

Medicine Wheel Difference Game Cards



An Education of Heart, Hand,
Mind and Spirit

° Dr. Lori Vitale Cox-Elsipogtog First Nation-Permission to Use as Needed Granted To All Except for Profit--For More Information www.nogemag.ca.



Mi'gmaq petroglyph

Archeologists from the Royal Alberta Museum catalogued 40 different Medicine Wheel constructions in Alberta. According to elders in Elsipogtog First Nation in N.B. Mi'gmaq people used symbolic frameworks like the Medicine Wheel to help carry their teachings. They were not called Medicine Wheels but they held similar wisdom.

MEDICINE WHEEL DIFFERENCE GAME CARDS FOR NEEDS ASSESSMENT & GOAL SETTING

Heart, Hand, Mind and Spirit

If you learn to use your Mind as well as your Hand to help you follow your Heart, your Spirit will soar and take flight

Lori Vitale Cox

❑ **Family Version**

- For Home Visitors–Outreach Family Support Workers–Outreach Mentors Working With High Risk Families

❑ **Youth Version**

- For Home Visitors–Outreach Family Support Workers–Outreach Mentors Working With High-Risk Teens
- For School Support Staff Working With High-Risk Youth

The Medicine Wheel Difference Game for Needs Assessment and Goal Setting was adapted for use in First Nation communities from a scale developed by Theresa Grant and others at the PCAP program in Washington State. They adapted a Family Needs Scale developed by C.J. Dunst, C.M. Trivette, and A.G. Deal in 1988.

The Medicine Wheel was used by First Nations people to carry their teachings and to help them make sense of the world. As a methodology it provides us with a relational whole systems framework helpful in terms of achieving a non-linear understanding. We are grateful for the work of all those who came before us and also for those who will come after to adapt these tools to help their people.---The Elsipogtog Eastern Door Centre Team



Time:

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Phase One • Phase Two • Phase Three | <p>Initial Sort</p> <p>Small Steps Planning</p> <p>Small Steps Work</p> <p>Evaluation of Progress</p> | <p>30-45 minutes (minimum)</p> <p>30-45 minutes (minimum)</p> <p>Ongoing</p> <p>30-45 minutes (minimum)</p> |
|---|---|---|

Directions Use these directions as a guide to explain how to 'play' the difference game.

Phase One-Sorting the Cards-Setting the Goals-What Do You Need?

Use Either the Family or Youth Score Form

1. Make a copy of the Family or Youth Score Form (In Appendix).
2. Bring out the cards and show them to the person you are working with.
3. In your own words or language tell them the following:
 - This is a game we call the Medicine Wheel Difference Game. The Medicine Wheel is used by FN people to help them know themselves & also in what direction to go for healing.
 - You can see the cards are divided into four suits. These represent 4 aspects of the medicine wheel: Emotional, Physical, Mental, and Spiritual or Heart, Hand, Mind, and Spirit.
 - Each of the cards says: 'It would make a difference in my life if I had'.
 - Each card also has on it something that might make a difference to you if you had it in your life. This could be physical, emotional, mental, spiritual or social.
 - There are also 4 wild cards you can use in case you have needs not listed on the other cards.
 - Now I would like you to divide the cards into two piles.
 - In one pile put the cards that would not make a difference to you. This is the NO pile. In this pile there might be things you have or things you are not interested in having now.
 - The 2nd pile is for the things that you need or want. It is the YES pile. The yes pile is for the things that right now would make a difference to you if you had them.
 - Base your choices on what is most important to you not to anyone else.
4. After the cards are chosen and in the 2 piles, put all the NO cards away.
5. Then tell the person you are working with:
 - Of the cards you have chosen I would like you to choose the 5 most important things that would make a difference in your life right now.
 - I would like you to put these five in order of importance with #1 as your most important.
6. After s/he has selected and handed the cards to you complete the Score Form.
7. Score cards as follows:
 1. 1st Sort--Put an X in either the yes or no column
 2. 2nd and Subsequent Sorts--Rank the top 5 items in numerical order.
 3. All other items receive number 6

Directions

Phase Two--Accomplishing the Goal- How Can We Get What We Need?

Use the 'Small Steps' Form

'Small Steps' Can Get You Where You Want You Go

In this phase the 5 goals identified in the initial card-sort are broken down into 'small steps' that are easier to accomplish. These steps will lead to accomplishing the larger goals. People can work on more than one goal at a time if practical. Start slowly. Give as much help as needed.



1. Make a copy of 'Small Steps Form'.
2. Say:
 - I am here to work with you to help you get what you need.
 - We can work together to decide small things that can be done right now to get you what you need and want.
3. Record the small steps that need to be taken on the 'Small Steps' form. You should also record who will be responsible for carrying out each of these steps.

Phase Three- Evaluating the Process—How Are We Doing?

Use the Goals-Evaluation Form

1. Make a copy of the 'Goals Evaluation' Form.

2 After 4 months the person who is setting the goals evaluates her level of satisfaction with the progress being made. The home visitors also evaluate satisfaction level with progress made from their perspective.

