

Many Voices, One Mind

“q̣xeləc, náćəmat 0əł kʷ0ə šxʷqʷeləwən”

“Ləts’emót Á:lxemsóxw”



Activity / Resource Type: Cultural

Title: Seven Sacred Teachings

Description: This story book explores each animal that represents the 7 Sacred teachings within the Indigenous culture.

Material Needed:

Invite an Elder or have a teacher read the book

How-To: You can print the pages and make a booklet

Variations: N/A

Cultural Teaching: The teachings in this book follow “Love, Respect, Courage, Honesty, Wisdom, Humility, and Truth.

Applicable Visuals / Templates for Activity:

The 7 Sacred Teachings





Long ago, the eagle with its mighty wings brought a beautiful gift to the world. That gift was love.

Love was a magical power, strong and unbreakable. it could make anything possible just like how the eagle soars high in the sky. Love was meant for everyone, no matter who you are. and everyone had the right to feel it.



In the circle of life, where the medicine wheel turns. Love was right there at the center, it was like the heart of the wheel. glowing bright and warm just like a cozy fire. and with love in our hearts, we could enjoy the world around us and make it a kinder and happier place.



Once upon a time the mighty buffalo gave the world a special gift, of respect. The buffalo knew that respect was the most important thing in life and it was something that everyone needed to understand.

Respect starts with yourself, when you take care of your body and treat it kindly it will take care of you in return.



If you give it good food, rest and love it will be strong and healthy.

So the buffalo taught us that respect begins within. When we respect ourselves and others we create a world where everyone can live happily and healthy.



**Once upon a time the wise bear carried a powerful gift of COURAGE.
The bear knew that sometimes the hardest battle we face is not with
others but with ourselves.**

**When we feel afraid, upset or hurt we need courage to face these feelings
and understand them.**



**The bear teaches us that when we are struggling we can find
strength in our hearts and seek help from a higher power.
The bear shows us that with courage we can overcome
anything.**

HONESTY



Long ago, the sabe also known as the sasquatch. Carried a special gift called HONESTY.

The sabe taught that honesty comes from the deep inside us and it is different from just telling the truth. Honesty means being true to who you are and facing the reality of things.



The sabe teaches us that being honest with ourselves and our world is the key to living well and leaving a good future for our children. If we aren't honest then we might hurt ourselves and the planet. and we don't want to do that so we must always remember the power of honesty to guide us on the right path.



Once upon a time the beaver was known for carrying a special gift of WISDOM.

The beaver taught that wisdom is different from just knowing things. Wisdom is learned through experience and it helps us understand the difference between what we know and how should act.



The beaver also knew that when we harm nature we aren't just breaking a rule for people. We are breaking the law of nature itself. The beaver explained that when we harm nature we hurt ourselves too.

With wisdom we learn to care for the world around us and make choices that help us all live together in harmony.

