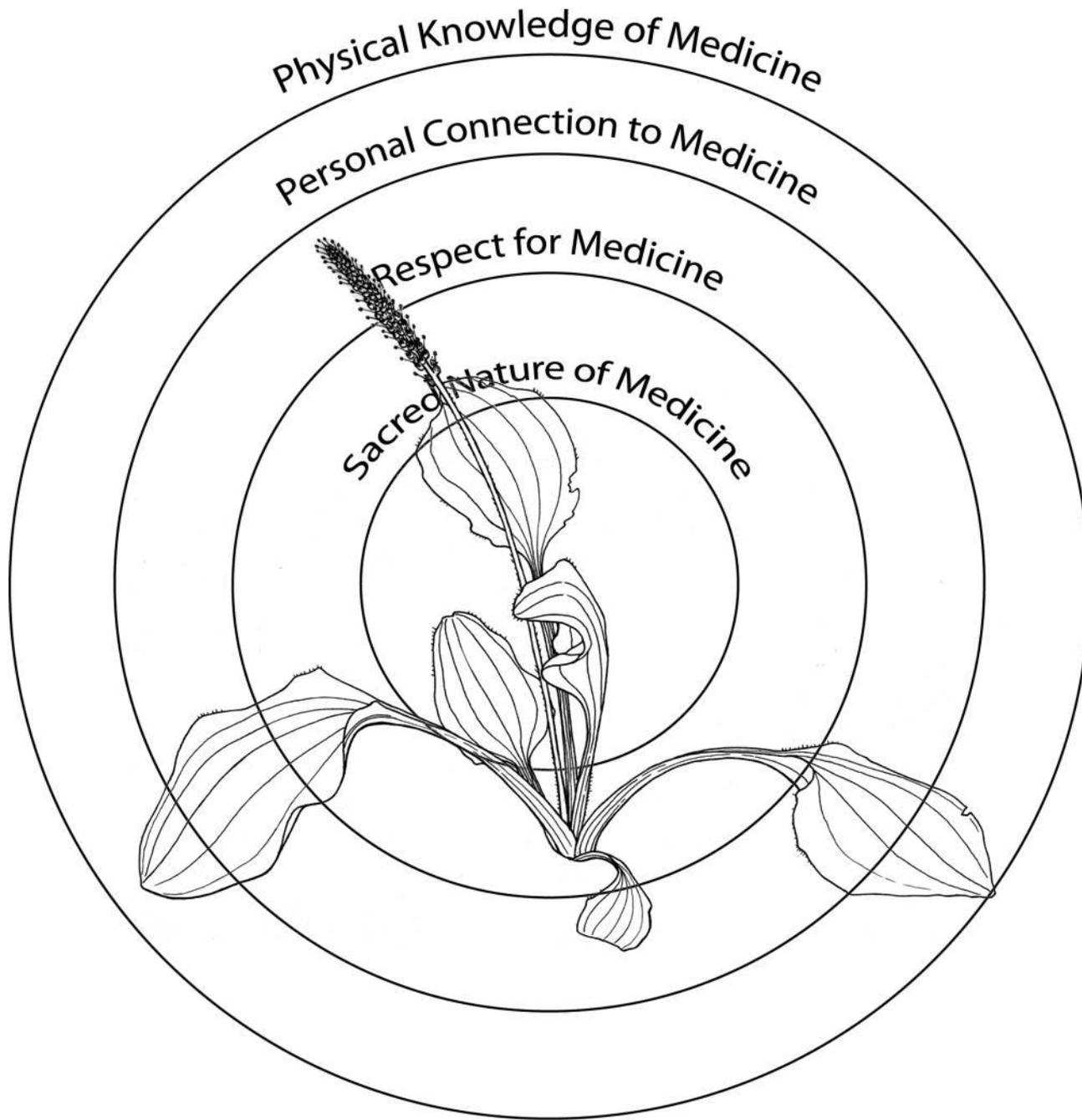


## Alternative Medicine



## How does bad health impact us?





## **Incorporating Medicine Wheel Teachings**

**Spiritual:** The students will learn to respect the gifts of the plants that Mother Earth has provided for us all.

**Physical:** The students will discover, gather, and maybe even taste the various medicine plants that Mother Earth has provided for us.

**Emotional:** The students will be able to analyze the purposes of the various plants: trees, flowers, grasses, vegetables.

**Mental:** The students will be able to identify the purpose of medicine plants and make better choices of eating habits.