Say:

Now is the time for us to check out how we think things are going. Are you satisfied with the progress being made? Rate your feelings on a scale of 1 to 5-- with 1 being totally unsatisfied--no progress and 5 being totally satisfied.

3. This is also the time to discuss differences of opinion. Work on the positive. Praise the small steps that have been accomplished. Decide what other small steps need to be taken.

4. Record the goal, the date set, the date assessed, the small steps that were made and overall satisfaction from each perspective.

FAMILY CARDS

HEART-Emotional



It Would Make A Difference In My Life If I Had:

1. Time for Fun
2. A Real Friend
3. More Control of My Life
4. Personal Safety- Freedom from Abuse
5. Someone to Lend Me Money
6. Safe & Affordable Child-Care
7. A Good Partner
8. More Involvement in Community Activities
9. Access to a Support Group
10. Wild Card (Heart)

HAND-Physical



It Would Make A Difference In My Life If I Had:

11. Dependable Transportation
12. Housing
13. Money to Buy Necessities
14. Food
15. Time to Get Enough Sleep
16. Enough Clothes
17. Access to a Computer and Internet
18. An Opportunity to Exercise
19. Birth Control
20. Wild Card (Hand)

MIND-Mental



It Would Make A Difference In My Life If I Had:

21. More Education
22. Legal Help
23. Access to Medical Care
24. Someone to Help Me Talk to Agencies
25. Telephone or Access to Telephone
26. A Good Job
27. Someone to Help Me Take Care of My Child
28. Better Parenting Skills
29. Someone to Help Me Manage My Household
30. Wild Card (Mind)

SPIRIT-Spiritual



It Would Make A Difference In My Life If I Had:

31. Someone to Accept My Child No Matter How They Act
32. Somewhere Else To Live
33. Time for Myself
34. Drug - Alcohol Treatment
35. A Dependable Relationship
36. Friends Who Didn't Pressure Me to Do Things I Don't Want To
37. Someone to Talk To About the Things That Worry Me
38. A Way to Practice My Spirituality
39. Access to Cultural Activities
40. Wild Card (Spirit)

YOUTH CARDS

HEART-Emotional It Would Make A Difference In My Life If (I Had):



1. People Didn't Tease Me or Bully Me
2. People Liked Me More
3. People Weren't Angry At Me
4. My Parents Didn't Drink Or Take Drugs So Much
5. Time For Fun
6. A Real Friend
7. Personal Safety & Freedom From Abuse
8. Wild Card (Heart)

HAND-Physical It Would Make A Difference In My Life If (I Had):



9. Somewhere Safe To Live
10. Money To Buy Lunch
11. Enough Food To Eat
12. Warm Clothes To Wear
13. Could Get Enough Sleep
14. My Own Room
15. My Own Bed
16. Wild Card (Hand)

MIND-Mental It Would Make A Difference In My Life If (I Had):



17. Could Read Better
18. Someone To Help Me With My Homework
19. Could Write Better
20. Could Do Math Better
21. Could Get Better Grades
22. Access To A Computer & Internet
23. Someone To Help Me Understand In Class
24. Wild Card (Mind)

SPIRIT-Social-Cultural It Would Make a Difference in My Life If I Had:



25. Someone Who Accepted Me No Matter What
26. Someone To Talk To About The Things That Worry Me
27. Friends Who Didn't Pressure Me To Do Things I Don't Want To
28. Time To Be By Myself
29. Drug And Alcohol Treatment
30. Somewhere To Go Where People Didn't Hit Me
31. Someone To Wake Me Up For School and Make Meals For Me
32. Wild Card (Spirit)

Appendix



Medicine Wheel Difference Game --FAMILY CARDS Score Form

Name _____ Date _____ Phone _____

1st Sort--Put an X in either the yes or no column

2nd & Subsequent Sorts--Rank top 5 items in numerical order--other items receive the number 6

Card #	No	Yes	Rank	Suit	It Would Make A Difference In My Life If I Had:
1.				Heart	Time For Fun
2.				Heart	A Real Friend
3.				Heart	More Control Of My Life
4.				Heart	Personal Safety- Freedom From Abuse
5.				Heart	Someone To Lend Me Money
6.				Heart	Safe & Affordable Child-Care
7.				Heart	A Good Partner
8.				Heart	More Involvement In Community Activities
9.				Heart	Access To A Support Group
10.				Heart	Wild Card (Heart)
11.				Hand	Dependable Transportation
12.				Hand	Housing
13.				Hand	Money To Buy Necessities
14.				Hand	Food
15.				Hand	Time To Get Enough Sleep
16.				Hand	Enough Clothes
17.				Hand	Access To a Computer & Internet
18.				Hand	An Opportunity To Exercise
19.				Hand	Birth Control
20.				Hand	Wild Card (Hand)
21.				Mind	More Education
22.				Mind	Legal Help
23.				Mind	Access To Medical Care
24.				Mind	Someone To Help Talk To Agencies When They Don't Listen
25.				Mind	Telephone Or Access To A Telephone
26.				Mind	A Good Job
27.				Mind	Someone To Help Me Take Care Of My Child
28.				Mind	Better Parenting Skills
29.				Mind	Someone To Help Me Manage My Household
30.				Mind	Wild Card (Mind)
31.				Spirit	Someone To Accept My Child No Matter How They Act
32.				Spirit	Somewhere Else To Live
33.				Spirit	Time For Myself
34.				Spirit	Drug-Alcohol Treatment
35.				Spirit	A Dependable Relationship
36.				Spirit	Friends Who Didn't Pressure Me To Do Things I Don't Want
37.				Spirit	Someone To Talk To About The Things That Worry Me
38.				Spirit	A Way To Practice My Spirituality
39.				Spirit	Access To Cultural Activities
40.				Spirit	Wild Card (Spirit)

