The Circle of Life is often depicted in the Medicine Wheel which contains color meanings and symbolism. The circle and the four equal parts and colors of the medicine wheel represent the lifespan of all and the four qualities of a balanced life. There is no universal right or wrong way to turn the color wheel, rather it is a general symbol used in different positions according to Tribal history. Some Tribes use yellow first, some use red first, some have black at the top, others white.

The stages of life:
- Birth is represented by the color red.
- Growth is represented by the color yellow.
- Maturity is represented by the color black.
- Death is represented by the color white.

The four qualities of a balanced life:
- The Spiritual life is represented by the color red.
- Emotional life is represented by the color yellow.
- The Physical life is represented by the color black.
- The Intellect is represented by the color white.

Activity ideas:
- Make friendship bracelets using red, yellow, black and white strings and beads.
- Place a mirror in front of you and your child and paint a self portrait using only red, yellow, black and white.

Get creative with words by writing a poem for each of the four colors, following a simple format:
- Red is...
- Red looks like...
- Red sounds like...
- Red smells like...
- Red feels like...
- Red tastes like...
- Red is...