

# Private Parts Rules



#1 Keep eyes away from others' private parts

#2 Keep private parts covered

#3 Keep hands away from private parts



## Lakota Values

**Woc'ekiya** – Making a deep connection through prayer. Finding spirituality by communicating with your higher power, this communication is between you and Tunkasila without going through another person or spirit.

**Wa o' hola** – Respect: for self, higher power, family, community and all life.

**Wa on'sila** – Caring and Compassion: love caring, and concern for one another in a good way, especially for the family, the old ones, the young ones, the orphans, the one in mourning, the sick ones, and the ones working for the people.

**Wowijke** – Honesty and Truth: with yourself, higher power and others with sincerity.

**Wawokiye** – Generosity and Caring: helping without expecting anything in return, giving from the heart.

**Wah'wala** – Humility: we have a spirit; we are not better or less than others.

**Woksape** – Wisdom: practice with knowledge comes wisdom.

# Good Job!

## You are respecting every body!



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## REFLECTIVE EXERCISES

This exercise come from a tribal behavioral agency and their work to restore the Sacred Circle.

# The Path Exercise: Family Art Therapy Exercise

Our path on (mother) earth stretches out ahead and behind us. This path is one that your ancestors walked, that you walk. This is the same path that your future ancestors will continue to walk for generations to come.

In this exercise, **draw the path that your family has walked through visual story**. As a family, work together to illustrate through images, symbols or colors what or who has come before, who or what exists and where the path will lead for you and future generations of ancestors.

What does healing along this path look like? What wounds or challenges have occurred that walking a healing path can help mend? Consider your ancestors, your living relatives and those that will walk the path in the future.

**Create images to represent these at all places on the healing path.** What is the visual story of you and your ancestors along this path?

## Questions/Reflections Upon Completion

- As a family, what was this experience like together and individually?
- What are sources of strength or resilience along the path?
- How does the visual story evolve and change?
- What do you want your future ancestors to experience or know about life now?



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# The Transformative Path: Individual Art Therapy Exercise

### Where you are and where you want to be.

1. Draw where you are now using images or symbols representing what you are experiencing now physically, emotionally and spiritually.
2. Next draw where you envision yourself or your family to be after this point. Where are you? Who are you with? What are you doing? Show what you experience physically, emotionally and spiritually in this future place.

Between these two places, create the path you will travel. What does the road between these two places look like? What is along the path that brings you from one experience to the next? What does the landscape along the path look like? Is the path through forest? Mountains? Along the ocean or among the stars?

### Questions/Reflections Upon Completion

- How did you feel drawing these different experiences?
- What change occurs along the path?
- Who are you along each part of the path?



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