### The White Birch

-First Nations used it to make canoes

-A piece of the bark was used to scrape up a little piece of a cataract, making it possible to pinch it with your fingers and pull it off to restore vision

-The inner bark can be brewed into a tea to take away fevers, rheumatism, edema, and bladder stones

-You can get syrup from the tree

-The bark tastes sweet and can be eaten as a survival food

-You can make wine, beer, and vinegar from the sap



# LABRADOR TEA

Labrador tea is used to overcome skin burns, stomach and kidney complaints. To do that First Nations made it into tea with Vitamin C. Labrador tea grows to be 3 feet tall. It was found in the mountain region of Eastern North America! The flowers colour is known to be a creamy white.

Don't forget to enjoy the tea!

# GOLD THREAD

**DID YOU KNOW:** Some people give it to a strawberry plant

**What is GOLD thread?**  
GOLD Thread is a herb used by some First Nations. It is a hard plant it is also a sunny it look to a strawberry plant.

**What is it used for?**  
It is used to purify the blood, treat liver problems and combat alcoholism.

In gold thread to help they used These are what the roots look like:

But when they are sniped and flattened they look like this.

# Blueberry

By: Sasha & Emma

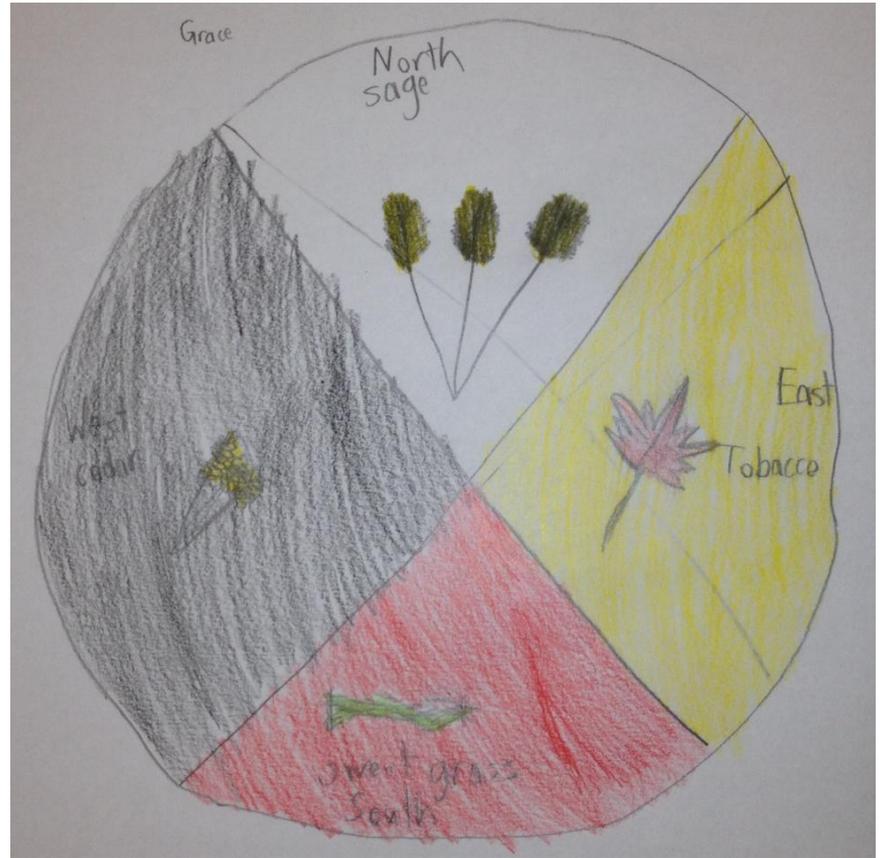
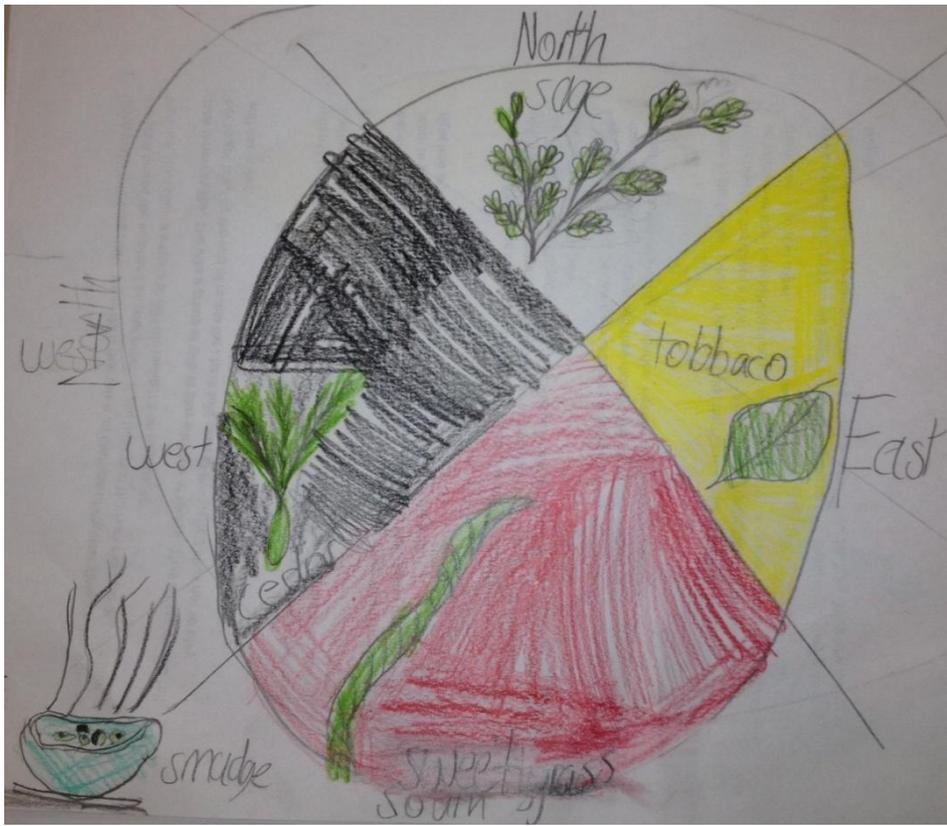
Blueberries were eaten to clear up pimples. The root was boiled to make a tea that helped a headache. Blueberry Syrup was given if someone had a stomach ache and was throwing up. The blueberry plant has a small shrub with smooth, shiny leaves and bell shaped flower petals that are pink or white.

# Chokecherry

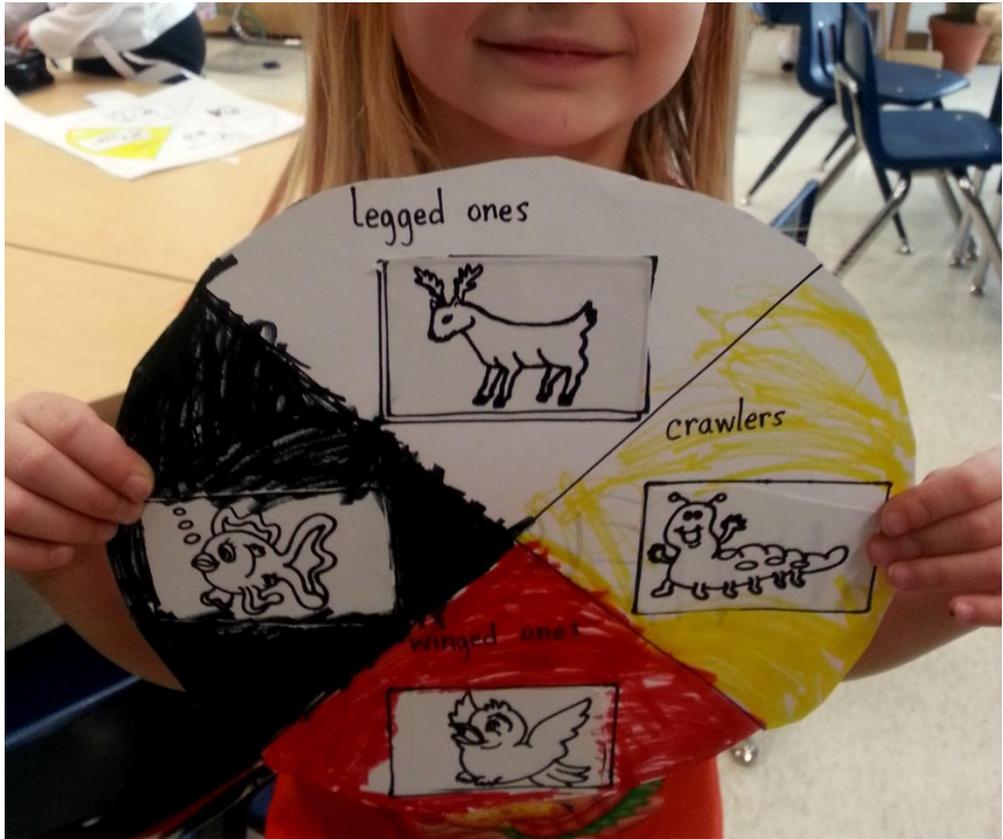
The leaves, stems, bark and roots were boiled to make a tea for colds, fever and sore throat, and to treat high blood pressure and heart problems. The bark was boiled to make a drink that relieved stomach aches.

