

Totem Poles

What is a totem pole?



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- A totem can be the symbol of a tribe, clan, family or individual. Native American tradition provides that each individual is connected with nine different animals that will accompany each person through life, acting as guides. Different animal guides come in and out of our lives depending on the direction that we are headed and the tasks that need to be completed along our journey.
- Native beliefs further explain that a totem animal is one that is with you for life, both in the physical and spiritual world. Though people may identify with different animal guides throughout their lifetimes, it is this one totem animal that acts as the main guardian spirit.

Your Animal Guide

- Your animal guide will sit on the top of your totem pole.
- Select 2 other animals who you identify with in some way.
- These animals will make up the rest of your totem pole.









Raven



Frog



Animal Guide Characteristics

- What characteristics do your Animal Guides have?
- What qualities do they portray?
- In what ways do they help and guide you?
- Why did you choose that particular animal?