

Materials	Paper, markers, other art supplies, access to the internet
Learning Outcome	Recognize the connection between the brain and mental well-being and develop a goal for maintaining or increasing good brain health.

Description

The medicine wheel has been used by Indigenous Peoples for generations symbolizing different dimensions of life and the world. The wheel consists of the Four Directions (North, East, South, West) and is broken up into four quadrants. One of the dimensions the medicine wheel represents is wellness domains: mental, emotional, spiritual, and physical. If the child is not aware of the medicine wheel, introduce it to them and consider showing them this [image](#).

Explain to the child that the wellness domains are all connected and are an essential part of the whole self. When we talk about the whole self or fullness, it is often represented by a circle. Roll a ball, wheel, or other round object along the ground and explain that the ball rolls well because it is a balanced round (circular) shape. Ask the student what happens when the ball is not balanced (e.g., it does not roll well, etc). Explain that the same is true for people.

When we focus too much on one wellness domain or ignore others, this impacts our overall wellness. Ask the child to draw a circle on a piece of paper and divide the circle into four quadrants. Label the different quadrants: mental, emotional, spiritual, and physical. In each quadrant, ask the child to list things that support or are important to that domain of their wellness. After they have completed their list, ask them to try combining domains to consider their overall wellness. Some examples are:

- When I dance and play games or sports, my body gets stronger (physical), I have fun with my friends (spiritual), and I feel happy (emotional).
- When I sleep well at night (physical), I am more alert and ready to learn (mental).
- When I participate in family/community ceremonies or celebrations (spiritual), I feel I belong (emotional).
- When I worry about things (mental) I don't sleep well (physical), and am cranky with others (emotional).
- When I eat nutritious food (physical), I have lots of energy all day and can think clearly (mental).

Invite the child to take the ball and ask them to explore different ways to throw and catch the ball (e.g., with one or two hands, catch it high or low, catch it in front, back or the side of the body, catch in the air or after a bounce, etc.). Explain to the child that these are all different ways of throwing and catching and each way represents a different individual and their wellness. This means that wellness looks a little different for everyone and this is important to remember. It can also change over time and look different at different times in our lives.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Is there a domain of your health that you put more focus on? If so, how do you think you could balance it with other domains?*
- *How has each domain of your health changed since you were younger?*