

Situation Cards

#1

You see a child crying on the playground because she is hurt.

#4

Another child has stepped on your work and it is out of order.

#2

You are waiting in line to go outside and a child gets in front of you and pushes you backwards.

#5

You want a turn on the swing and no one shares with you.

#3

One of the children in your class calls you a bad name. You feel sad.

#6

Your best friend is playing with someone else. You feel left out.

- Ask them to describe what happens to their love lights when they are walking the Road of Peace. Remind them that when their love lights are shining, they are like the flowering tree of the Medicine Wheel. Place the flowering tree where the two roads intersect.
- Invite the children to play the Peaceful Choice Game. Remove the Situation Cards from the magic bag and lay them face down along the Road of Difficulties to look like stumbling blocks along the path. Ask a volunteer to walk the Road of Difficulties, select a card and bring it to you.
- Read the Situation Card aloud and ask the child what choice he/she wants to make. Once the child makes a choice, ask him/her to think about what would happen by making this choice. Guide the child to reflect on the consequences of his/her choice. Ask how this choice would affect the other child. Would his/her love light shine or be dim? Ask how the choice would affect his/her love light. Once the child has reflected and made a final decision, ask the other children if they think this is a peaceful choice. Engage the group of children in a discussion of why or why not it might be a peaceful choice.
- If the group agrees that the choice is a peaceful one, invite the child to change the stumbling block into a stepping stone by placing it on the Road of Peace. Next, invite the child to take a flower from the basket, walk the Road of Peace and place the flower on the tree. Verbally acknowledge the positive choice and encourage the children to clap.
- If, by chance, the choice is not a peaceful choice, engage the child in a discussion of the consequences of this choice. If possible, gently guide the child into a choice with a peaceful/positive outcome. Once the child makes a peaceful choice, follow through as before. If the child does not wish to make a peaceful choice, then he/she does not walk the Road of Peace or place a flower on the tree. You can say, “Perhaps, you will want to make a peaceful choice next time.”
- Repeat this process using the remaining Situation Cards.
- Ask some of the children to help put away the Medicine Wheel. Have a child take the Medicine Wheel work and Situation Cards to the peace shelf. Invite the children to play the Peaceful Choice Game in the future.
- Place the Peace Candle in the center. Before Silence, remind the children that when they make the choice to still their bodies and make Silence, they are on the Road of Peace.

Suggestions for Follow Through:

- Refer to the Road of Peace and the Road of Difficulties on an ongoing basis.
- One teacher had success at lunch by suggesting that the class eat lunch on the Road of Peace. They talked about what that would look like, i.e. table manners, respect for each other, and using quiet voices. She reported that they had “a very peaceful lunch!”
- Read the book *We Can Get Along—A Child’s Book of Choices*, by Lauren Murphy Payne, M.S.W. This book comes with a teacher’s guide and some follow through activities to reinforce choice.
- Make additional Situation Cards that reflect specific situations occurring in the classroom.

Instructions for Making Situation Cards:

- Copy the Situation Cards on the following page and/or make additional cards.
- Cut out each Situation Card and glue it on gray paper cut in a shape to suggest a stone.
- Laminate the cards.
- Place the stone-shaped cards in a basket.

Positive Mind Responses

#1 Look, someone is crying.
Go see if you can help.

#2 You were in that place first.
Talk to the person. Tell him how
you feel and ask for your place back.

#3 That wasn't right! See if you can talk
to her and tell her how you feel about
being called a bad name.

#4 Ask him to please straighten up
your work.

#5 You have asked for a turn several times
and no one is listening. Go and ask a
teacher to help you.

#6 She is still your best friend, and it is okay for her to play with someone else. Ask if you can play also.

#7 This work is a challenge for you and you can do it. Just say, *I think I can, I think I can, I think I can.*

#8 This is something new to eat. I wonder how it will taste.

#9 It must be cold outside. Go and get your coat.

#10 Even though you want to stay up, it is important to get sleep. Go to bed.

Negative Mind Responses

#1 Don't pay any attention,
you are having too much fun.

#2 That's unfair, you were in that
place first. Push him out
of the way.

#3 That is mean! Call her a bad name
back.

#4 Go and tell the teacher so he will
get in trouble.

#5 You have waited a long time.
Just go and take it away.

#6 She doesn't like you anymore.
Don't invite her to your birthday party.

#7 You probably can't do that work. It is too hard.
You better put it away.

#8 Oh yucky, don't eat that.

#9 Oh, it is not so cold. Don't get your coat.

#10 Don't listen. Just keep playing.

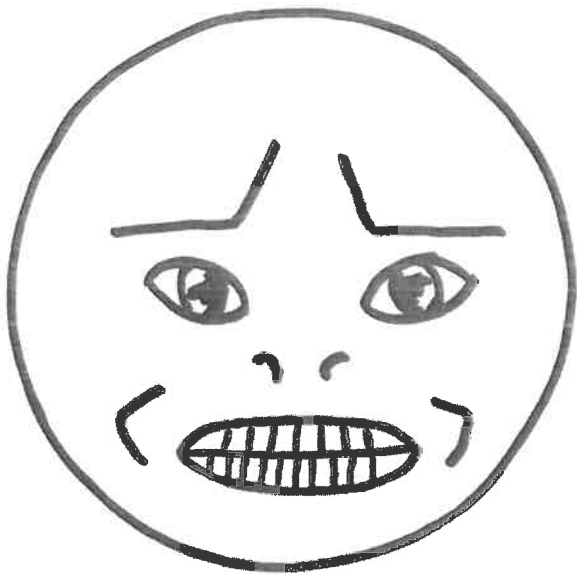
Faces of Emotions



HAPPY



SAD



AFRAID



MAD



WHEN YOU'RE HAPPY AND YOU KNOW IT

Clap your hands

Tap your knees

Just enjoy!





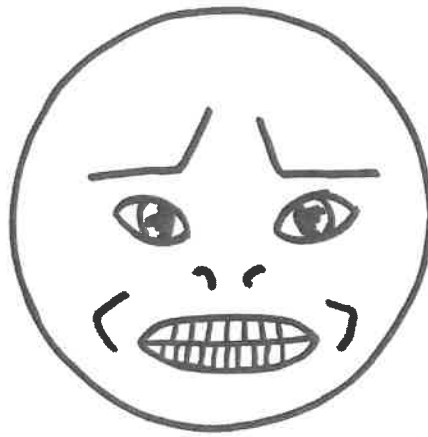
WHEN YOU'RE SAD AND YOU KNOW IT

Take deep breaths

Talk to a friend

Think of something nice



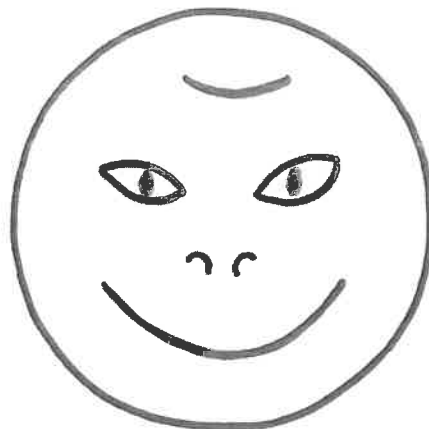


WHEN YOU'RE AFRAID AND YOU KNOW IT

Take deep breaths

Relax your muscles

Think of something nice



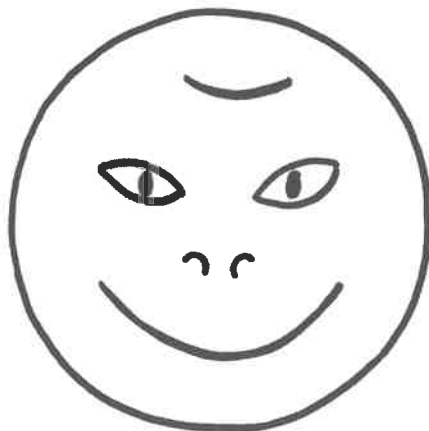


WHEN YOU'RE MAD AND YOU KNOW IT

Take deep breaths

Relax your muscles

Talk it out





