



AT HOME SONG OF SITTING BULL

FOUR LAKTOA VIRTUES: FORTITUDE

The great Native American Chief, Sitting Bull, led his people with courage, wisdom, generosity and fortitude—The Four Lakota Virtues—as they warred for a way of life they could not save. We also face challenges in our time and these Virtues are as important now as they were then. So we hope his story can remind us that life sometimes requires Fortitude, sticking with something no matter how tough it might be. Can you remember a time when YOU didn't give up on something important in your life..or did, and wished you hadn't?

Watch the three stories on the AT HOME: FORTITUDE webpage.

Then, choose one of these stories and discuss the following questions with your family, teacher, classmates or friends:

- ◆ How did the storyteller show Fortitude? Did they want to give up?
- ◆ How were they able to stick with it? Would you have been able to show Fortitude in their situation?
- ◆ As they found their Fortitude, what did they learn about themselves? Does their experience remind you of a time in your life when you surprised yourself and didn't give up? If so, how did you manage to stick with it? How did you feel once you did, and what did you learn?

Finally, choose one of these ways to explore Fortitude in your life:

- ◆ Caption a photograph of Fortitude and explain why you chose it.
- ◆ Create a piece of art work that shows what Fortitude means to you.
- ◆ Tell your own story of Fortitude in writing and/or short video.

Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!