WISDOM FOR ALL AGES

THE TALE OF THE TWO WOLVES

November is American Indian Heritage Month – a celebration of Indigenous Peoples in the United States. In the State of Maryland, American Indian Heritage Day is held each year on the fourth Friday of November, the day following Thanksgiving, and honors the ongoing relationship that the State of Maryland has with the Indigenous Peoples community. This day recognizes and celebrates the contributions, heritage, and culture of the nearly 60,000 American Indians living in Maryland.

Port Discovery is collaborating with the Baltimore American Indian Center (BAIC) to provide educational and fun activities to educate all ages about Indigenous Peoples! To learn more about the center and how to get involved, visit their website at BaltimoreAmericanIndianCenter.org.

Find a cozy place to sit with your child and use this traditional story as a prompt for a mindful conversation or artistic expression.

Two Wolves
A traditional American Indian story

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two “wolves” inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf wins?”

The old Cherokee simply replied, “The one you feed.”

ACTIVITY IDEAS:

- Bring the story to life by creating an illustrated version of it, or making silhouettes of the two wolves and putting on a shadow puppet show.
- Use as prompt to start a conversation about balancing our feelings. Which wolf feels stronger for you today? What can you do to help feed the good wolf? Remember, the focus is on striving for balance, acknowledging both “wolves” and doing so without judgement.
- Create a physical representation through body poses that resemble each wolf and the various emotions mentioned in the story. Allow your child to come up with their own poses, then add additional elements: facial expression, movement, sound, etc.