

Dear Parents/Caregivers,

We are studying a text by Robert Cutting entitled *Get Real!* It is a story about a young boy, named Jake, who learns life lessons from his Kanienkeha'ka (Mohawk) grandfather.

We thought you might be interested in how Jake relates life to four critical areas. As you read these, take time to discuss them with your child. You may be surprised to see how much he or she has learned!

In *Get Real!* Grandpa tells Jake that there are four components to living a full life.

Mind: What you think affects how you feel. Jake's grandfather gives an example of turning negative thoughts into positive thoughts: Rain can make you sad, but it also makes the grass green, the flowers grow, and the air fresh!

Body: When you look after your body, you feel better, think better, learn better, and enjoy life more! It is important to exercise your body every day and eat well.

Heart: Caring about or having compassion for the way others feel is important, and helping others makes you feel good. Jake's grandfather uses the phrase "Walk a moon in my moccasins." Ask your child what that means.

Spirit: Having "spirit" involves respect and responsibility.

Jake's grandfather uses the following example to talk about connecting the four elements of life.

- When he created his drum, he used his **mind**.
- When he built and played his drum, he used his **body**.
- When he played his drum with feeling, he used his **heart**.
- When he respected the tradition and importance of the drum for his people, he felt responsible for passing along important life messages. This is when he used his **spirit**.

Can you share any life lessons or important family traditions with your child? Enjoy!

Sincerely,