

Multiple Ability Task:

1. Watch introductory Fourdirectionsteachings.com flash animation about the Plains Cree medicine wheel and the four quadrants of a person: emotional, physical, spiritual and mental. (10 minutes)
2. Review the video, ask students what they think of it. Do they think this is true? Can they think of other aspects of a person that could be included? Etc. (5 min)
3. **MULTIPLE ABILITY TASK:**
Divide class into four large groups and assign each student one of the four quadrants. Give students handouts (from fourdirectionsteachings.com) with more information about their quadrant and handouts with questions. Give students chart paper and have them write down in point form the basic information about their quadrant and their answers to the following questions:
 - Why do you think this quadrant was valued or important among the Plains Cree?
 - How can people, both Plains Cree and non-Native, be more mindful of, or put to use, this quadrant in your everyday life? (40 minutes)
4. Have students come to the front of the classroom and present their findings. Each student should speak. Post posters around the classroom. (20 minutes)