

The Four Stones



A Story by
Laurie Bayly
District Counsellor, SD61

Based on Greater Victoria School District's Aboriginal Education Enhancement Agreement, *The Spirit of Alliances*.

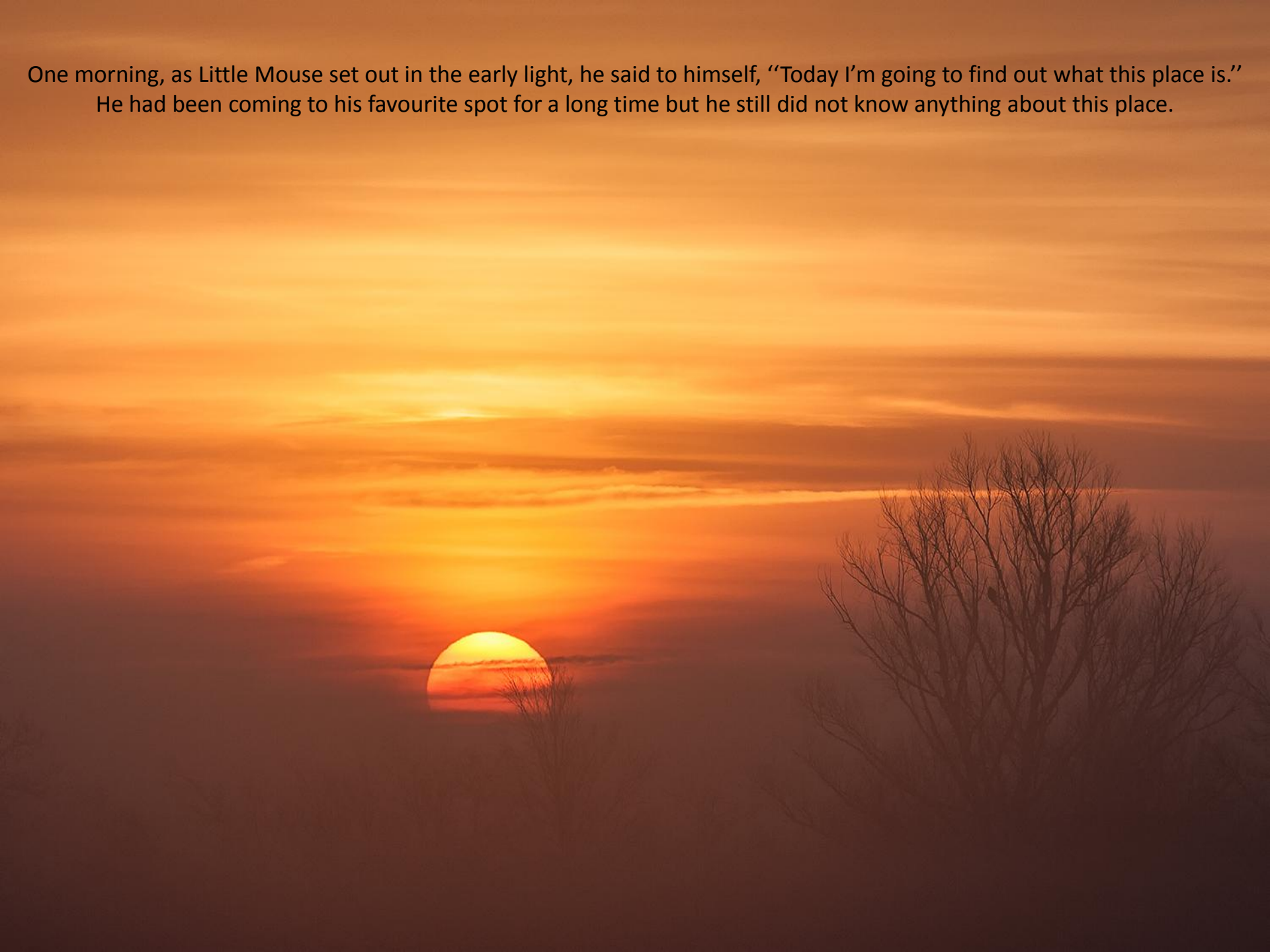
Artwork on stones from *The Spirit of Alliances*: Jamin Zuroski, 'Namgis Nation

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Every morning just before the sun rose, Little Mouse would wake up before all the other mice.
Every morning he would quietly leave home and walk to his favourite spot.



One morning, as Little Mouse set out in the early light, he said to himself, “Today I’m going to find out what this place is.”
He had been coming to his favourite spot for a long time but he still did not know anything about this place.





