

JUNE WELLNESS CHALLENGE

The CBE Indigenous Education Team would like to invite all CBE staff, families and community members to (re)align your **spirit-heart-body-mind** during the month of June to enhance, your well-being and intercultural understanding.

WEEK 1

Self

Find a place to sit or walk on the land. Using the CBE Indigenous Education Holistic Lifelong Learning Framework (2023) work through the following reflective questions:

Spirit - Why did I choose this place?

Heart - How does this place make me feel?

Body - What am I drawn to through my senses?

Mind - What does this place make me wonder about?

WEEK 2

Friends & Family- **Wahkohtowin**

Wahkohtowin - Cree for Kinship

- **Explore Na'a (Mother Earth) together:** Go for a walk, listen to the sounds of nature, breathe in the fresh air, feel the grass beneath your toes
- **Get creative:** Make art, tell a story, share good humour
- **Relax, unwind, and enjoy the moment:** Have a cup of tea or bake bannock

Spirit, Heart, Body, Mind

WEEK 3

Community

"There is such a powerful eloquence in silence. True genius is knowing when to say nothing, to allow the experience, the moment itself, to carry the message, to say what needs to be said. Words are less important, less effective than feeling. When you can sit in perfect silence with someone, you truly know how to communicate."
- Richard Wagamese - October 29, 2016

How can the power of silence enhance communication and understanding within your classroom community?

- **Experience** the power of community through participating in an event this week:
<https://www.aawc.ca/>

Spirit, Heart, Body, Mind

WEEK 4

Land

"If you want to understand Indigenous knowledge you have to understand the ecosystem that the people come from and have lived within as a network for thousands of years. The better you understand the ecosystem, the better you understand the wisdom tradition of that place."
-Dr. Dwayne Donald - 2021

Find 10 minutes to (de)center yourself by listening to this podcast:
<https://www.indigenousliterarystudies.org/relational-walking-practice>

At the end of his talk, Donald (2021) challenges us to learn from the Indigenous Peoples in Treaty 7 what the month's moon is called and how the name of this lunar cycle is connected to the land and the natural elements in which we are all connected. Take a few minutes to explore the website below to learn the Blackfoot name and meaning of the June 21- July 22 moon, MI-SOM-SOO-TA. Make an effort to sit in the moonlight and reflect upon the teachings connected to this moon that are shared here: https://native-americans-online.com/native-american-12moons.html#Strong_Sun_

Spirit, Heart, Body, Mind

