



TODAY'S TOPIC:
The Two Wolves

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What does anger feel like in your body?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Sage bundles • Native American music • Lighter • Wolf figures or pictures 	<ul style="list-style-type: none"> • N/A 	To emphasize one's power to choose how they feel.

ASK: Have you ever been somewhere or in a situation where things felt out of control? Maybe it was scary, or crazy, or sad, or super hyper. How did you handle that situation?

Sage Ritual:

EXPLAIN - This is a way to get rid of that crazy energy. We learned it from the Native Americans (the people who lived in our country first and longest.) Native Americans believe that the smoke of the sage plant will clean your thoughts and body, and balance the energy in and around you. Being balanced makes it easier to see how we are all connected and easier to be respectful.

SHOW - Sage is an herb that grows wild in the fields. It is picked and dried, then gathered together to look like this – show sage bundle.

PLAY – The Native American music.

LIGHT - Light the sage and “smudge” (wave the smoke) towards each person. You can take turns smudging each other. Encourage everyone

to cup the smoke in their hands and wave it around themselves. “Take a bath” in the sage smoke.

SAY: Another thing about when things feel out of control is sometimes people get mad and angry. Does that ever happen to you? Getting mad is normal. But sometimes you want to let go of being mad. What happens to you when you are mad all the time? Here is a Native American story.

TELL SHORT STORY. Use wolf animals or pictures as props:

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy.

“It is a terrible fight and it is between two wolves. One is not good – he is full of anger, envy, sadness, thinking you are better than everyone else, and telling lies, He continued, “The other is good – he is full of joy, peace, love, hope, serenity, kindness, empathy, generosity, truth, compassion, and faith and believing everyone is important.

The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win the fight?”

The old Cherokee simply replied, “The one you feed.”

ASK: What do you think this story means? What actions feed the good wolf? The bad wolf? Have kids close their eyes and think about what their thoughts and feelings are right now. Can you choose how to feel?

AFFIRMATION –I can choose what to do next. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .