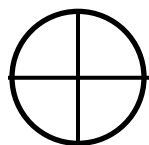


## Warrior Sticks (7-12)

### Lesson Plan (90 minutes)

#### Materials Needed:

- Please have students in four stations prior to starting
- Example stick at each station (in progress)
- Do not hand out student warrior sticks yet
- Draw a warrior stick on the board with the lines for painting.
- Draw a blank medicine wheel on the board



#### Hand out all Supplies:

- Paints
- 4 – 6 brushes
- Cut sand paper
- Paper towels
- 2 rules
- Pencils

#### Introduction:

##### 1. Introduce Yourself

- Introduce yourself (name, title, where you are from, who you are as an Indigenous Person)
- Acknowledge the territory: “We acknowledge that we reside on the traditional ancestral unceded shared territory of the Sumas and Matsqui First Nations, Sumas and Matsqui First Nations have lived in the Fraser Valley for at least 10,000 years.
- Ask who are Indigenous people? (Answer: 3 groups, First Nations Métis and Inuit People).

##### 2. Introduce the Presentation

- This presentation is called Warrior Sticks. It follows the Medicine Wheel teachings. These medicine wheel teachings originated from the Plains First Nations (the Cree, the Lakota, Sioux, etc.)
- I will share the warrior stick as a problem-solving tool
- My hope is that you learn two things:
  - i) The teachings of the medicine wheel and
  - ii) A process to solving problems.
- There are different versions of the same problem-solving process. Example, the tobacco pouches/tobacco ties and the medicine wheel.

#### Introduce the Colours:

- Write the cardinal directions on the medicine wheel (north, east, south, west)
- The 4 teachings of the 4 directions: starting in the west (black)
- West/south/east/north (left side to top)
- Counterclockwise!



#### Black

This process begins in the **WEST!** It is symbolized by **BLACK.**

- **QUESTION:** What do you think black represents? (wait for student replies)
  - Examples: darkness, blindness, negativity, death, worry.
- For plains people, the sun sets in the WEST, it is the unknown, you are in the dark, there is a concern or a problem in your life, but do not know what the solution is.

## **Red**

The next colour/direction is the **SOUTH!** It is symbolized by **RED.**

- **QUESTION:** What do you think red represents? (wait for student replies)
  - Examples: blood, anger, fire, love
- The RED represents the love of self. It is to take care and use a loving perception during this process. Take care of yourself and look after yourself during the problem-solving process

## **Yellow**

The next colour/direction is the **EAST!** It is symbolized by **YELLOW.**

- **QUESTION:** What do you think yellow represents? (wait for student replies).
  - Examples: sun, bees.
- The YELLOW represents the sun rising in the east. It is a new beginning. Finding to the newness and being open to new ideas. This is the busy part of the process; you will look for different solutions, different people to help you. In different Indigenous cultures the yellow and red switch places.

## **White**

The next colour/direction is the **NORTH!** It is symbolized by **WHITE.**

- **Question:** What do you think white represents? (wait for students replies).
  - Examples: Snow, clear, purity, peace, absence of colour
- The WHITE represents the life and wisdom, it is where you want to get to.

## **Step Two:**

### **REVIEW THE COLOURS**

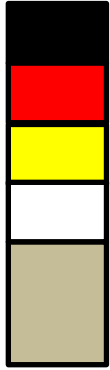
- Colours are used as a problem-solving tool.
- This is a process to problem solving. "I am going to go through the colours again." Point to the colours as you describe them again.

**BLACK:** It is the darkness, you are worried. Why do I feel like this? How am I going to solve this problem? The process begins here, not knowing, but eventually you move out of the dark to the next step.

**RED:** This is an important part. A loving perception needs to be help. Take care of self, be gentle with yourself. Humility may be important at this step.

**YELLOW:** This is finding the new solution; you find people/resources to help you. This is the busy part of the process. You are looking for your support systems. You are reaching out to these people. From my point of view, you are very wealthy; you have many resources within this school. It begins with your teacher. You also are connected with family, friends, and teachers, you are not alone.

**WHITE:** This is the wisdom piece of the process. The moment when you have to think twice. What if the same problem happens again and you repeat a pattern? You have to stop and think of the wisdom you do have, and the lessons learned already.



### **Step Three:**

#### **Making the Warrior Stick**

1. Hand each student a stick and sandpaper. Have students sand the tip until round. The rounded top means patience.
2. Mark 2 inches or 5 cm for each colour. Let students know rulers are available. Draw a line all the way around the stick.
3. Have students paint the colours on the sticks. It will take a few coats.

### **Conclusion:**

#### **Sharing Circle Debrief**

I'm sharing a plan. If you are done grab a chair and your finished stick and join me in a circle here. If you are not done, you continue painting and you are listening.

In the introduction, it was my hope you would use this as a problem-solving tool. Would anyone care to share a problem that you are comfortable sharing?"

- Take 2 -4 responses. Use the least confrontational/emotionally charged example.
  - Example used: graduating and getting a job. (do not give solutions)