Names: Choe and KaSandra

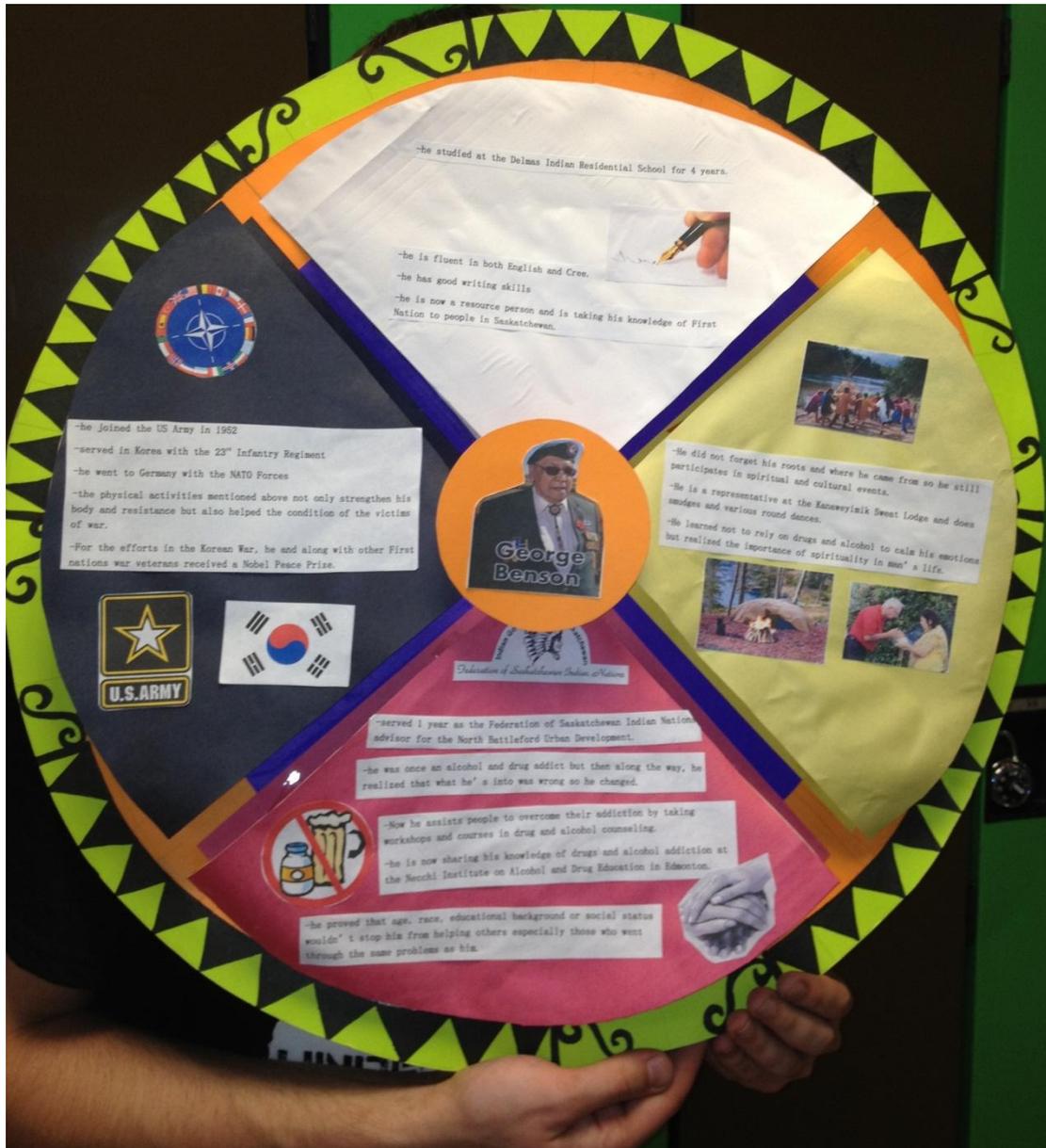












-he studied at the Delmas Indian Residential School for 4 years.

-he is fluent in both English and Cree.  
-he has good writing skills  
-he is now a resource person and is taking his knowledge of First Nation to people in Saskatchewan.



