



## 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