

A decorative wooden stick, possibly a talking stick, is the central focus. It features a light-colored wooden shaft with a dark brown leather binding near the top. A small blue bead is attached to the leather. The stick is adorned with a long, braided cord in red and black, which ends in a tuft of white fur. At the bottom, there are several feathers in black, white, and red. The background is a vibrant blue with a marbled, textured pattern. The entire scene is framed by a grey, torn-edge border.

The Talking Stick and Talking Circles

What are they, and when are they used?

Recognition of Territory:

- We would like to acknowledge that we are on the traditional territory of the K'ómoks First Nation



Learning intention:



Our Learning Intention:

- To learn how to use a Talking Stick and understand how it can help us communicate with each other.

The Talking Stick:



- Is a tool used traditionally by Aboriginal people, but lots of people use them today.
- ONLY the person who holds the **Talking Stick** has the right to speak at that time.
- The **Talking Stick** is a symbol of how important it is to listen to the person who is speaking.
- The **Talking Stick** is passed around the circle from one person to the next until everyone who wants to speak has had a chance to.



The Talking Circle



- A **Talking Circle** is used:
 - For meetings
 - To teach children
 - To solve problems
 - At a ceremony where lots of people will speak
- From the age of three First Nation children are taught to “listen first”. This is an important skill for everyone to gain!
- In a talking circle, you can disagree, but only when you have control of your words. What does this mean?

Talking Circle Protocol



How do I behave in a Talking Circle?

- The person who is holding the talking stick is the only person allowed to speak. We wait, even if the person takes some time to think about what they are going to say.
- In this territory talking circles goes counter-clockwise
- You must wait your turn to say something in return.
- No negative comments allowed. You can talk about how you feel, or things that you experienced.
- Whatever you talk about must come from your heart, and it must be true. There are no lies in a talking circle.
- A talking circle continues for as many rounds as you have set out, or until the conversation is finished.

One way to create a Talking Stick



- How will it look?
- What type of wood should it use?
- What feathers, hide or fur should it have?
- What colours should be on it?



WHY did you choose these items?



The Talking Stick

- No two are ever the same!
- Each part is unique and special to the people who made it.
- The objects on the **Talking Stick** are symbols for those who made it.



Other items to facilitate a talking circle:



The Talking Stick



In some cultures the type of **wood** has meaning:

- White pine= Peace
- Birch = Truth
- Evergreen= Growth of all things
- Cedar= Cleansing
- Aspen= Seeing Clearly
- Maple = Gentleness and sweetness
- Elm= Wisdom
- Mountain Ash= Protection
- Oak= Strength
- Cherry= High Emotions/Love
- Walnut= Energy



The Talking Stick



Fur or Hide Can also have Meanings:

They bring the healing qualities of that animal to the group.

- Turkey Feathers=peace, and the give and take to problem solve
- Eagle Feathers= Courage and wisdom to speak truthfully
- Wolf fur= Pathfinder or Teacher
- Rabbit Fur= Good listener
- Deer Hide= Gentleness
- Horse Hair= Connects to Earth and spirit of the wind.



The Talking Stick



The Colour of the Beads can also bring meaning to the Talking Stick

- **Red= Faith**
- **Yellow=Love**
- **Blue= Understanding**
- **Green = Mental Power**
- **Pink= Creativity**
- **White= Personal Charm**
- **Purple= Healing and Thankfulness**
- **Grey= Friendship and Knowledge**
- **Brown= Connected to the earth/Making good decisions**
- **Orange= Feeling connected to living things**
- **Black= Harmony and Listening**
- **Clear= Clarity and Focus**