

EMBRACING LIFE INITIATIVE

Supporting Community Wellness and Suicide Prevention.



Chapter 2: The Seven Grandfather Teachings – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 2

Learning Objectives

- Learn the Seven Grandfather Teachings
 - Learn how to apply the Seven Grandfather Teachings to your everyday life
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Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- Have you ever heard of the Seven Grandfather Teachings? If so, what do you know about them?

Toolkit Chapter Review and Story (pp. 10-13)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- How did this story make you feel?
- Which of the Seven Grandfather Teachings resonates with you the most? Why?
- What are some situations in life where you could apply the Seven Grandfather Teachings?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?