



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?”

[Brief] Why? Using the medicine wheel, children are able to start understanding their cultural teachings by talking about it with family.

[Detailed] Why? 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.

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/>.

Caregiver Handbook: Medicine Wheel