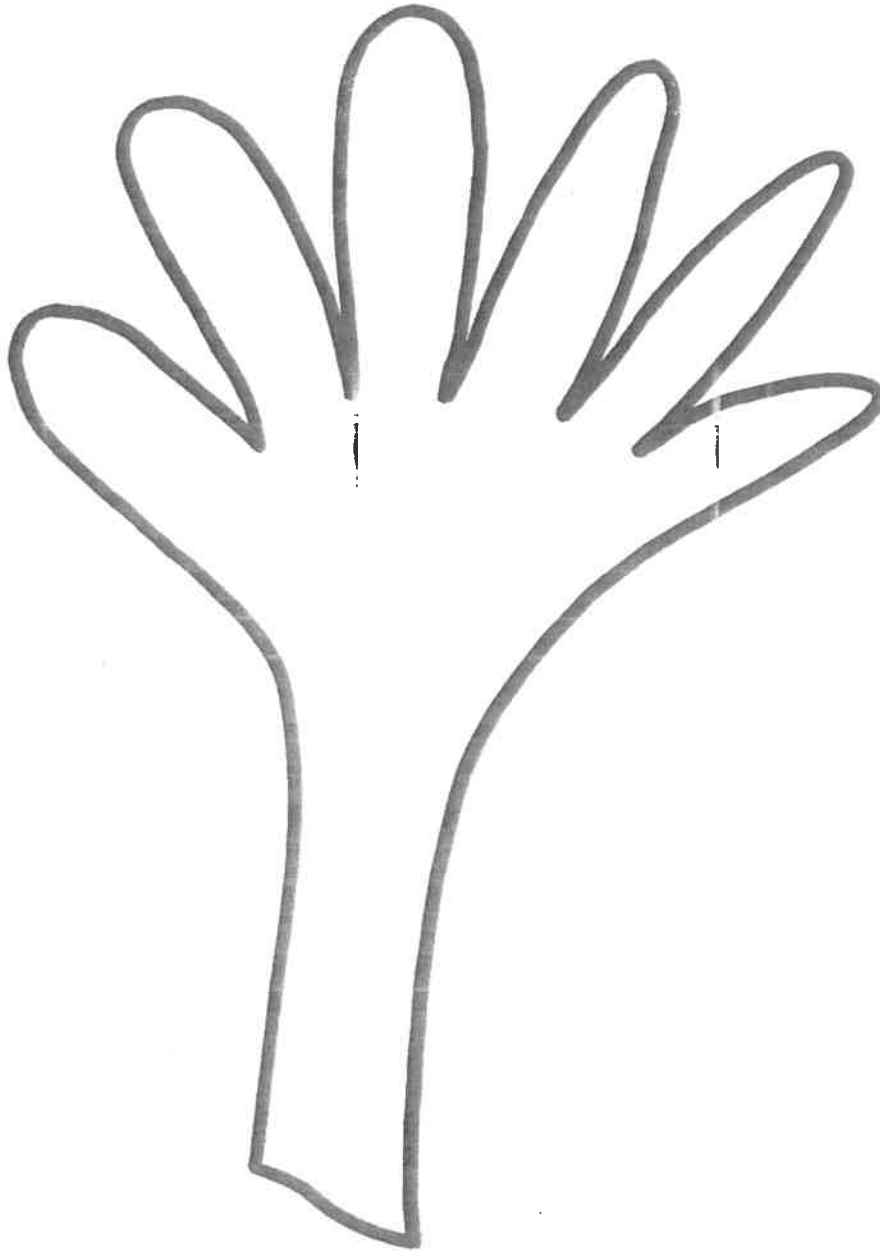
LEAVES



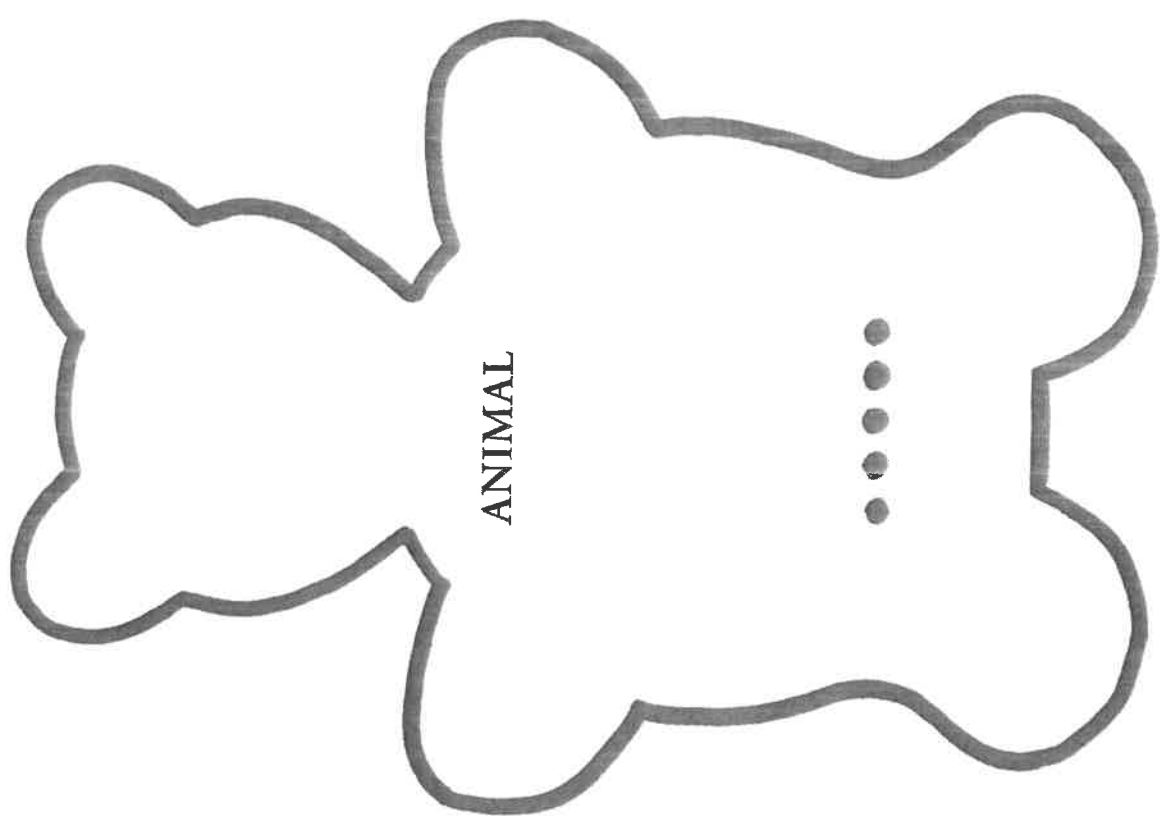
FLOWER



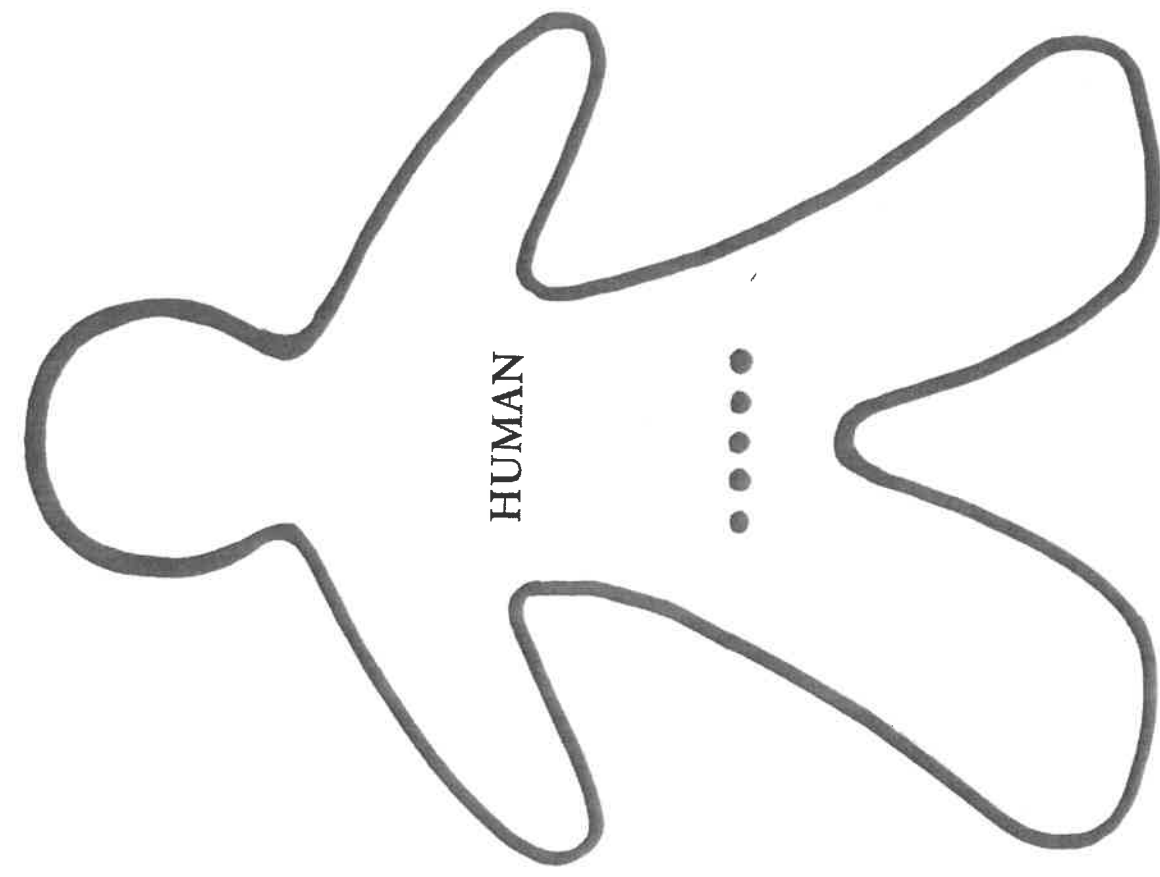
BIRD



TREE

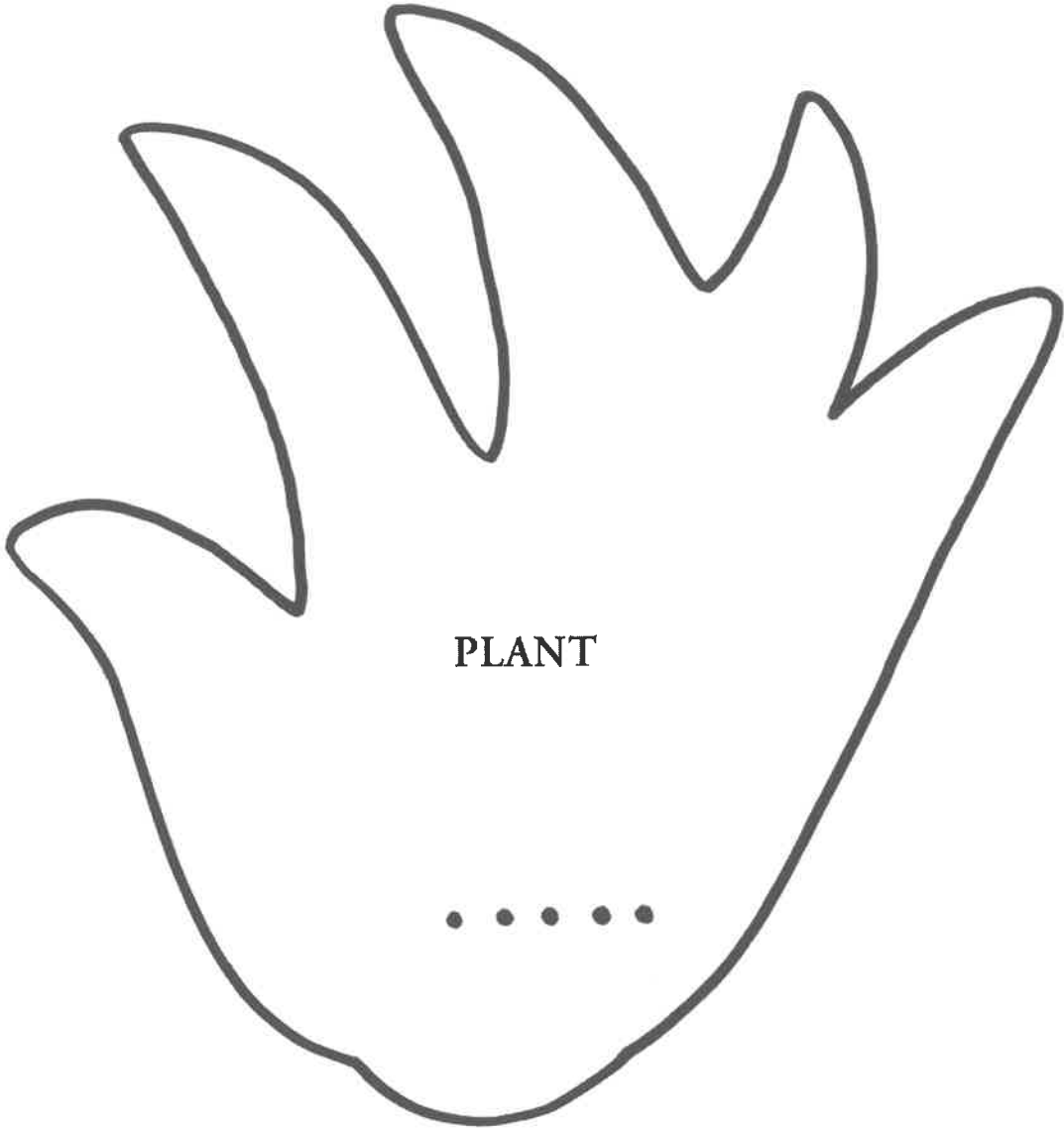


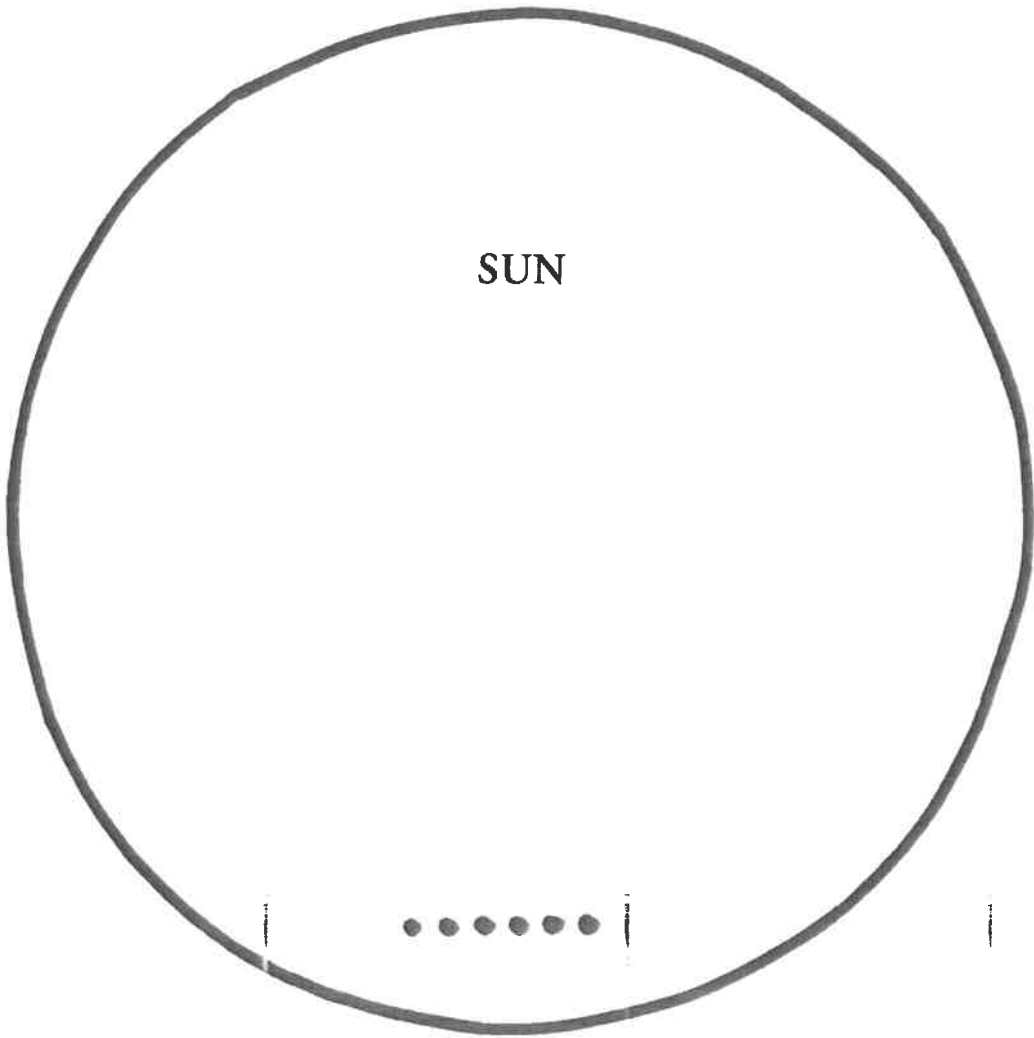
ANIMAL



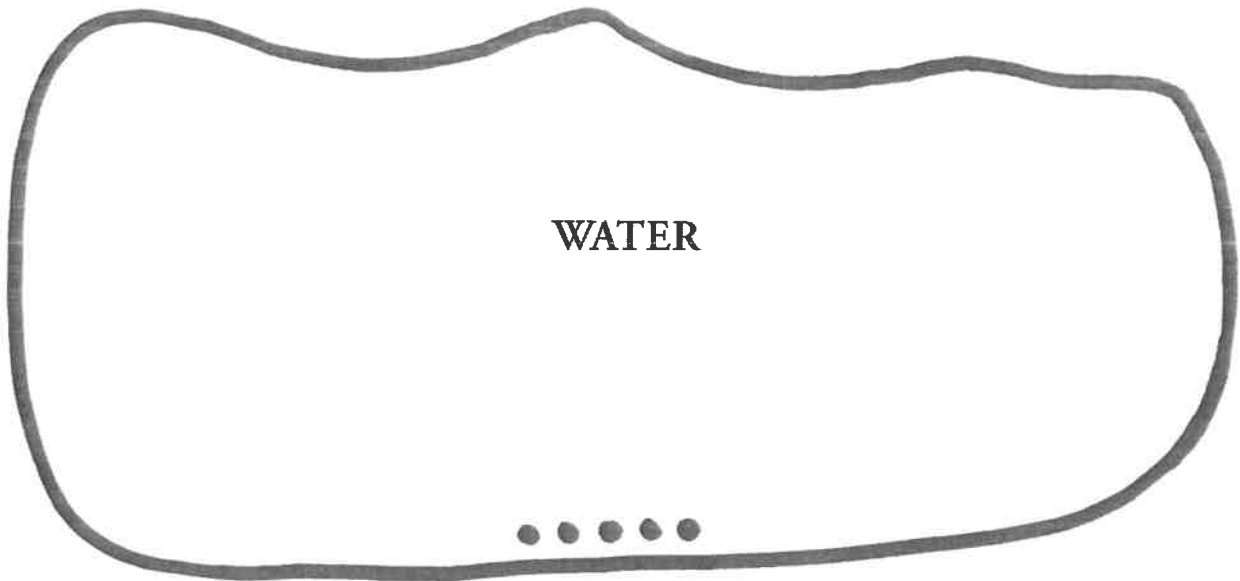
HUMAN





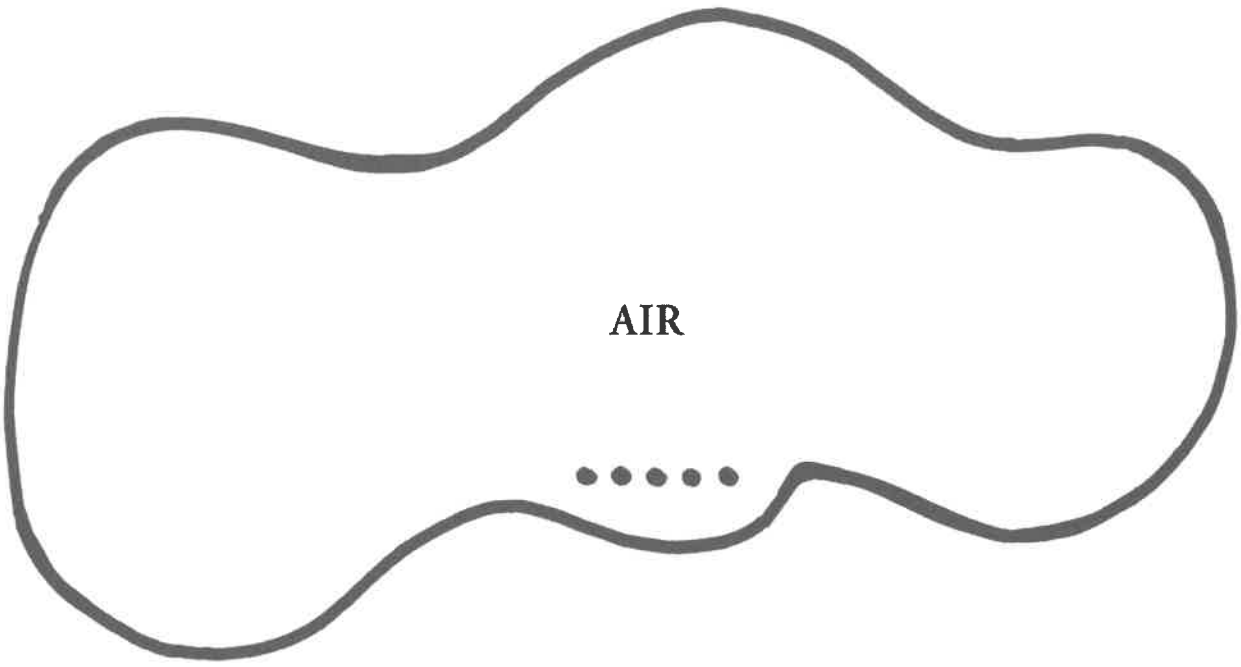


SUN

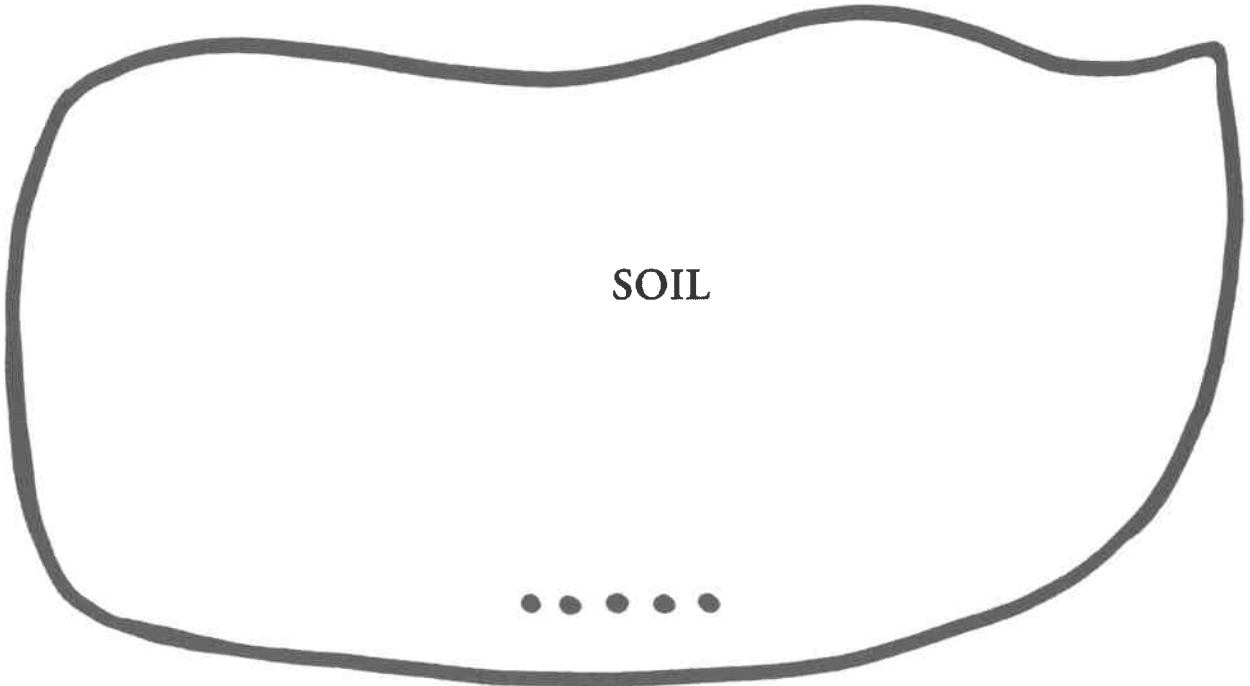


WATER



