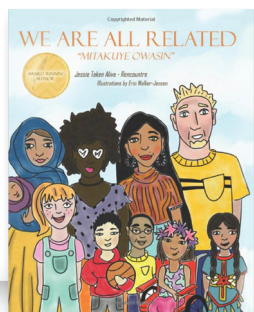


WE ARE ALL RELATED: MITAKUYE OWASIN written by Jessie Taken Alive-Rencountre



Jessie Taken Alive-Rencountre is a Hunkpapa Lakota winyan. Winyan means woman in Lakota. She is a dancer, mother, writer, wife, and counselor. Previously, she was a school counselor in the Rapid City School District. She is focused on her writing and children's stories. Growing up in Standing Rock, her home reservation in South Dakota, Jessie was surrounded by her Lakota culture and values. This informed her perspective of self and her world view. She learned about cultural values of compassion, kindness, love, unity and forgiveness by witnessing her parents and grandparents ways of being

>> BEFORE READING

It is best to read together, often. Plan time to read this book to your children or class few times over the next week.

Talk to children about values and what that means. Ask children: what character traits or ways of being they value in friends, their family and in the classroom?

Share the Lakota terms for:

- **Compassion:** waunsila
- **Kindness or generosity:** wacantognaka
- **Love:** thečhíhila
- **Unity:** mitákuye oyás'in
- **Forgiveness:** wawoktugan

For extended learning about Lakota values click [here](#).

WHILE YOU READ:

Ask children to notice that the words: Mitakuye Owasin is repeated on every page. We are all related means we are connected to everything and knowing this, we show respect to all things.

Children's definition of respect: you accept somebody

for who they are, even when they're different from you or you don't agree with them. Respect in relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally. It is something we learn.

Share that in the story- all the pages talk about each type of animal, plant, planets or creature as a nation. Ask children what they think that means?

>> ACTIVITIES

ACTIVITY ONE: MUSIC & GROSS MOTOR SKILLS (Infant+)

Have a Dance Party!! Children of any age can participate. For infants, dance while holding them, for toddlers who need support, hold their hands to dance. Play Aretha Franklin's song [Respect](#).

ACTIVITY TWO: MATH SKILLS (Ages 2+ years)

NOTE: Just like the book, everything is connected in life. A fun way to connect this lesson to health would be to serve a vegetable snack. Include interesting vegetables like jicama, spinach, arugula, asparagus and more to try eating raw.



Supplies needed:

- Variety of Produce, shop [here](#) and [here](#).
- Bag or container to use as shopping bag
- [Number cards](#) from Fluttering through First Grade on www.teacherspayteachers.com

Directions:

1. To begin, each child draws a number card.
2. Then, they go shopping to select the number of vegetables to match their card and return to the group to practice counting and share the produce they “bought”.
3. To extend this activity, children can draw their vegetables.

ACTIVITY THREE: LITERACY, GROSS MOTOR, & SOCIAL STUDIES CRAFTIVITY (Ages 3 - 5 years)

Supplies needed:

- Paper Cutter
- Pink & Red Paper - cut to 1”x5”
- Crayons/Markers/Pen
- Glue sticks, tape or a stapler

Directions:

1. Reread the book Mitakuye Owasin and review the Lakota terms.
 - **Compassion:** waunsila
 - **Kindness or generosity:** wacantognaka
 - **Love:** thečhíhila
 - **Unity:** mitákuye oyás’iŋ
 - **Forgiveness:** wawoktugan
2. Review what respect means: you accept somebody for who they are, even when they’re different from you or you don’t agree with them. Respect is thinking and acting in a positive way about yourself or others. Respect is thinking and acting in a way that shows

others you care about their feelings and their well-being. Respect in relationships builds feelings of trust, safety, and wellbeing. Respect doesn’t have to come naturally. It is something we learn.

3. Read this book: Respect, by Kimberley Jane Pryor. This book gives really clear examples.
4. Ask children to think about both books and share what ways we can demonstrate respect for one another and for all living things, our world and the universe. Help them get started if they are having any trouble. Although, children are extremely aware and the answers may be surprising.



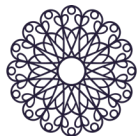
5. Pass out papers. Start with one paper per child. Children can write with help or on their own. Alternatively, the adult can write. Children can then help create a heart shaped paper chain to hang in the room using glue sticks or tape. If it works better for your group, the adult/teacher can staple them.



6. Once the paper chain is complete, children can practice the social skills of teamwork by trying to walk around the room holding the chain together without breaking it.



»» THANKS TO OUR CREATORS:



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“It is with gratitude that we are able to work with other outstanding resources already available and I am truly happy to share those in this set of activities with you.”

-Cary A. Thrall