-He did not forget his roots and where he came from so he still participates in spiritual and cultural events.  
-He is a representative at the Kanewiyink Sweet Lodge and does smudges and various round dances.  
-He learned not to rely on drugs and alcohol to calm his emotions but realized the importance of spirituality in man's life.



George Benson



-served 1 year as the Federation of Saskatchewan Indian Nations Advisor for the North Battleford Urban Development.

-he was once an alcohol and drug addict but then along the way, he realized that what he's into was wrong so he changed.

-Now he assists people to overcome their addiction by taking workshops and courses in drug and alcohol counseling.

-he is now sharing his knowledge of drugs and alcohol addiction at the Neochi Institute on Alcohol and Drug Education in Edmonton.

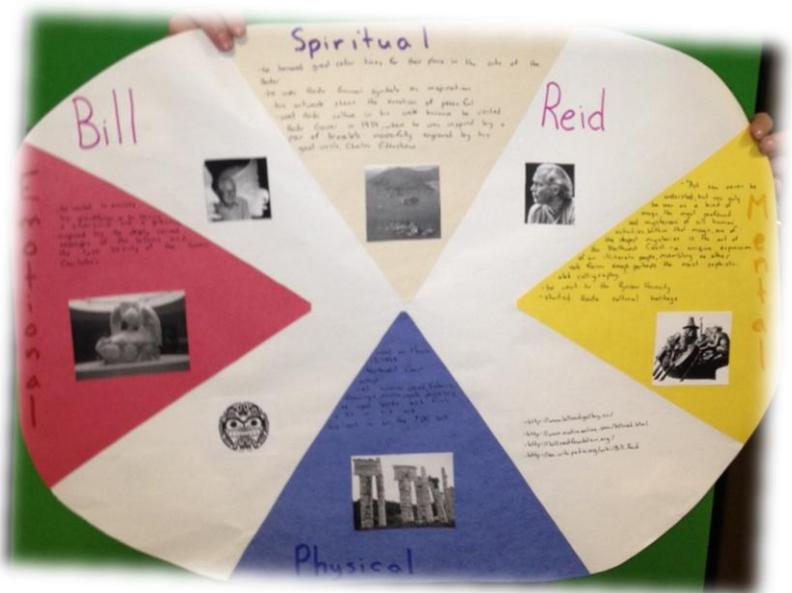
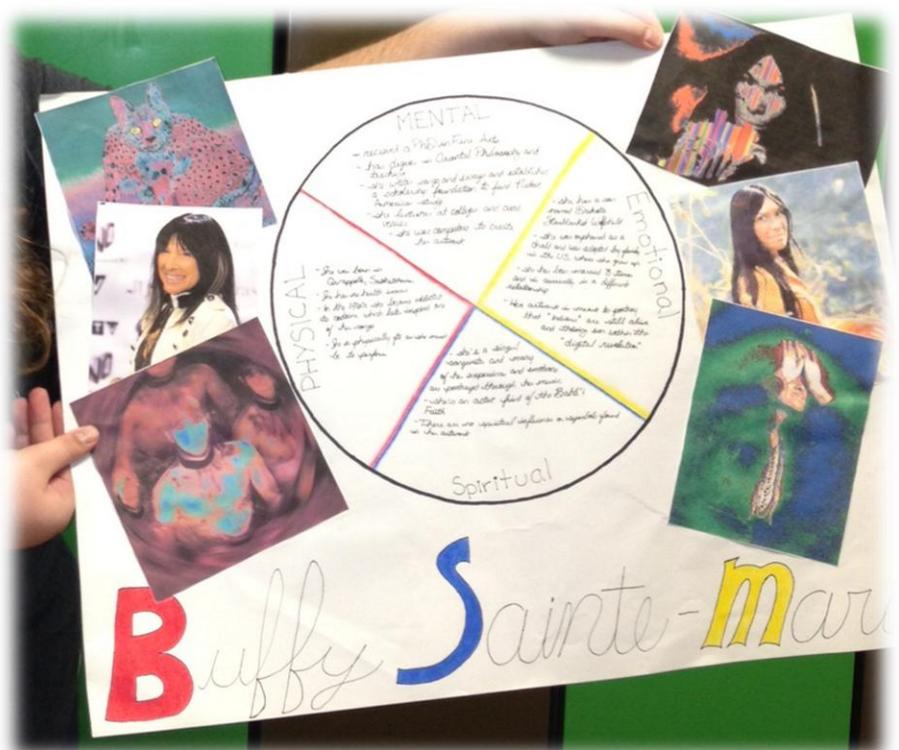
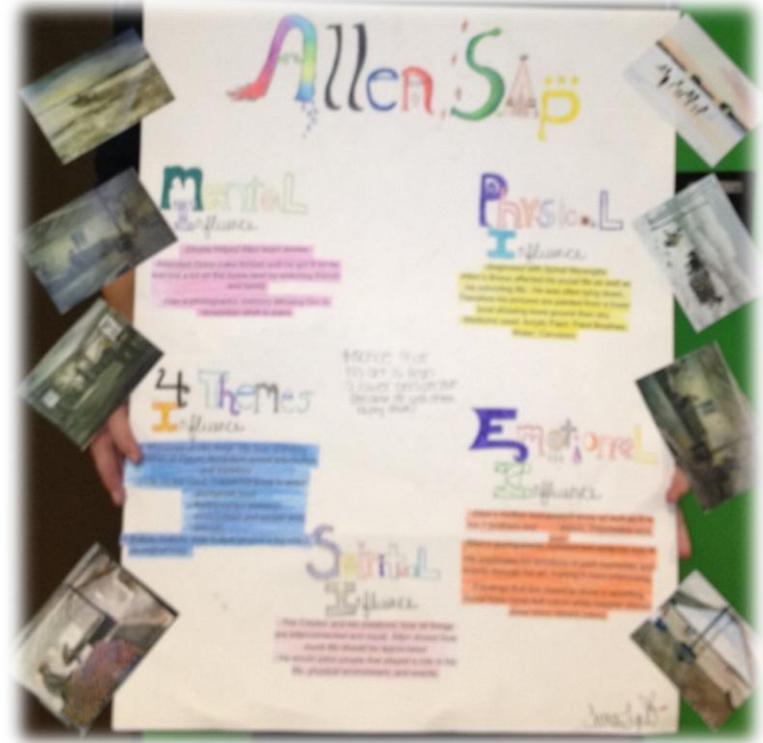
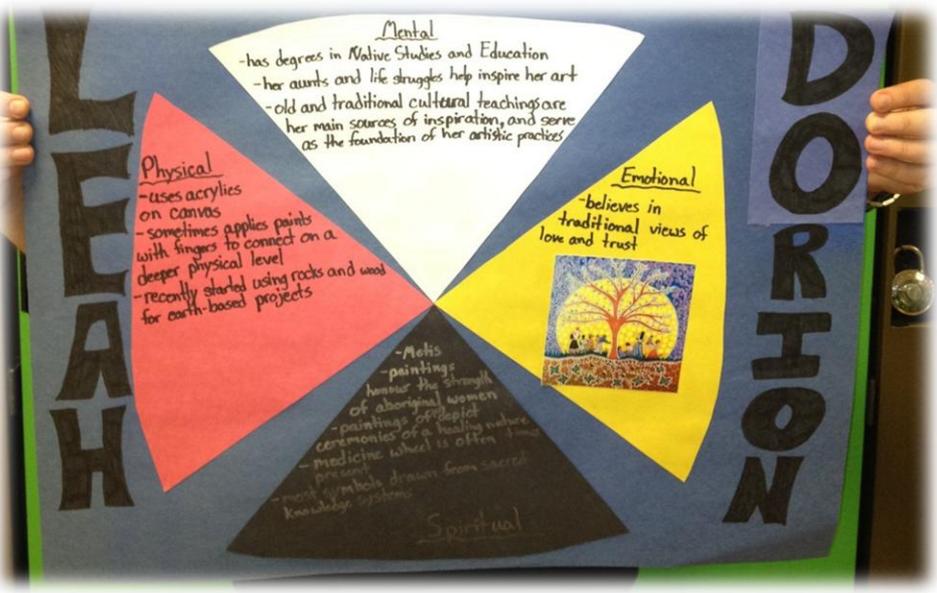


-he proved that age, race, educational background or social status wouldn't stop him from helping others especially those who went through the same problems as him.

