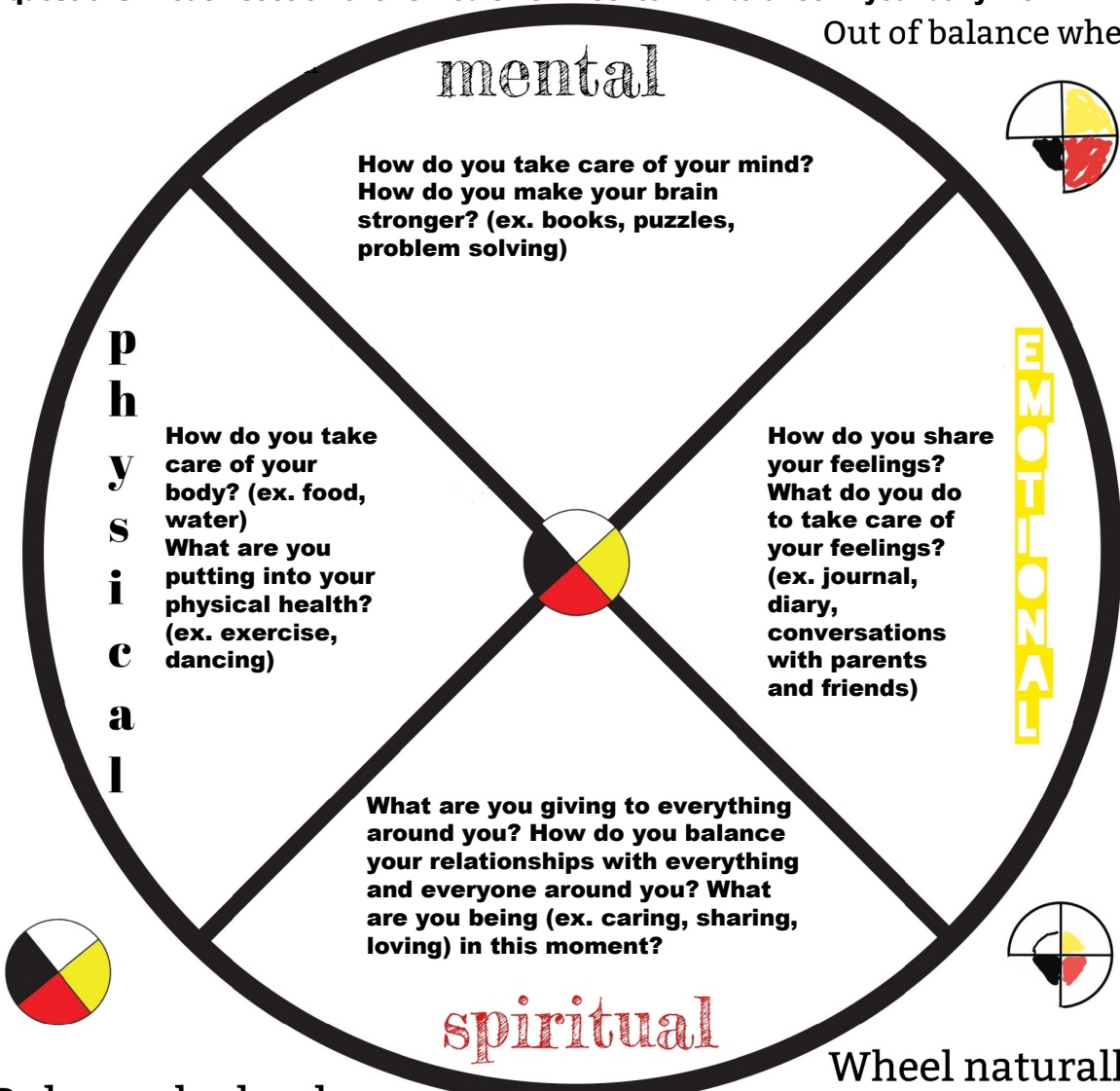


Medicine Wheel

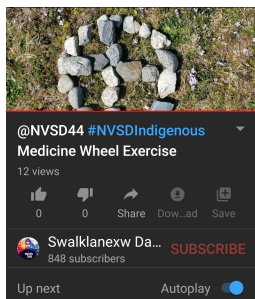
The Medicine Wheel is a thousands of years old Indigenous teaching about balance. It represents the natural cycles of everything on Mother Earth. Ask yourself: if you were to shade in each part of the circle with your current practices, how much of each section would be shaded in? Would each section be shaded in equally - or would the circle be out of balance? Use the questions in each section of this Medicine Wheel to find balance in your daily life.

Out of balance wheel:



Balanced wheel:

Wheel naturally balances out:



Here is a link to a Youtube video that shares medicine wheel teachings in relation to these "staying at home and staying safe" times. The instruction has to do with "balancing our medicine wheel".
Title: @NVSD44 #NVSDIndigenous Medicine Wheel Exercise
Website : Website: <https://www.youtube.com/watch?v=xuYYT-Am21Q>

Things to share:

During these “staying home, staying safe” times, the Medicine Wheel will help to create a personal representation of self, family and the world around us that is in balance. Let’s share in the importance of taking care of and looking after all aspects of being a human being. usiyem = all my relations

Please fill in with things you do to keep balance:

The diagram is a large circle divided into four equal quadrants by a vertical and a horizontal line. Each quadrant is associated with a specific aspect of human well-being, represented by an icon and a text box:

- Top-Left Quadrant:** A soccer ball icon is positioned above a rectangular box containing the word "PHYSICAL" in a stylized, hand-drawn font.
- Top-Right Quadrant:** A stack of four books is positioned above a rectangular box containing the word "Mental" in a stylized, hand-drawn font.
- Bottom-Right Quadrant:** A heart icon is positioned above a rectangular box containing the word "eMOtional" in a stylized, hand-drawn font.
- Bottom-Left Quadrant:** A sun icon is positioned below a rectangular box containing the word "SPIRITUAL" in a stylized, hand-drawn font.

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