

**Warrior Sticks (7-12)**  
Lesson Plan – 1 ½ hours

**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 blank medicine wheel on the board
- Draw a warrior stick on the board with the lines for painting.



- Hand out all supplies
  - Paints
  - 4 – 6 brushes Cut sand paper
  - Paper towels
  - 2 rules
  - Pencils

**Introduction:**

**1. Introduce Yourself**

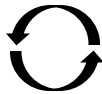
- Introduce yourself (name, title, where you are from, who you are as an Aboriginal Person)
- Acknowledge the territory. “We acknowledge that we reside on the traditional ancestral unceded shared territory of the Sumas and Matsqui First Nations, Sumas and Matsqui First Nations have lived in the Fraser Valley for at least 10,000 years.
- Ask who are Aboriginal 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)
- Counter clockwise!!



**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 Aboriginal 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.

## 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)

**BLACK:** Darkness is filled with worry, why? Are you worried about getting a job? How am I going to get a job? The process begins here, not knowing, but moves out of the dark to the next step, because you've recognized the problem.

**RED:** This is an important part, loving perception needs to be held, take care of self, be gentle with yourself. Love is important to this stage. You are worthy of love and love of self; you are worthy to give love. Humility may be important at this step. You are worthy of getting a job, you are worthy of graduating, you deserve this.

**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. It begins with your teacher. You also are connected with family, friends, teachers, you are not alone.

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

**So what do you do with this warrior stick?** No need for students to answer.

- **Answer:** It is a symbol, it is something you keep close by, keep it in your room, in your back pack. It is a mnemonic device, the story is help in the stick to remind you of the problem solving process and your wisdom gained from solving previous problems.

Thank the class and the teacher for having you in the class

Turn to your teacher for next instructions.

While the class carries on, you clean up your paint stations, pack up and discreetly run away.