

# Medicine Wheel

Name: \_\_\_\_\_

The medicine wheel is split into four sections and each section represents different things. They represent the four directions (North, East, South, West), the four season (spring, summer, fall, and winter), and the circle of life (emotional, spiritual, physical, and mental). To remain balanced like everything on Mother Earth we must work on each section equally.

## Activity

Think about your own connections you have with the land and draw pictures or use words in each quadrant to express how you feel.

- Spiritual (White) - **What I Care About**
- Emotional (Black) - **What I Feel**
- Physical (Yellow) - **What I Do**
- Mental (Red) - **What I Think**

