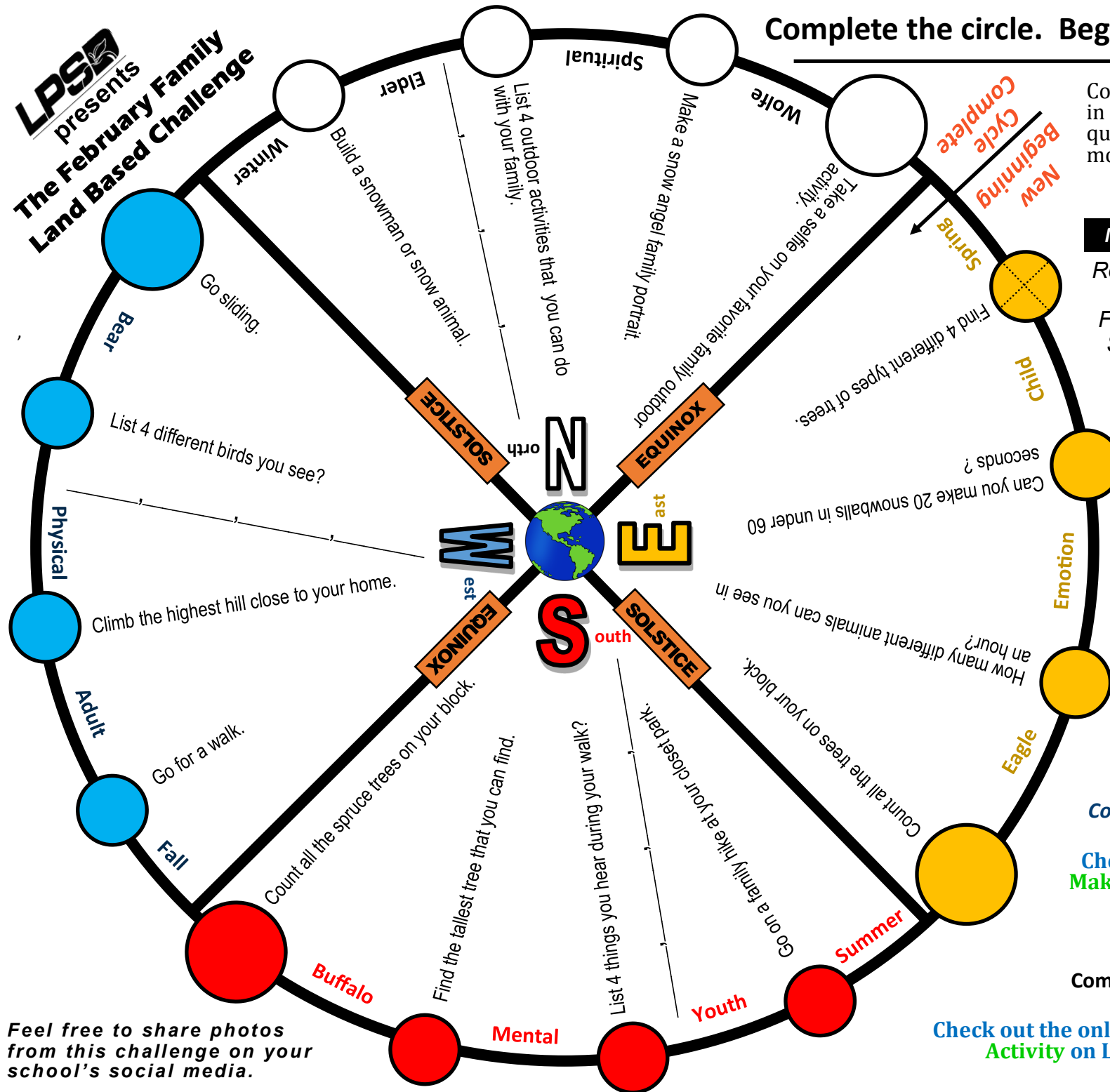


**LPSP**  
presents  
**The February Family  
Land Based Challenge**



## The Medicine Wheel

Indigenous people have applied the Medicine Wheel with the natural relationship and connection between everything that exists. The Circle, the Four Directions and the number Four have many significant meanings for Indigenous people and there are sacred teachings within. There are four quadrants or areas within the circle. A lot of people know them as the four directions. When one is in quest of these sacred teachings, protocol must be followed when approaching an Elder. In this article, we will be sharing the base of the Medicine Wheel

The medicine wheel connects and explains one's mental, physical, spiritual and emotional body. When one is balanced and sound in all four bodies, they will feel complete. This can take a lifetime to achieve. The circle of life consists of four stages modelled in the Medicine Wheel; Childhood, Youthhood, Adulthood, and Elder.

In the universe there are four directions; -East, South, West and North, there are four winds from those directions; there are four seasons—Spring, Summer, Fall and Winter; there are four colors of people. There are four types of creatures that breathe; those that fly, those that walk, those that swim and those that crawl. There are four elements; wind, fire, water, and earth.

The directions used in the wheel are always used in a clockwise direction because that is the way the sun moves, rises and sets. The four colors used in this region are connected and follow the colors of the four seasons on Mother Earth; Spring – yellow, Red – Summer, Blue - Fall, White - Winter. Many regions and nations may use different colors.

The medicine wheel is also about relationships; how to make things work between you and others. There has to be balance in every person's life. When there is balance, people have harmony. There has to be balance in the four quadrants. Everything in the wheel has a relationship with each other. There is no harmony if all or one of these are not balanced.

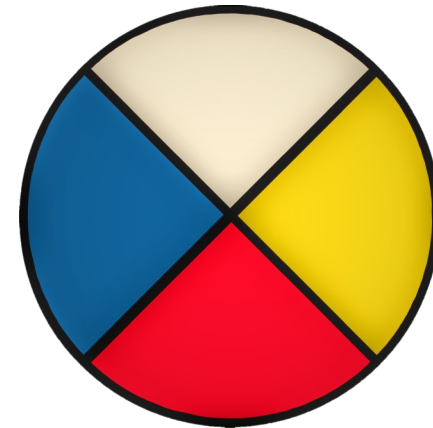
There are many more teachings within the Medicine Wheel. There are different lessons, teachings and understandings within each region and nation. The Medicine Wheel teachings can get extensive, but the more you seek knowledge on the wheel, the more you begin to understand it..

Fill in a card for each quadrant you have completed.

North	East
Name: _____	Name: _____
Class: _____	Class: _____
West	South
Name: _____	Name: _____
Class: _____	Class: _____

If you have filled all cards, Congratulations!, you have four chances to win the draw prize.

**Please return to your school by  
Wednesday, February 24th, 2021  
for entry into the draw.**



***LPSD*** 