



NATIVE AMERICAN

• HERITAGE MONTH •

Medicine Wheels

Also known as the Spiritual Hoop, the Medicine Wheel has been used over centuries by generations of various Native American cultures. It has many different meanings, depending on who is creating the wheel, but the circular shape represents that life is a sacred circular cycle. The four directions of a medicine wheel each have a different meaning as well: directions, seasons, elements, animals, etc. Some medicine wheels are made on a large area of land, and others are smaller and even painted in a 2-dimensional form. Today, we'll create our own medicine wheels using natural materials that we have in our own backyards!

1



Gather materials:

- Pinecones
- Leaves (any color or variety)
- Rocks, Stones, Pebbles
- Sticks
- Flowers / Flower Pedals
- Other natural items you can find outdoors

2



Once you've collected a variety of natural materials, pick a spot outside to create your medicine wheel.



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3



Line up sticks, pinecones, rocks, or stones in a straight line. The length of your line will determine how large or small your medicine wheel is. The longer the line, the larger the wheel.

4



Using the same or different materials, line up your items in a straight line across the original line. Make it the same length as your line from Step 3. It should create a plus sign or an X depending on your viewpoint.

5



In a clockwise pattern, use any of the materials you have to create a circle connecting the ends of each line.

NOTE:

You can have your lines facing North, South, East, and West to represent directions if you'd like!



6



Use leaves to decorate the wheel to your liking. You can create a design around the center, or fill different colored leaves in each section of the circle.

7



Add flower pedals for extra color. If you have a variety of colors, place each color in a different section. This will help you give added meaning to your medicine wheel. For example, for the section of the wheel pointing East, I would use blue flower pedals since the ocean is east. Use your imagination to make your wheel your own and to make it special to you.