Medicine Wheel Difference Game Cards--YOUTH CARDS Score Form

Child _____ Grade _____ Teacher _____

Resource Worker _____ Date _____ Phone _____

1st Sort--Put an X in either the yes or no column

2nd and Subsequent Sorts--Rank the top 5 items in numerical order

Other items receive the number 6

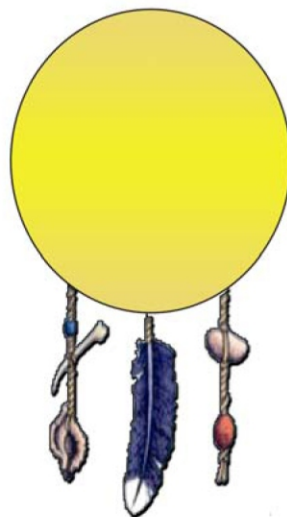
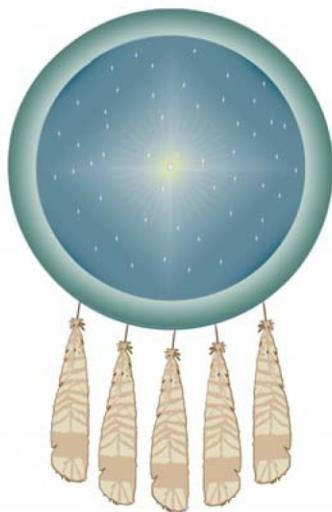
Card#	No	Yes	Rank	Suit	It Would Make A Difference In My Life If (I Had):
1.				Heart	People didn't tease me or bully me
2.				Heart	People liked me more
3.				Heart	People weren't angry at me
4.				Heart	My parents didn't drink or take drugs so much
5.				Heart	Time for fun
6.				Heart	A real friend
7.				Heart	Personal safety/Freedom from abuse
8.				Heart	Wild Card (Heart)
9.				Hand	Somewhere safe to live
10.				Hand	Money to buy lunch
11.				Hand	Had enough food to eat
12.				Hand	Had warm clothes to wear
13.				Hand	Could get enough sleep
14.				Hand	My own room
15.				Hand	My own bed
16.				Hand	Wild Card (Hand)
17.				Mind	Could read better
18.				Mind	Someone to help me with my homework
19.				Mind	Could write better
20.				Mind	Could do math better
21.				Mind	Could get better grades
22.				Mind	Access to a computer and Internet
23.				Mind	Someone to help me understand in class
24.				Mind	Wild Card (Mind)
25.				Spirit	Someone who accepted me no matter what
26.				Spirit	Someone to talk to about the things that worry me
27.				Spirit	Friends Who Didn't Pressure Me To Do Things I Don't Want To
28.				Spirit	Time to be by myself
29.				Spirit	Drug and alcohol treatment
30.				Spirit	Somewhere to go where people didn't hit me
31.				Spirit	Someone to wake me up for school & make meals for me
32.				Spirit	Wild Card (Spirit)

MEDICINE WHEEL DIFFERENCE GAME GOALS-EVALUATION FORM

DATE GOAL SET	GOALS	DATE OF ASSESS- MENT	COMMENTS ON PROGRESS WHAT HAS BEEN DONE? WHO HAS DONE IT?	SATISFACTION WITH PROGRESS TOWARDS GOAL	TYPE OF GOAL SUIT
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	
				PROGRESS: NONE VERY PERSON <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> HELPER <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	

The Circle

The Circle is sacred to traditional people all over the world. It reminds us that all of life is connected and continuous. Unbroken. No point on a circle is better than any other; it implies movement and flow. The circle helps us understand and respect the relationship of all things within a system and also the need for balance. There are two versions of the Circle used in the two versions of the cards. The yellow circle was adapted from an image of an unknown artist to whom we send our thanks. Ta hoe. The blue circle was designed for the Elsipogtog Integrated Primary Health Care Project under the direction of Eva Sock and then adapted for the cards. Lori designed the heart, hand, mind and spirit logos used on the cards.



The Turtle

The turtle in the Medicine Wheel Card logo carries the medicine wheel teachings as well. The turtle is also symbolic of Mother Earth or Turtle Island. Green symbolizes Mother Earth and all living things. -Turtle Design by Dawn Augustine-A Grade 6 Elsipogtog School Student

