



My Reflection Journal - 3rd Grade

NAME: _____

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Lakota Circles of Hope Curriculum Disclaimer

The Lakota Circles of Hope Curriculum was developed by a committee consisting of Lakota speakers, elders, school administrators, language instructors, a Lakota deacon, an educational research consultant and staff from the Lakota Circles of Hope Program under the auspices of Catholic Social Services.

The spelling or pronunciation of the words throughout the curriculum was done by majority consensus of the tribes represented in the committee. We tried to be as accurate as possible and apologize for offending anyone who may have a different way of spelling or pronouncing the Lakota words. Our intentions are to offer the young people an opportunity to learn Lakota cultural values and traditions that are not taught in the home.

If there is any doubt in the Lakota spelling or pronunciation, please refer to your local Lakota speakers or elders for advice.

Wopila Tanka.

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Lesson One - Hocoka Ohomni Wacinyekiyapi

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicupi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lesson Two - Wolakota

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicupi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lesson Three - How Gossip Hurts Feelings

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicupi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write about how you feel when you gossip or are gossiped about.

GROW: How could you grow or learn even more on this topic?

Lessons Four & Five - My Star Quilt of Friendship

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicipi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lesson Six - Choosing Your Path

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicipi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lesson Seven - Sacredness of Each Generation

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicipi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lessons Eight & Nine - My Lakota Shield

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicipi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

Lesson Ten - Incredible Lakota Dreamer

Circle or highlight the virtue (s) or value (s) you learned most about from this lesson.

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

Wolakota (Peace)

Icicipi (Sacrifice)

Woksape (Wisdom)

Waunsila (Compassion)

Wayuonihan (Honor)

Cantognake (Love)

Waóhola (Respect)

Wowicake (Truth/Integrity)

SHOW: Show what you learned from the lesson by drawing a picture and adding it below.

SLOW: Slow down and write how you feel about what you learned.

GROW: How could you grow or learn even more on this topic?

My Cyberbullying Plan

- Example of cyberbullying:

- What should I do if I am cyberbullied?

- Positive influences in your life:

- Adults I can report cyberbullying to:
