

Our smallest warriors, our strongest medicine

Honoring Our Teachings during COVID-19!

Parent and Caregiver Resources

Vocabulary from the story

Adapt

To adjust and change to new situations

Calm

When your mind feels at peace

Chairperson

Someone who leads a meeting, a group, or a tribe. In this book, the Chairperson is a leader of a tribe. Other tribes may call their leader chief, governor, or president

Community

A group of people living in the same place, or sharing the same interests and goals

Connected

Feeling a bond with things or people

Defeated

To feel like it is too hard to be able to achieve a goal

Expressing

Showing thoughts and feelings through words or actions

Focusing

Paying a lot of attention to something

Generation

A group of people born and living at the same time

Gratitude

Giving or showing thanks, being thankful

Harvesting

Collecting plants, fruit, and vegetables to eat or use

Interconnectedness

The feeling when you have a bond with yourself, your family, your community, your culture, and the land. When all these things are connected with each other

Protect

To keep something safe

Strength

To do well and be determined, even in difficult times

Support

To help something or someone

Traditional

Something that is made, done, or used, in the same or similar way over a long time by a group of people and passed down to others. Clothing, dances, food, songs, ceremonies, and more can all be traditional!

Urban

Someone that lives in a city

Worried

Feeling scared about something that may happen in the future

