

Theme: 7 Grandfathers' Teaching

Date: November 19, 2020

Good morning StrongStart friends,

Today's email is put together by Teacher Valerie (from Xpey').



For generations, the 7 Grandfathers' teachings have been passed down orally through stories and ceremonies in the Indigenous communities.



There are seven animals and each represent a moral guiding principle. The seven animals are:

1. **Bear** - Courage/Bravery

2. **Buffalo** - Respect
3. **Beaver** - Wisdom
4. **Wolf** - Humility
5. **Raven/Big Foot** - Honesty
6. **Turtle** - Truth
7. **Eagle** - Love

And today, we will talk about the **BEAR - COURAGE/BRAVERY (Aakwa'ode'ewin)**.



Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. To face life with courage is bravery. To be brave, we must face our fears and make positive choices. Have a discussion with your child about what they are afraid of. How can we overcome those fears? Do we have the courage to not be afraid?

Now, let's make a bear craft! Bear makes the "r" sound when he roars. How loud/soft can you roar? "Rrrrrrrrrr"!



Materials: paper, brown paint, plastic fork, small pieces of colored paper for eyes, ears and nose.

Instructions:

- Dip the fork into brown paint to make a bear face.
- Add facial features to your bear.

While we wait for our bear to dry, let's join Teacher Valerie for a circle where we find out if a bear and a mouse can be friends - <https://youtu.be/hHk1T-L2DpM>



If you would like another story about a different kind of bear, have a listen to Bill Martin Jr. and Eric Carle's "Panda Bear, Panda Bear, What Do You See?" - <https://youtu.be/a7csu-g34q8>

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