

## January - Humility

The focus for January is HUMILITY.

*Humility - Dbaadendiziwin:*

*Humility is represented by the wolf. For the wolf, life is lived for his pack and the ultimate shame is to be outcast.*

*To accept yourself as a sacred part of creation is to know humility.*

*Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance within yourself and all living things.*

<https://www.truecanadianart.com/single-post/2018/03/14/what-are-the-seven-grandfather-teachings>

Our goal is that teachers will learn together with their students about these teachings and bring them into their regular classroom activities. With a focus of humility, students could:

- Write, draw, talk about humility for others and for yourself – what do you do to live selflessly? How do you balance your needs with those of the group?
- Brainstorm “What is humility” and discuss why it is important
- Discuss the connections between humility and balance with the earth
- Discussions around recognizing that everyone has different strengths
- Practice a weekly compliment circle. Have everyone sit in a circle with their legs out. Take turns passing a compliment to someone in the group. When you receive a compliment, bring your legs in and share a compliment to someone else. Continue until everyone has received a compliment.
- Take a look at this [list of books](#) about humility.
- Have students decorate a Wolf and write about how being part of a pack is part of Humility for them. The wolves of the whole class/school could be put together to show the pack. On the next page, see the Wolf art by [Michelle Stoney](#), a Gitksan artist who has graciously given permission for anyone to print off and colour this design - she just asks that it not be used for sale or profit.
- Have students create and present a skit about humility
- Engage in self-reflection and self-assessment techniques, being honest and kind with where they are in their learning journeys.
- January 7th is Sakado Sasaki’s birthday. Before her death, she set a goal of folding 1000 paper cranes. Fold paper cranes with your students and appreciate the visual of working in community.
- At the secondary level, the Leadership classes would likely be an ideal place to generate ideas and activities for schools to engage in.
- February 22 is Humility Day

**HUMILITY**



**L'HUMILITÉ**



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