

THE 7 GRANDFATHER TEACHINGS



THE SEVEN GRANDFATHER TEACHINGS

The Seven Grandfather Teachings come from the Anishinaabe (Ojibwe) people, but have been adapted and used by many Indigenous cultures. These teachings help us learn how to live a good and kind life.

Each teaching is a special lesson that helps us be better to ourselves, others, and the world around us. These principles teach us how to live in harmony with others, become better friends, neighbors, family members, and community members.

bear: courage (Aakwa'ode'win) – the ability to do something even when it is hard or scary

Example: standing up for a friend if they are being treated unfairly

beaver: wisdom (Nbwakaawin) – knowing what is right and using what you've learned to make good choices and help others

Example: listening to your teachers and sharing what you learn with others

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buffalo: respect (Mnaadendimowin) – treating yourself and others kindly, including nature and animals

Example: taking care of nature by picking up trash

eagle: love (Zaagidwin) – caring deeply for yourself and others

Examples: helping your family, giving hugs, or saying kind words to your friends

raven: honesty (Gwaayakwaadziwin) – telling the truth, even when it is hard, staying true to yourself

Example: telling the truth when you make a mistake, even when it is uncomfortable

turtle: truth (Debwewin) – being honest with yourself and others

Example: if you accidentally spill something, telling an adult what really happened instead of blaming someone or something else for the mistake

wolf: humility (Dbaadendziwin) – knowing that everyone is equal and important, no one is better than anyone else

Example: not bragging when you win a game

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BEAVER: WISDOM

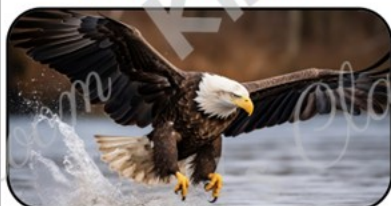


The beaver is honored for its wisdom in many Native traditions. Beavers carefully build their homes, showing that wisdom is about planning, patience, and learning from the world around us. Wisdom is passed down from our Elders and ancestors, teaching us to make thoughtful choices that respect the balance of nature. Like the beaver, we must use our knowledge to create harmony and care for our communities.

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EAGLE: LOVE



The eagle is a symbol of love because it flies high and sees everything below with clarity. In Native cultures, the eagle's ability to soar close to the Creator represents a love that is pure and far-reaching. Love means caring for others, sharing what we have, and helping those in need. It is the greatest gift we can give, as it connects us to each other and to the world around us. The eagle teaches us to love freely and with an open heart.

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WOLF: HUMILITY



The wolf teaches us humility through its connection to the pack. The wolf knows that it is not greater than the pack, and it relies on others for survival. Humility means recognizing that we are all connected and that no one is above another. It is about being grateful for the help of others and knowing that we are part of something larger than ourselves. Like the wolf, we must work together and respect the gifts of all beings.

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Teaching
Materials

TOTEM POLE CRAFT DIRECTIONS

Step 1:
Cut (head)

Step 2:
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Step 4:
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TOTEM POLE CRAFT DIRECTIONS

Notes:

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Grandfat
Students
the seven
all seven
depend

TOTEM POLE CRAFT DIRECTIONS

Description:

This craft is
inspired by
The Seven
Grandfather
Teachings
used by many
Indigenous
cultures.

Materials Needed:

- printed animal templates (included)
- crayons, markers, paint, or colored pencils
- scissors
- glue sticks, tape, or staples
- construction paper (optional)
- paper towel tubes or cardstock (optional)
- brainstorming sheet (included, optional)
- writing projects (included, optional)
- extension worksheets (included, optional)



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buffalo



turtle



wolf



bear



Craft
directions
& pieces

INFORMATIVE BRAINSTORM

Topic:

Fact:

Detail:

Fact:

Detail:

Fact:

Detail:

Conclusion:

bear

beaver

buffalo

eagle

raven

MY TOTEM POLE

THE SEVEN GRANDFATHER TEACHINGS

writing
projects

Name: _____



TRUTH is being honest with yourself and others, even when it is hard to do.

Draw and write about a time when you told the truth.

I told the truth when _____

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THE SEVEN GRANDFATHER TEACHINGS

Name: _____

LOVE



We love and care for each other with kindness and compassion.

RESPECT



We respect everyone, everything, and ourselves.

COURAGE



We are brave in order to defend and support each other.

HONESTY



We take responsibility for our words and actions.

HUMILITY



We see everyone as equal and important.

WISDOM



We reflect on our knowledge and share it with others.

TRUTH



We know and understand all of the seven teachings.

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Name: _____

THE SEVEN GRANDFATHER TEACHINGS WORD SEARCH

Directions: Find and circle the vocabulary words.

A	H	B	T	W	I	S	D	O	M
X	U	I	U	T	R	U	T	H	
F	M	F	R	B	R	B	E	A	R
H	I	F	L	E	E	T	G	V	A
O	L	A	G	R	S	A	L	T	V
N	I	L	O	V	E	P	V	E	E
E	T	O	H	V	R	S	E	E	N
S	Y	W	O	L	F	Q	A	C	R
T	C	O	U	R	A	G	E	B	T
Y	N	F	D	E	A	G	L	E	E

raven respect turtle beaver courage
humility buffalo honesty truth wolf
eagle wisdom love bear

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Extension activities

Name: _____

Indigenous Culture L3

THE SEVEN GRANDFATHER TEACHINGS



The Seven Grandfather Teachings help people learn how to live in a good way. Each teaching is linked to an animal. The bear teaches courage, the raven teaches honesty, the wolf teaches humility, the buffalo teaches respect, and the turtle teaches truth.

1) What do the Seven Grandfather Teachings help people do?

2) Which animal teaches courage?

3) How many Grandfather Teachings are there?

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Name: _____

Indigenous Culture L3



TOTEM POLES

Totem poles are big, tall sculptures made by Indigenous people. They are made from trees and tell stories about the history of families and tribes. Totem poles can have different animals, plants, and people carved into them.

1) Totem poles created by Indigenous people. ☐ true ☐ false

2) Totem poles were designed for people to live in them. ☐ true ☐ false

3) Totem poles may have animals carved into them. ☐ true ☐ false

4) Most totem poles have dinosaurs carved into them. ☐ true ☐ false

5) Totem poles were originally created for sporting events. ☐ true ☐ false

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