



Session Three

My Family *Gakina Indinawemaaganag*

Best Practices: Current session preview

As you meet to prepare for the upcoming session, it is helpful to discuss which aspects of the curriculum are the most important to achieving the objectives.

While it is ideal that ALL the curriculum should be covered in each session, reality sometimes forces us to cut out items or reduce the amount of time spent on one of the activities. Before each session, it is helpful to consider which activities can be pared down for time.

Summary and Objectives.

The third week session summary is:

In this session, we are going to explore ways in which a talking circle can bring family members together to learn, discuss, and make decisions in a way that helps each member of the family communicate their thoughts and concerns. Together, we will review effective strategies for communicating in respectful and positive ways. Participants will hold a practice talking circle to promote traditional values of cooperation.

The third session has three objectives.

By the end of the session, we hope participants will:

1. Know what it means to "listen from the heart."
2. Understand how to conduct a talking circle with their family.
3. Know the Four Sacred Plants and what they are used for.
4. Understand how to use "I statements" when communicating with others.

Questions for you:

Why is it important to know about the talking circle?

What is the importance of the four sacred plants in your life?

Discussion for facilitation teams:

When discussing the session ahead and which activities are the most important, the facilitators might wish to hold the discussion as a talking circle.

Best Practices: Asking a Guest Elder to participate is a very important part of each facilitator's role.

Do each of the facilitators have the opportunity to reach out to a Guest Elder? Do each of the facilitators feel comfortable inviting a Guest Elder to participate?

As you look at the sessions, are there specific Guest Elders who would be particularly helpful on a certain topic?

It is important to keep in mind that having Guest Elders participate in the program is a way for the youth to get to know the Elders in their community.

Session Three Activities:

The session focuses on Ojibwe history. For families to come together over difficult discussions and problem solving, having a sense of values and history will be better guides than momentary wants. Both parents and youth may learn to make better decisions by asking themselves, "How does this action fit with my beliefs and the beliefs of my people?"

Discussion for facilitation teams:

How comfortable are you with participating or leading a talking circle?

What are some ways your knowledge of Anishinabe history shape your life?