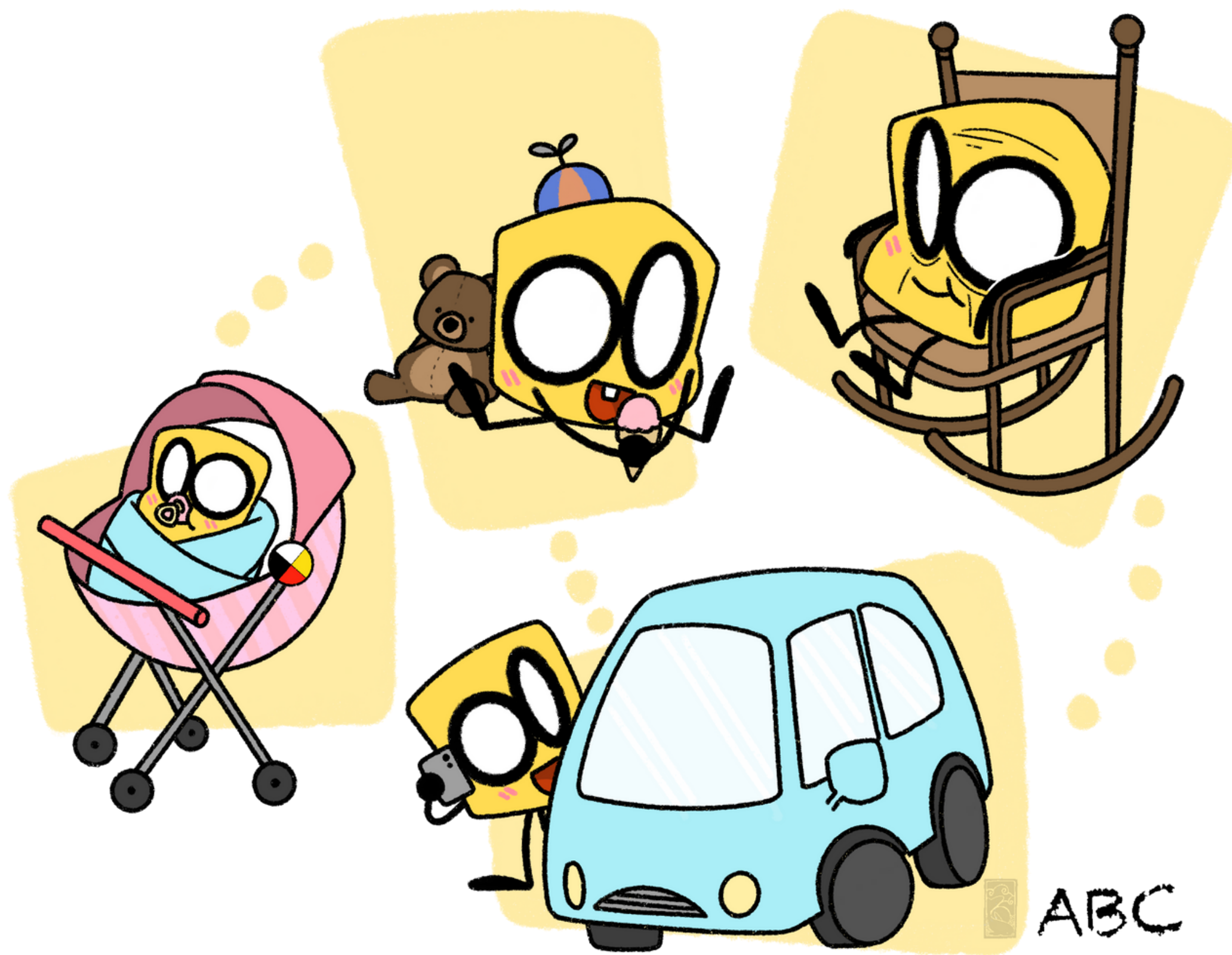


TOYBOX



The Four Stages of Life

A Journey from Infant to Elder

Beginner: Using pictures, talk about the Four Stages of Life: Infant, Youth, Adult, Elder.

[Tip]: Use pictures of family: siblings, cousins, parents, or grandparents.

Intermediate: Using pictures, sort family members into the Four Stages of Life.

[Tip]: Ask “Is your sister in the same stage as your cousin?” or “Which stage is Grandma in?”

Experienced: Talk about the roles of someone from each of the Four Stages of Life.

[Tip]: Ask “What roles do youth play? and What roles do adults play?”

Why is this important? By using the teachings of the medicine wheel, children can begin to understand the way of their culture, while learning effective communication skills with their family.

Looking for more information? Check out our [Medicine Wheel](#) wheel resource on our website!

References: Bell, N., Dr. (June 9, 2014). Teaching by the Medicine Wheel: An Anishinaabe framework for Indigenous education. Education Canada Network. Retrieved from <https://www.edcan.ca/articles/teaching-by-the-medicine-wheel/>.