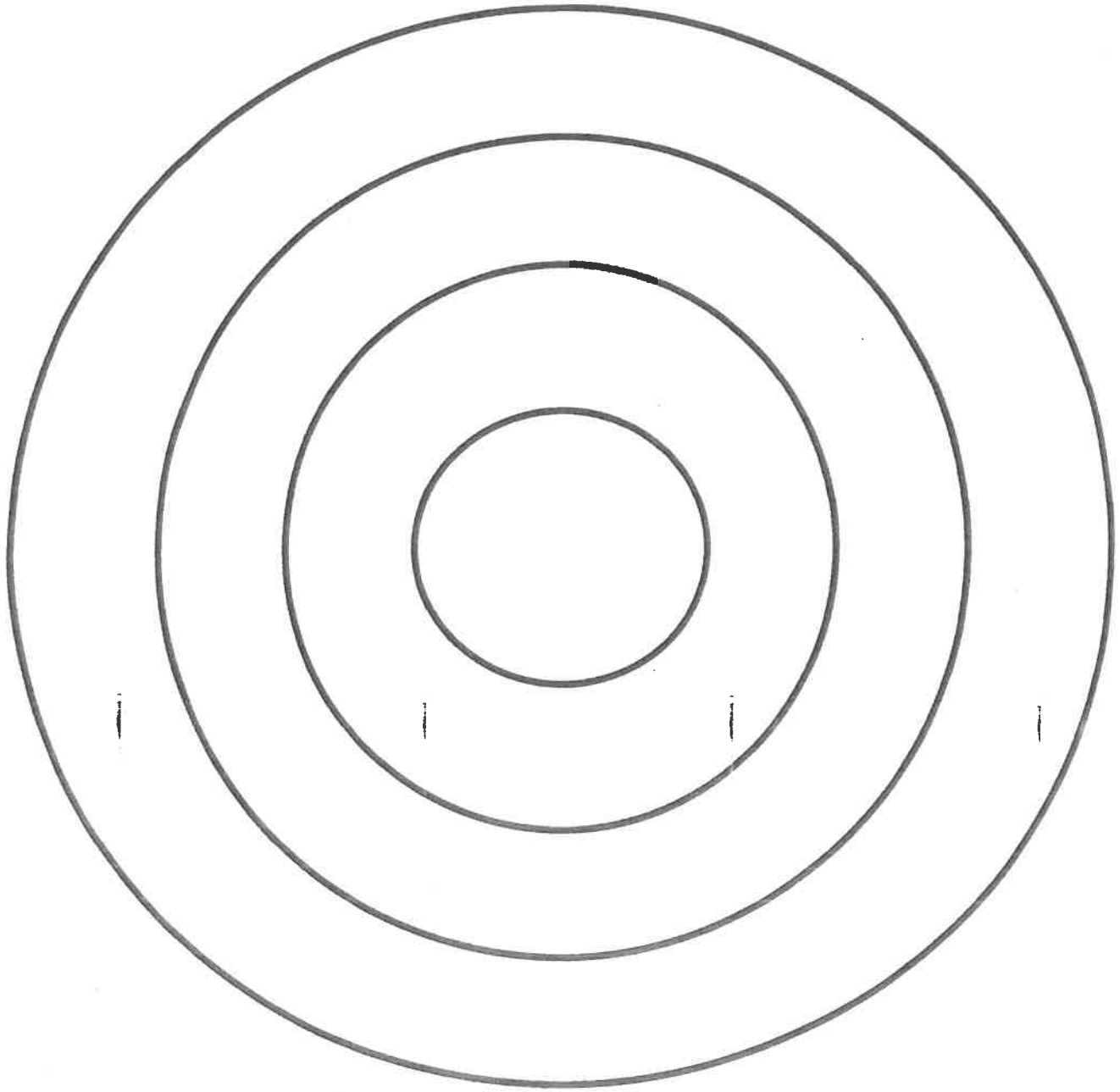


AIR



SOIL





CIRCLES OF SELF AWARENESS

- Point to the Mind Circle and say “What does this represent?” Repeat for the Body Circle and Spirit Circle.
- Take the remaining circle, representing emotions, from the basket. Hold up the Emotions Circle and say, “This circle represents our feelings.” Facilitate a discussion about their feelings. Have them talk about the various feelings they have. Help them be aware of the fact that their feelings change frequently. Draw attention to the fact that when they feel happy their love lights shine brightly. When they feel sad, mad or angry, their love lights are dim.
- Show them the Emotions Label and tell them that another name for feelings is “emotions.” Let them know that for this work the circle will be called the “Emotions Circle.” Ask them to say the first sound they hear in the word “emotions.” Place the Emotions Circle at the top of the rug between the Mind Circle and the Spirit Circle. Place the Emotions Label below the Emotions Circle.
- Point to each of the Circles of Self Awareness beginning with body and ask the children to tell you what each circle represents. Place all of the circles carefully back in the basket; place the labels in a separate basket.
- Introduce and demonstrate how to use the Circles of Self Awareness Coloring Sheets. Return all of the activities to the peace shelf and invite the children to use them.
- When introducing Silence today, reinforce the fact that we ask our bodies to be still, our minds to concentrate and our emotions to be calm so that we can feel our love. Bring the Peace Candle to the center of the circle and enjoy Silence!