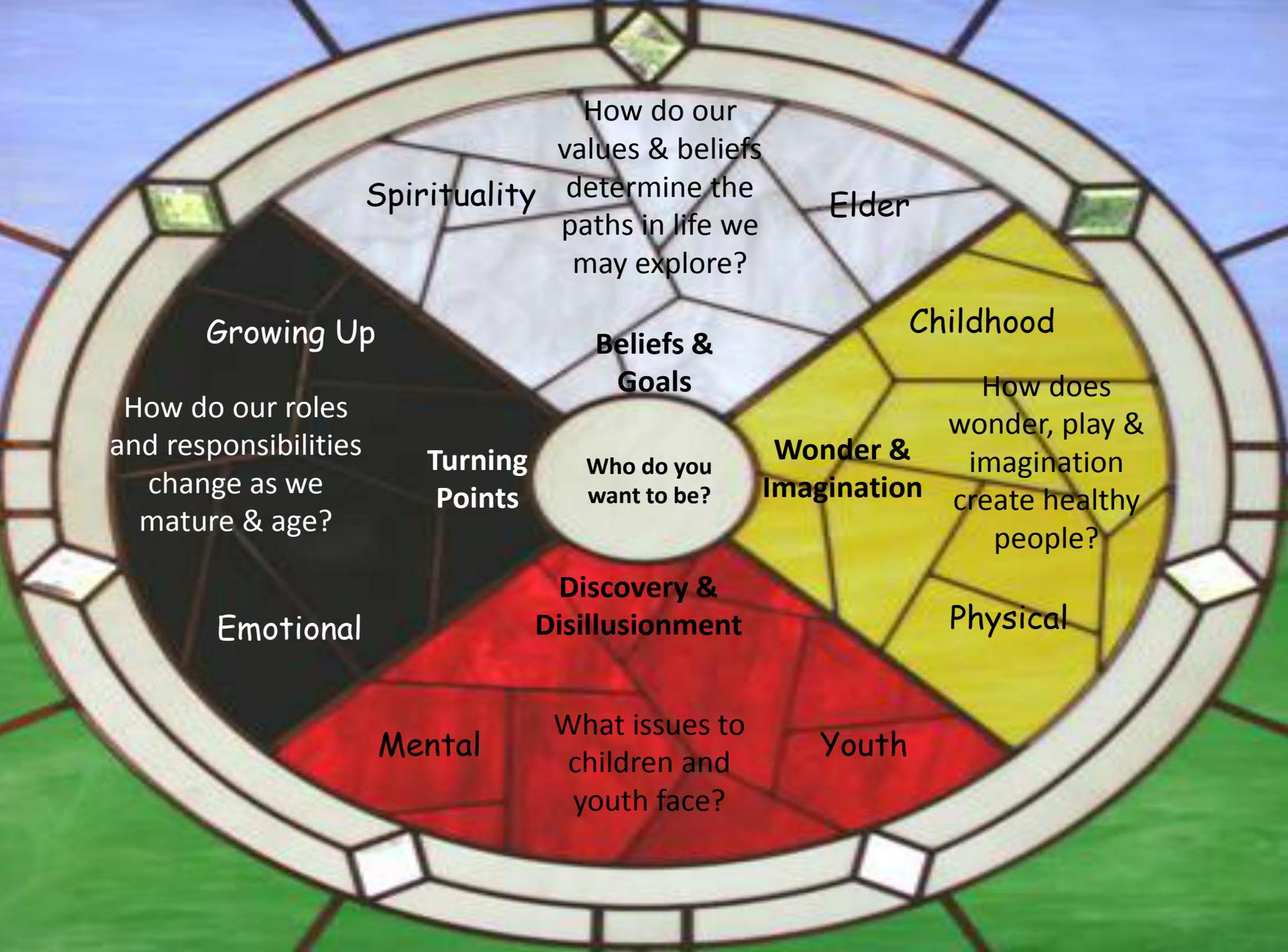


-he joined the US Army in 1962  
-served in Korea with the 23rd Infantry Regiment  
-he went to Germany with the NATO Forces  
-the physical activities mentioned above not only strengthen his body and resistance but also helped the condition of the victims of war.  
-For the efforts in the Korean War, he and along with other First Nations war veterans received a Nobel Peace Prize.









How do our values & beliefs determine the paths in life we may explore?

Spirituality

Elder

**Beliefs & Goals**

Childhood

How does wonder, play & imagination create healthy people?

**Wonder & Imagination**

Who do you want to be?

**Turning Points**

How do our roles and responsibilities change as we mature & age?

*Growing Up*

Physical

**Discovery & Disillusionment**

Emotional

What issues to children and youth face?

Mental

Youth



- \* What must I do to succeed in this situation?
- \* How can I contribute to this game?
- \* How do I get better at adjusting performance for this game?

- \* How am I responsible for my own level of fitness?
- \* What factors influence my fitness?
- \* How does being active affect my well-being?

- \* What inspires me to move and play?
- \* How am I a role model to others?
- \* How have I helped others?

