



# My Reflection Journal - 6th 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.***

# Lesson Index

Lesson Index

Lesson One - Introduction to Lakota Circles of Hope

Lesson Two - Choosing Friends

Lesson Three - Bullying I

Lesson Four - Bullying II

Lesson Five - Tiyospaye

Lesson Six - Courage

Lesson Seven - White Buffalo Calf Woman

Honor & Respect

List five ways in which we honor or respect each other each day.

Lesson Eight - Who Is In Control?

Who Is In Control?

List three situations which you believe were not healthy or were harmful to you or others, or not safe for anyone.

Lesson Nine - Compassion & Generosity

Compassion & Generosity

Lesson Ten - How Do You Demonstrate Fortitude?

# Lesson One - Introduction to Lakota Circles of Hope

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)

**DEMONSTRATE:** Illustrate (with words or images) one takeaway from this lesson.

**REFLECT:** Summarize and share your feelings and thoughts about the lesson.

**GOAL:** How could you apply what you learned from this lesson to your life?

## Lesson Two - Choosing Friends

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

Woohitika (Bravery)

Wowacintanka (Fortitude/Perseverance)

Unsiiciyapi (Humility)

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## Qualities of Friends

List five qualities you would like to see in a “true friend.”

- 1.
- 2.
- 3.
- 4.
- 5.

List five qualities that describe a person who is not a friend.

- 1.
- 2.
- 3.
- 4.
- 5.

How do the Lakota/Dakota/Nakota values for this lesson help to make a good friend?

Share an experience where you knew you had a true friend.

## Lesson Three - Bullying I

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

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Unsiiciyapi (Humility)

Wolakota (Peace)

Icicupi (Sacrifice)

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## Lesson Four - Bullying II

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)

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## Lesson Five - Tiyospaye

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

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Icicipi (Sacrifice)

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## Tiwahe and Tiyospaye

What does tiwahe mean to you? (Immediate Family)

What does tiyospaye mean to you? (Extended Family)

## Lesson Six - Courage

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

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## Courage

List examples of courage in our daily lives.

List some things you were scared of and how you overcame them.

## Lesson Seven - White Buffalo Calf Woman

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## Honor & Respect

List five ways in which we honor or respect each other each day.

List five ways in which we dishonor each other.

How does bullying another person contradict the Lakota/Dakota/Nakota value of respect and the traditional understanding that we are all related (Mitakuye Oyasin)?

## Lesson Eight - Who Is In Control?

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

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## Who Is In Control?

List three situations which you believe were not healthy or were harmful to you or others, or not safe for anyone.

List three or more ways in which you can make positive choices about harmful situations such as substance use, being in a gang, vandalism, etc.

Give examples of skills to cope with a difficult situation.



## Lesson Nine - Compassion & Generosity

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# Compassion & Generosity

Give examples of compassion and generosity that you have received.

<u>Compassion</u>	<u>Generosity</u>

List three examples of compassion and three examples of generosity you would share towards others.

<u>Compassion</u>	<u>Generosity</u>

# Lesson Ten - How Do You Demonstrate Fortitude?

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## How Do You Demonstrate Fortitude?

What skill would you like to learn to help yourself, your family and your people?

What is your special power(s), talent (s) or gift (s)?

How can the virtue of fortitude help you to attain the skill or skills you want to learn?