Little Mouse wanted to know.
He wanted to know why children came to this place every day.

He knew that today was the day to explore.
Little Mouse ran around the building, peeking in windows and through the cracks in the doors.



This is what he saw...



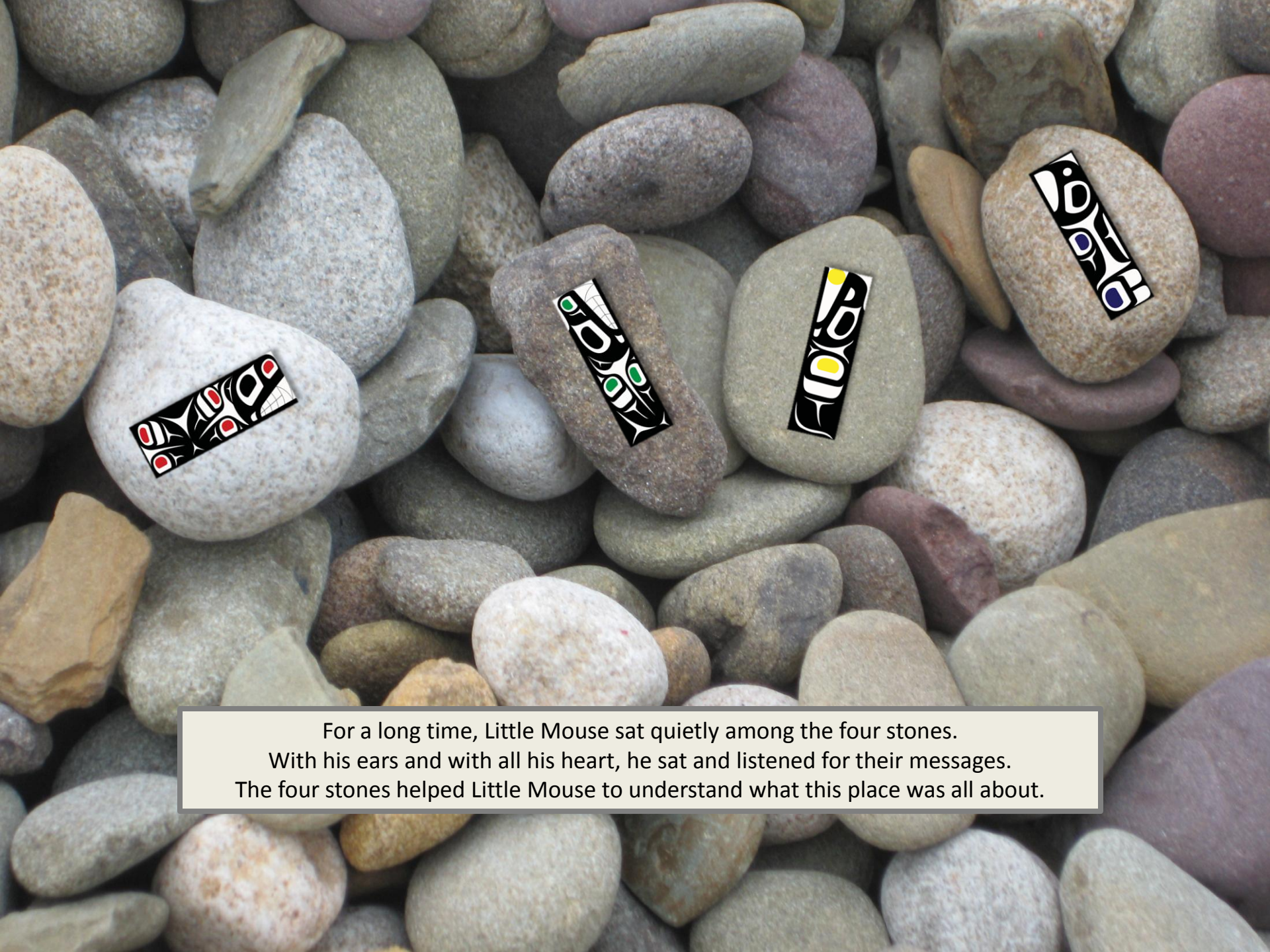
Little Mouse explored outside and all around the building. All of a sudden, he came upon a pile of stones.



He stopped.

He looked down.

Never in his whole life had he seen such wonderful stones.



For a long time, Little Mouse sat quietly among the four stones.
With his ears and with all his heart, he sat and listened for their messages.
The four stones helped Little Mouse to understand what this place was all about.



Little Mouse picked up the first stone. It was the Bear.



The Bear protects and keeps us safe. The Bear reminds us to listen to our hearts and helps us pay attention to what is going on inside our bodies. The Bear helps us to understand what we are feeling. The Bear knows when we need to go into our den to rest and take care of ourselves.

“Thank you, Bear” said Little Mouse.

He picked up the next stone. It was the Wolf.
Right away, Little Mouse felt a kindness toward everyone.



The Wolf reminds us that we are interconnected and we are all related. This means that we are one with each other and with the land. We take care of each other. We take care of this place. The Wolf helps us to remember that everyone is welcome here. Our families and our community and our school all work together. This is our strong circle of support.

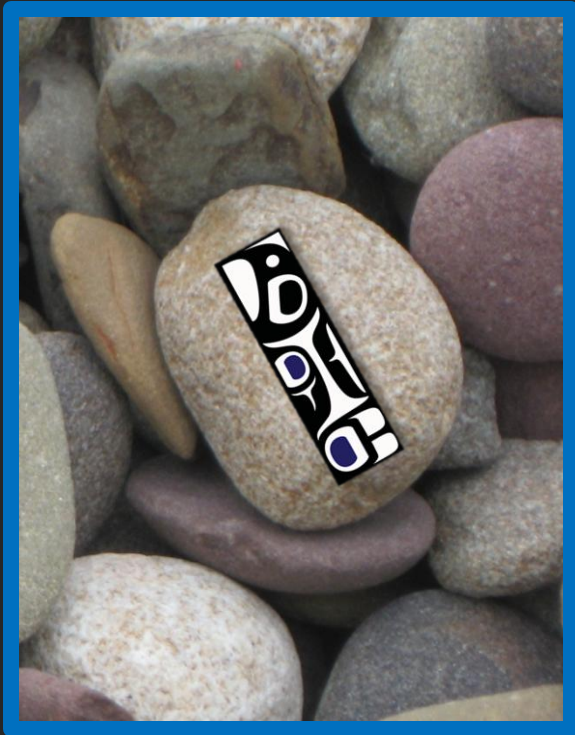
“Thank you, Wolf” said Little Mouse.

As Little Mouse picked up the third stone,
the sun shone brightly over the horizon.
The third stone was the Raven.



The Raven is clever. The Raven is drawn to the light and helps us to see that we all have special gifts to offer. The Raven reminds us that we all have skills and we are capable. When we feel like we have lost our inner light, the Raven helps us to find it. Each one of us is filled with light. The Raven helps us to discover and express our unique gift.

“Thank you, Raven” said Little Mouse.



Little Mouse picked up the last stone. It was the Salmon.



The Salmon reminds us of our courage and resilience. Even when something is very hard, the Salmon reminds us that we will get through it. The Salmon knows how to move through the river and to navigate strong currents. When we need help moving through different parts of our day, the Salmon can teach us. The Salmon knows the way.

“Thank you, Salmon” said Little Mouse.

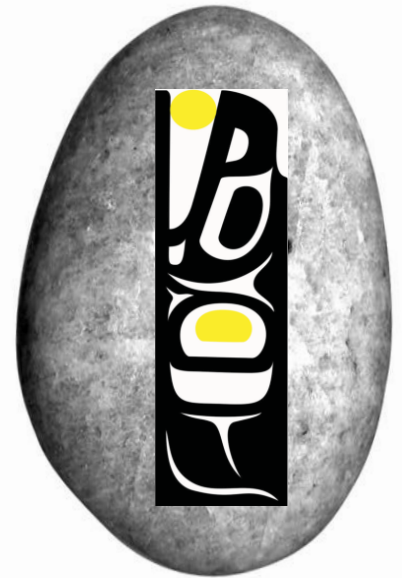
Far off in the distance, Little Mouse could see children and their families walking toward the school.
He knew it was time for him to go.



Little Mouse was thankful that the Bear, the Wolf, the Raven and the Salmon were there.
Although he did not really understand what a school was, Little Mouse understood what was most important.



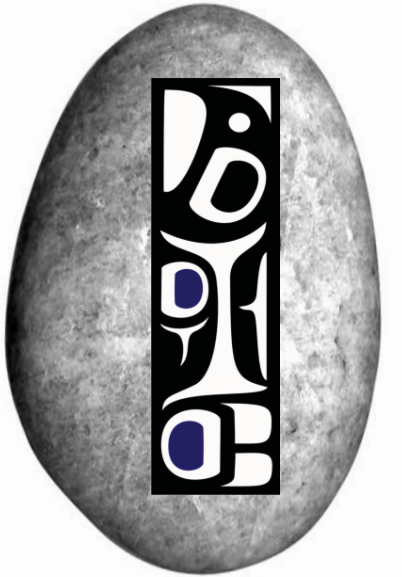
From the **Bear**, Little Mouse understood how we all need to feel safe and how important it is to listen to our hearts.



