



# Activity: Talking Stick

## Objective

The talking stick is a tradition in many native communities that is used to show honor and respect to the speaker in a group.

## Instructions

- Visit a local craft store to choose beads, feathers, & leather cords in a variety of colors.
- Invite participants to choose & string beads on the leather cords.
- Tape or tie the feathers to the end of the leather cords.
- Use tape to attach the decorated leather cords to the wooden dowel.
- After discussing the history & purpose of the talking stick, introduce a topic and pass the talking stick to a volunteer. After sharing, they will pass the talking stick to the person sitting next to them.
- When receiving the talking stick, each person can choose to *speak* or *pass* the stick onto the next person.



## Supplies

- Wooden dowel/rod
- Leather cords
- Variety of beads
- Feathers
- Tape

## Additional Ideas

Create individual talking sticks OR create one larger talking stick as a group. If creating one larger stick, each participant can contribute a leather cord with beads representing their journey of resiliency.