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Activity #18: BELONGING

It's Hard To Say I'm Sorry

“Lose your temper and you lose a friend;
lie and you lose yourself.”

— Hopi Adage

Grades: 2-5

Purpose: To develop ways of establishing and maintain friendships through conflict resolution

Materials: *The First Strawberry: A Cherokee Story* retold by Joseph Bruchac
It's Hard to Say I'm Sorry Worksheet

Procedures:

- Read aloud the story *The First Strawberry: A Cherokee Story*.
Discuss:
 - Have you ever had a quarrel with a friend or a loved one?
 - How does it feel for both people? How was it resolved?
 - How do people make up when they have disagreed or hurt one another?
 - What caused the problem for the people in the story?
 - What was each person's viewpoint?
 - Why do you think the Sun helped the man?
 - How did strawberries make a difference to the woman?
 - Of what do strawberries remind the Cherokee people?
- Students will then be asked to think about an argument they have had with someone they cared about.
- Ask them to complete the worksheet *It's Hard To Say I'm Sorry*.

Extension: Read some conflict scenarios and have the group brainstorm possible solutions to the conflicts.



It is Hard to Say I'm Sorry



Name: _____

On Each Petal Write an Apology.

Activity #20: BELONGING

My Feeling Animal

“In the beginning of all things, wisdom and knowledge were with the animals, for Tirawa, the One Above, did not speak directly to man. He sent certain animals to tell men that he showed himself through the beast, and that from them, and from the stars and the sun and moon should man learn... all things tell of Tirawa.”

— Eagle Chief (Letakos-Lesa) Pawnee

Grades: 2-5

Purpose:

- To allow children to explore how they are feeling and to share the feelings with the class
- To provide opportunity for students to feel connected with animals and one another

Materials: *Seya's Song* by Ron Hirschi (ISBN 0-912365-62-5),
Various colors of clay
My Feeling Animal Worksheet

Procedures:

- Read *Seya's Song* aloud.
- **Discuss:**
 - On her springtime walk what animals did young S'Klallam see?
 - What animals did she see on her fall walk on the beach and her hikes in the mountains?
 - What did Seya, the Grandmother teach S'Klallam?
- Give each child a piece of clay and instruct them to sculpt an animal that represents how they are feeling that day.
- When they are finished, go around the room and have each child show their animal and explain why they sculpted it.

Extension:

- Have each student complete the My Feeling Animal Worksheet to help them explain their feelings more adequately.
- Younger students may draw their answers.



My Feeling Animal

I sculpted a _____ today
because I feel _____.

When I think of (animal) _____, I think
of words such as _____,
and _____.

I feel this way today because _____

_____.