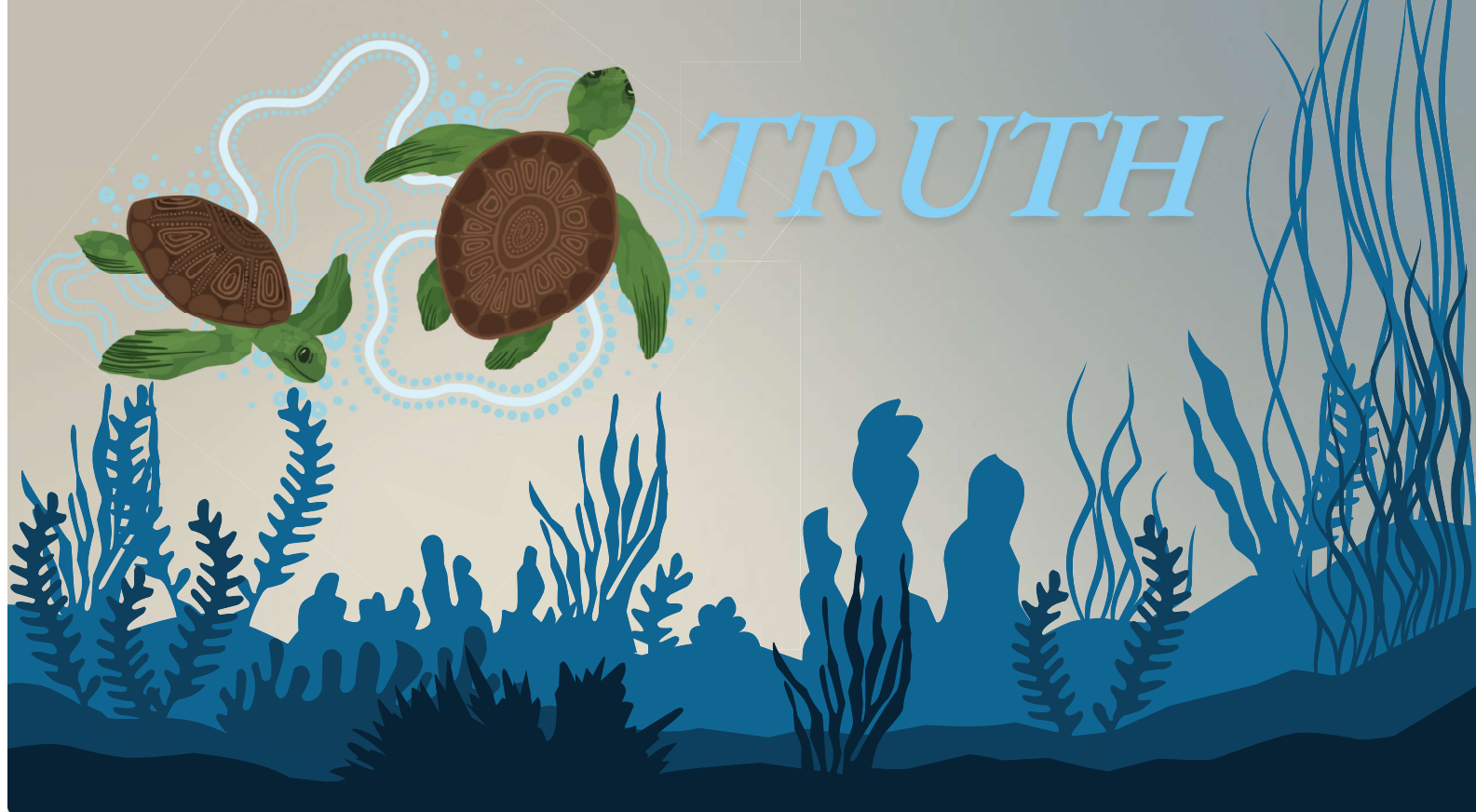


In a quiet forest, a young wolf named willow wanted to show her pack that she was the best hunter. She ran ahead of everyone trying to catch a deer all by herself. But no matter how hard she tried the deer was too fast.

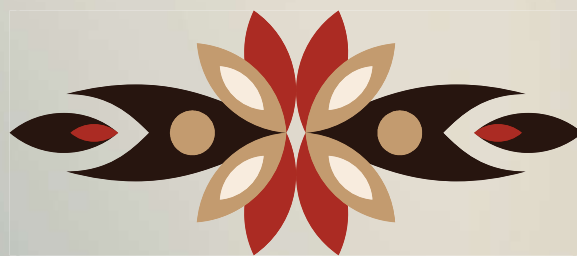
Tired and frustrated willow sat down, an older wolf from the pack asked willow why didn't you help?



Willow lowered her head and said i wanted to do it alone. The older wolf smiled and said in our pack we work together, being humble means knowing when to ask for help. The next time they hunted together willow worked with her pack. and willow learned that working together made everyone stronger. That is what we call HUMILITY.



Long ago the turtle was chosen to carry a special gift called TRUTH. Just like truth, the turtle never changes. Since the beginning of time the turtle stayed the same. Adapting without losing who he is.



The turtles shell holds a secret. Thirteen plates, one for each moon in a year. Reminding us of time and natures cycles. To this day the turtle teaches us to be steady and truthful in harmony with the world.