

Our smallest warriors, our strongest medicine

Honoring Our Teachings during COVID-19!

What is a Teaching?



A teaching is a lesson from culture that can help you live a good life. Different Tribes may have different teachings, so it is important that we honor our own teachings and respect the teachings of others.

In the story, Sophie tells us that her grandmother taught her that plants and animals are always growing and changing in cycles and that the land is a place we can go when we have strong feelings. These feelings will come and go in cycles, just like plant and animal growth do. When we connect to the land, we remember that it provides for us the same way it provided for our ancestors.

What are some teachings from your culture? Think about who gave you each teaching, and then draw pictures to describe the teachings.

A teaching from my culture is:	The person who gave me this teaching is:	Picture of this teaching: