

Objective

By the end of this lesson, Nate will understand what Native American spirit names are, why they are important, and how they can reflect a person's personality, interests, and experiences. He will also create his own spirit name that reflects who he is!

Materials and Prep

- Pencil and paper for writing
- Crayons or colored pencils for drawing
- A comfortable space for storytelling and activities
- A list of common Native American spirit names and their meanings (can be created beforehand)
- Knowledge about the significance of names in Native American cultures

Activities

- **Story Time:**

Start with a fun story about a Native American character who receives their spirit name. This could be a traditional story or a creative one made up to illustrate the importance of names.

- **Spirit Name Exploration:**

Introduce Nate to various Native American spirit names and their meanings. Discuss how names can tell a story about a person. For example, "Running Water" could mean someone who is always moving and energetic.

- **Create Your Spirit Name:**

Nate will think about his own personality, interests, and experiences to create his own spirit name. Encourage him to draw a picture that represents his name.

- **Sharing Circle:**

Have Nate share his spirit name and the story behind it. Encourage him to explain what it means and why he chose it.

Talking Points

- "Did you know that Native American spirit names can tell us something special about a person?"
- "Sometimes, names are given based on things people love or things they are good at!"
- "What do you think your spirit name would be? It can be anything that makes you unique!"
- "Let's look at some examples of spirit names. What do you think 'Brave Eagle' means?"
- "Creating your spirit name is like telling a story about yourself. What story do you want to tell?"
- "It's important to share our names and stories because it helps us understand each other better!"