# The 7 Traditional Teachings

#### At Rogers Elementary School

# The 7 Traditional Teachings

is a gift shared from the Anishinaabe People of Turtle Island.

#### Rationale

Whereas the Greater Victoria School District has identified Indigenous Education as 1 of their 4 district goals,

And whereas the Rogers School goal promotes the connection and balance between mind, character and nature,







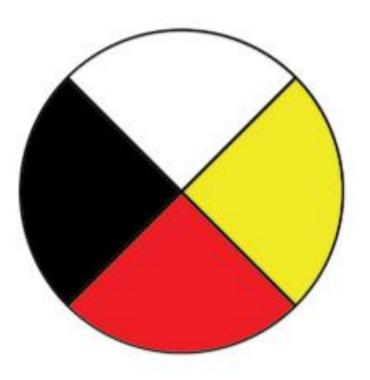
#### and whereas...

an effective education requires an approach that encourages the development of basic moral principles,

# Rogers School has...

identified The 7 Traditional Teachings as a guide

for personal development, social skills, community awareness, respect for nature, and global awareness.



Reference is made to the teachings of the Medicine Wheel: Strong Heart, Mind, Body and Spirit.

### **The 7 Traditional**

Do not exist in isolation.

Each teaching is related.

Each virtue is connected.

#### Teachings

### The 7 Traditional Teachings are...

Respect Love Courage Honesty Wisdom Humility Truth

# Respect

The Buffalo is the gift of Respect.

Respect all things.

Respect yourself.

Respect others.

To respect is to know how to

give fully.



# Love

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#### The Eagle is the gift of love.

Show love to all things.

Love yourself in a good way.

Always speak in loving words.

Love is the strongest emotion.

# Courage

The Bear is the gift of Courage.

Have the courage to make your own decisions.

Have the courage to speak out for what's right.



Have the courage to disagree.

Courageously face your mistakes.

Be brave.





# Honesty

The Sabe is the

gift of Honesty.

Understand yourself.

Be honest with yourself.

Speak honestly.

Speak from the heart.



# Wisdom

### The Beaver is the gift of Wisdom.

Use your gifts to benefit yourself and the world.

Know all of the 7 teachings.

# Humility

The Wolf is the gift of Humility.

Acknowledge the greatness around you.

Laugh at yourself.

Know that you are human first.

Know that we are one small part that makes up the greater good.

## Truth

The Turtle is the gift of Truth.

Live in truth.

Know who you are as a person.

Stand up for who you are.

Know each of the 7 gifts

and carry them with you.



### The Seven Traditional Teachings...

remind us of these things:

to think from our heart and our mind;

to share and to give;

to connect to nature and to connect to one's inner self.

#### The Seven Traditional Teachings...

remind us to live in balance.

Our spirit – our essence, is in balance when our heart and mind work together,

when we are aware and grateful of our natural surroundings,

when we use our gifts,

share our love and serve others.

# The Seven Traditional Teachings...

when woven into our curriculum,

allow us to thrive independently,

work together cohesively,

and enrich our heart, body, mind and spirit.



Created by Kolette Cristante

For Rogers Elementary

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#### All my relations.