The **Wolf** taught him that everyone is connected and related and we all belong here.



The **Raven** taught him that everyone has light inside and each one of us has a gift to offer.



And from the **Salmon**, Little Mouse learned about walking with courage and that we will find our way as we try new things.



Little Mouse scurried away as the children arrived.
No one saw him as he quickly scampered across the field.
Little Mouse was happy knowing that the stones were there for the children.

He looked back and wondered who might find them today...



Four Stones Story

If you would like a copy for your school, please contact:

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Part 1: THE FOUR STONES

Introducing Bear, Wolf, Raven and Salmon in Elementary Classrooms

Here are some of the ideas I shared at the workshop, with copies of materials to use as well as information about where to find supplies.

Process

We began with the story, *The Four Stones*.

Each child received a box and every week we focused on one of the 4 animals.

Each week, everyone picked an animal stone to add to their box.



This year, I'm using bags...



The artwork depicting the Animals (Jamin Zuroski, 'Namgis Nation) is taken directly from The Aboriginal Education Enhancement Agreement: *The Spirit of Alliances*.

They are easily applied to the stones with Mod Podge.

I have included a page of each animal so they are easy to cut out and use.

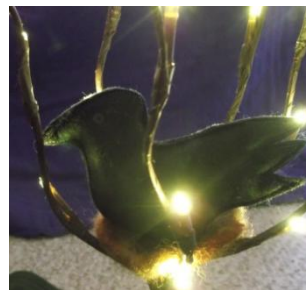
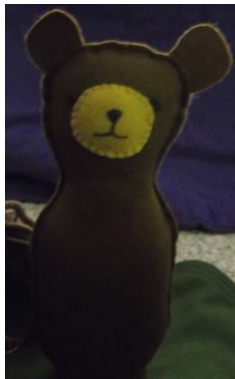
Boxes and bags can be found in Victoria at: Matthews Store Fixtures and Shelving

810 Shamrock St.

<http://www.matthewsdisplay.com/>

The Animals

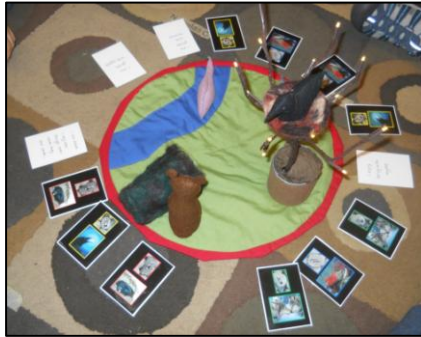
Quite straight forward to make. These are the latest ones. Feel free to copy. I fill the bottoms with rice or dried lentils so they are weighted down and stand up easily. I've found tree lights at the Dollar Store across from Mayfair Mall (corner of Finlayson and Blanshard) or at Michaels, although much more expensive.



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An example of some activities:

Animal cards: listening to the messages of the 4 animals; using the cards as a way to check in or out; paying attention to which animal we are most drawn to and choosing that animal card; how does the animal/message relate to me?



I have included cards to copy with this package.

Examples of messages:

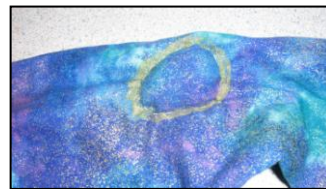
Bear	I listen to my heart When my energy feels too big, I know how to calm my body Like the Bear, I know when I need to go into my den to take care of myself I am safe
Wolf	I can close my eyes and picture everyone I love and everyone who loves me I am kind I help other people to feel safe and loved We are all connected and we take care of each other
Raven	I am creative and I have interesting ideas I am filled with light I am proud of myself when I... I believe in myself
Salmon	I have courage and I try new things When something is hard, I keep trying I know how to pay attention to my body and to walk quietly on the earth I can handle it when things change

When we focused on Raven, each child focused on his/her gift and everyone took a bit of the “fire” and spun their own ray of light, using a drop spindle. Their descriptions of their gifts and their rays of light were added to their boxes.



All of these supplies can be found in Victoria at: Knotty by Nature
1704 Lillian Rd.
www.kbnfibres.ca

This is the salmon river. It rolls out very long and each child holds on to a rock (sewn into the river). The wooden pieces are a navigation game to help the salmon find its way around the river.



Children in K/1 playing the salmon navigation game and then navigating our way around the school with the river:



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