- \* Why am I important in this game?
- \* How have I encouraged others?
- \* How do I demonstrate fair play?

\* Self  
\* Learning



North

(25 X 3 = 75)

Alex & Twisha  
Sydney & Taryn

25 x 3 = 75

West

earth



Tréa  
Alyson  
Katy  
Madison

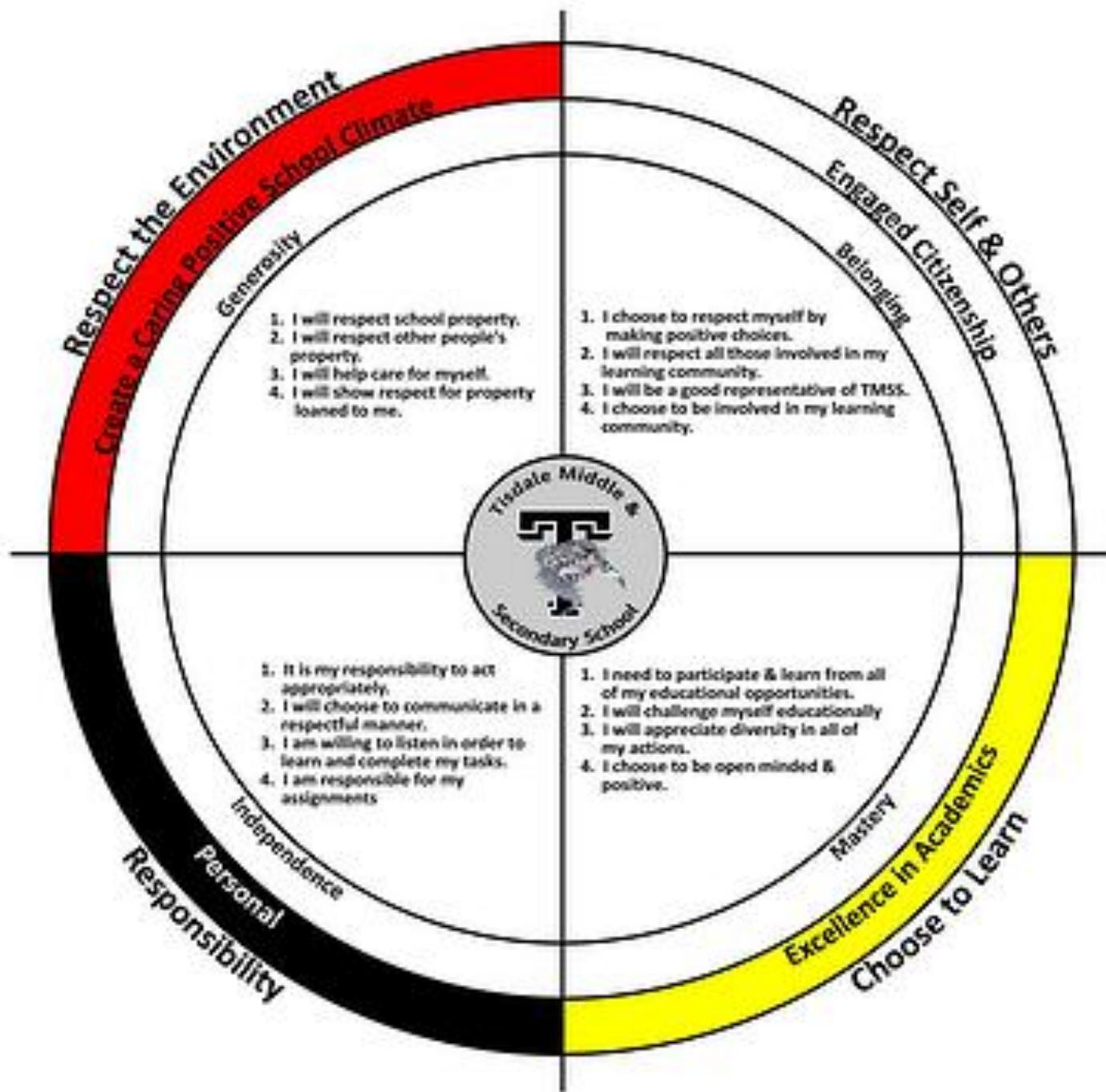


South

YELLOW

KALE  
Dakota  
Kaden  
Jenna

E  
S  
T



**E'Kosi** – I am done

**Kinanaskomitin** – Thank you to one person

**Kinanaskomitinawaw** – Thank you to more than one person



Sharon Meyer

North East School Division

First Nation and Metis Instruction Consultant

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