Suggestions for Follow Through:

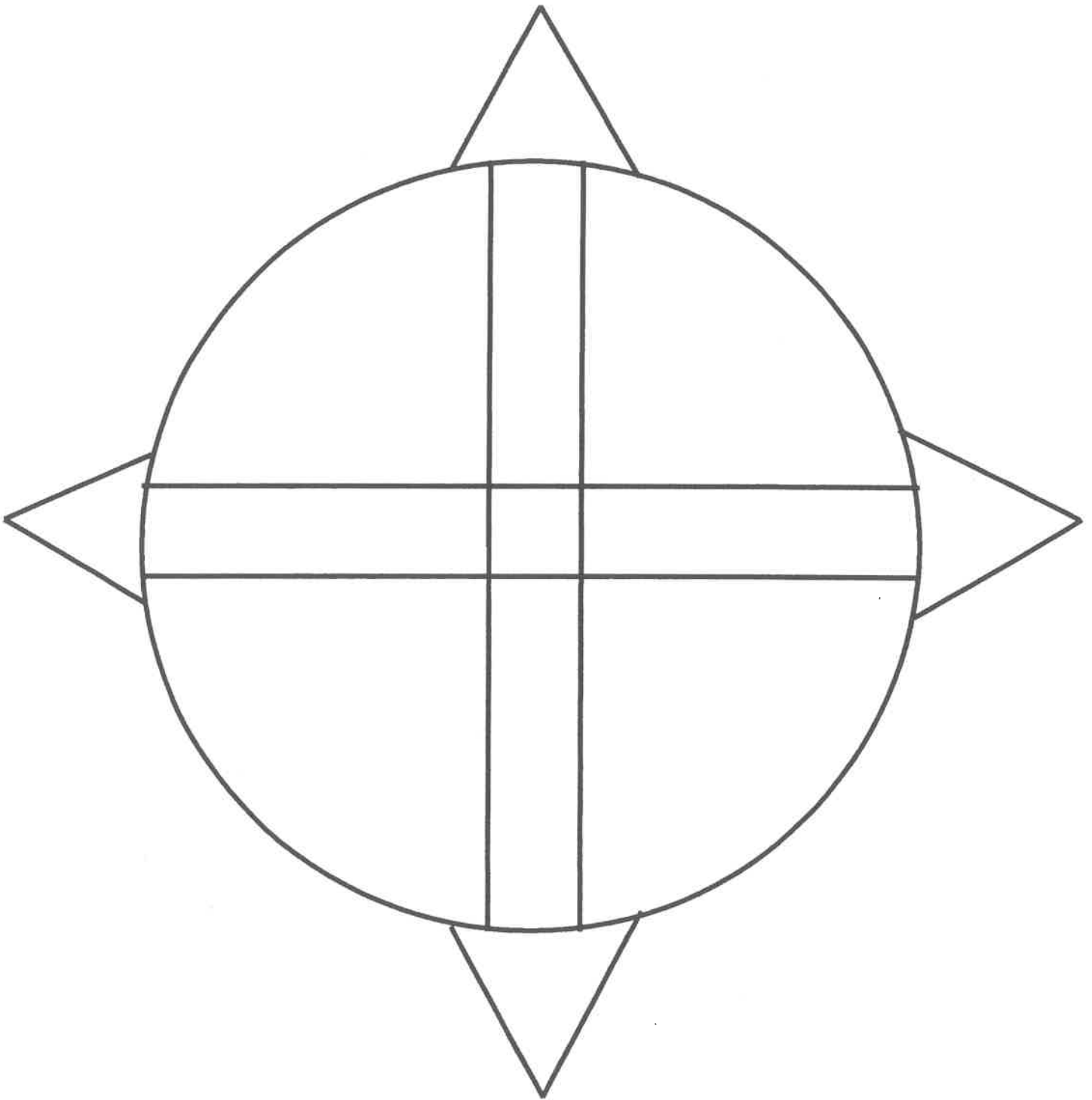
- Give small individual or group lessons on the Circles of Self Awareness. Mix up the circles and see if the children can label them correctly.
- When appropriate, refer to their bodies, their minds, their emotions and their spirits so that they hear the words in the context of their daily experiences.
- Make a master copy of the Circles of Self Awareness Color Sheet using the appropriate colors. Laminate it and have it available for the children.
- Make traceable patterns for the Circles of Self Awareness. Encourage the children to trace the circles onto colored paper and cut them out for their own use.
- Make a large floor model version of the four Circles of Self Awareness.

Instructions for Making the Circles of Self Awareness and Labels:

- The colors selected for the four circles have no specific meaning, with the exception of the center circle representing the spirit or love light. The Spirit Circle should be yellow or gold to correspond with the Love Light Pins. The colors I selected are:

Body—Forest Green
 Mind—Royal Blue
 Emotions—Rose
 Spirit—Yellow

- Cut out four concentric circles in felt using the pattern on the following page.
- Place the concentric felt circles in a circular basket or tray the size of the largest circle. The baskets used to hold paper plates are ideal.
- Create color-coded labels for the words: Body, Mind, Emotions and Spirit. Place in a basket.



THE MEDICINE WHEEL