

# TALKING STICK

## Focusing on Communication and Literacies

“The **Talking Stick** is from the tradition of indigenous peoples in North America. They are traditionally used when teaching children, holding council, making decisions regarding disputes, holding powwow gatherings, having storytelling circles, or when conducting a celebration where more than one person speaks” (Let's Play! 2019)



### Native American Talking Stick

- The Native American Talking Stick was used by councils to keep order and allow everyone time to present their Sacred Point of View
- Colors on the stick had meaning:
  - Red for life
  - Yellow for knowledge
  - Blue for prayer and wisdom
  - White for spirit
  - Purple for healing
  - Orange for kinship
  - Black for clarity or focus



## CREATE THE ENVIRONMENT



“The Talking Stick teaches children the fundamentals of communication through a respectful, patient, and collaborative lens. It encourages children to learn skills such as turn taking, waiting,

and problem solving in a calm and safe environment. (Let's Play! 2019)

## ACTIVITY

### Let's Make a Talking Stick



You will need some sticks the length of a ruler, wool, leather strips or string, and beads.

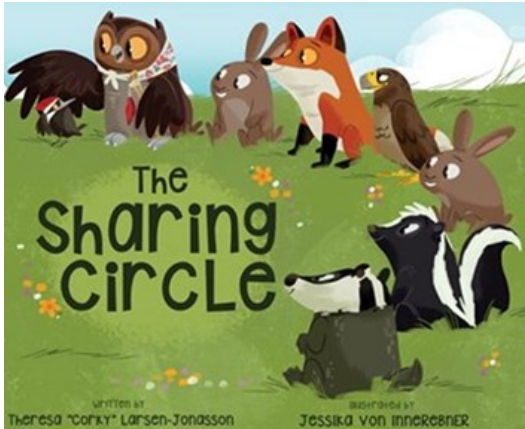
Wrap different colours of the wools using the chart above for color

significance and add your beads. If you have feathers, use some on the ends of the beaded tips.



# USING OUR TALKING STICKS AT OUR SHARING CIRCLE

Sit in a circle with your family or friends. Each person has the opportunity to have a voice and express their feelings – without judgement or interruption – when it is their turn. In a Sharing Circle, only the person holding the **talking stick** (a special tool that gives us the “courage to speak the truth and the power to speak from the heart”) is allowed to speak.



## The Sharing Circle

by Theresa Larsen-Jonasson

<https://www.youtube.com/watch?v=vu6GN-ovU0s>



### Ground Rules in the Sharing Circle:

1. Everyone has a turn to speak, but you do not have to take a turn
2. Whoever is holding the Talking Stick has a “sacred point of view” and they determine when they are finished and will pass the stick to the next person
3. When someone is sharing thoughts or insights, everyone else should respect and listen, and not to comment until that person is finished sharing. (Talking Stick from *Let’s Play!* 2019)

 Frustrated	 Excited	 Lonely	 Sad
 Mad	<b>Today, I feel...</b> _____		 Nervous
 Happy	 Loved	 Scared	 Proud

### Children learn from this experience:

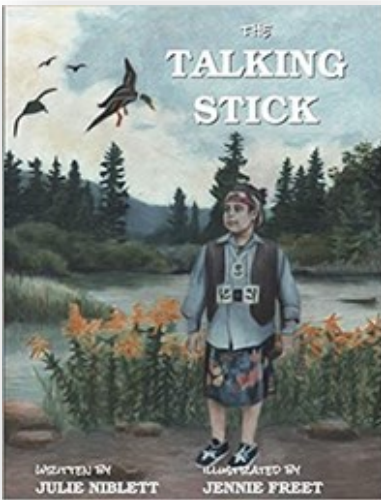
1. Creativity and social emotional skills
2. Self confidence, ability to express themselves and emotions
3. Communication, use interpersonal skills, diplomacy
4. Fosters positive coping strategies, problem solving
5. Learn to use different forms of expression, communicate their thoughts

6. Develop diverse language abilities,
7. Experience stories and symbols from their own culture and other cultures
8. Express their own point of view and reflect on others (*Let’s Play!* 2019)

## BOOKS

---

These books introduce children about respecting, listening and improving communication with each other.



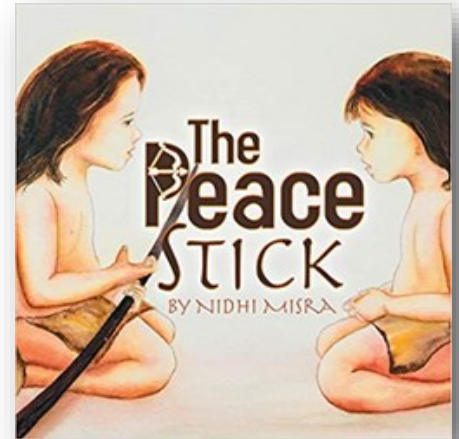
### The Talking Stick

by Julie Niblett

### The Peace Stick

by Nidhi Misra

<https://www.youtube.com/watch?v=VfPrrmxCL2w>



## SONG

---

### The Good Day Cha Cha - Good Morning Song by Narwhals & Waterfalls.com

This is gonna be a good day  
I'm so glad you're here today  
We need to celebrate  
And take the time to say  
This is gonna be a good day  
Tap to the right, right, right  
And high five a new friend  
Tap to the left, left, left  
Now jump up and spin

Tap to the back, back, back  
And slide to the left side  
Tap to the front, front, front  
And slide back to the right

With sticks <https://www.youtube.com/watch?v=vgYtcV-wMm0>

With egg shakers <https://www.youtube.com/watch?v=-ko-xPmok8g>

## REFERENCE

---

BC Ministry of Education (2019), *Let's Play! Activities for Families*

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



VSBC