



TOTEM



In some Native American cultures, a totem is used as an important tribal or family emblem. Totems with animals on them represent teachers or guides that we connect with in a meaningful way and symbolize the way we want to live our life.

Think about an animal that represents something that you care about a lot, something you value. Share with a friend.

Draw a picture of the animal that you have chosen, cut it out, and describe how this animal represents something important in your life.

Discussion

Our lives are often busy, and sometimes it's hard to remember what it is that we care about. We might get confused and start living a life that doesn't fit in with our values. Which is why many people use totem poles as a reminder of those values.

Group Activity

Ask group members to share a way in which they may have acted in a way that doesn't line up with their values. Together, make a list of ways that might help us get back on track when we lose sight of our values. Display the list for reference.

Use all of the animals the group has drawn to create a totem pole as a visual reminder of their values.

Hang it somewhere in the room so that each person can turn to it whenever they feel lost.

"We can invest our energy into choosing actions that bring us closer to our values—whom we want to be, and the people and things we care about—to live a happier and more meaningful life. Or, in Fry's words, "Live with all our hearts." *Lotus Flowers and Superpowers*

