MIND, BODY, SPIRIT WELLNESS MEDICINE WHEEL ACTIVITY

Giiwednong/North

Spiritual

- > Try yoga
- > Take a moment for meditation
- Conduct breathing exercises
- > Say prayer & offer tobacco
- Learn to harvest & braid sweetgrass
- Learn to bead & sew
- Star gaze & learn the constellations

Waabnong/East

Mental

- Learn Anishinaabemowin
- Read a good book
- Try problem solving games and activities like sudoku, crosswords, puzzles, etc.
- Set SMART Goals for motivation; intended to be Specific, Measurable, Achievable, Realistic & Timely
- Learn to build a fire safely
- Wake up early to watch the sunrise

Epngishmok/West

Emotional

- Smudge with sage
- Harvest cedar to make tea
- Get creative with music, dance, poetry, writing, drawing & painting
- Reflect in journal entries
- Bake bannock
- Watch the sunset

Zhaawnong/South

Physical

- ➤ Learn to plant & garden
- Walk around to clean up litter around your community
- Build a homemade wind anemometer, water filter design, sun dial
- Play lacrosse
- Go out for fishing, swimming, canoeing or kayaking & other water sports
- Find a place to go strawberry, blueberry & raspberry picking
- Remember to drink plenty of water daily