



Healthy Minds, Healthy Bodies

Grades 6-8

Feeling connected is a basic human need that is even more important in challenging times like these. The activities in this package are aimed at supporting you to make connections to yourself, to others and to nature.

You are encouraged to do activities in a language you are learning (e.g. French or English), or in the language of your choice. Links and materials have been provided in French for some of the activities.

To complete the activities, you will need a notebook, graph paper (or make your own), Internet access, markers, pen/pencil, and a timer.

Introduction

This activity package will help you to explore your connectedness to the world around you and to yourself. First Nations have known about the interconnectedness and interrelatedness of all things for thousands of years. The Seven Sacred Teachings are guiding principles that teach us how we can live in peace and harmony with all things.

Each of these teachings are interconnected and dependent on each other. For example, you can't have wisdom without having honesty, and you can't have respect without also having love. Following these teachings will help you to live your life in balance.

Respect

Respect all living things by living in harmony with nature and with those around you. Share what you have and treat others as you would like to be treated.

Courage

Courage is being brave no matter what happens in your life. Listen to your heart and have the courage to do what is right even if it's difficult.

Love

Show your love to yourself, your family, friends and your community through your words and your actions. To have love is to be at peace with yourself and with others.

Wisdom

Wisdom is earned through experience and learning. To be wise is to know the difference between right and wrong and to live accordingly.

Truth

Seek the truth in everything you do. Living the truth is living the Seven Sacred Teachings.

Honesty

Speak from your heart, honour your promises, and be truthful with yourself and with others.

Humility

Avoid arrogance, or thinking you are better than others. Think of others before you think of yourself and treat others well.



Let's Get Started: Connect with Nature

Take a walk through the woods or through your neighborhood. Sitting by an open window will work, too! This can be short or long; it's up to you.

- Take a few minutes (or longer if you like) and spend the time in silence.
- Try to clear your mind and think only about the nature around you.
- Try not to control your interaction with the natural world. Listen to birds or notice awakening spring plants. Feel the sun on your face.

Reflect upon this experience by recording your ideas in a journal. You may do this while in nature or when you return home. *Vous pouvez faire le journal en français.*

In your reflection, describe a connection or connections to nature that you experienced, especially if it is new to you. Which of the Seven Sacred Teachings do you connect to the most? Or is it more than one? Why do you connect?

Leave no trace of your visit

Make no damage, leave no litter.

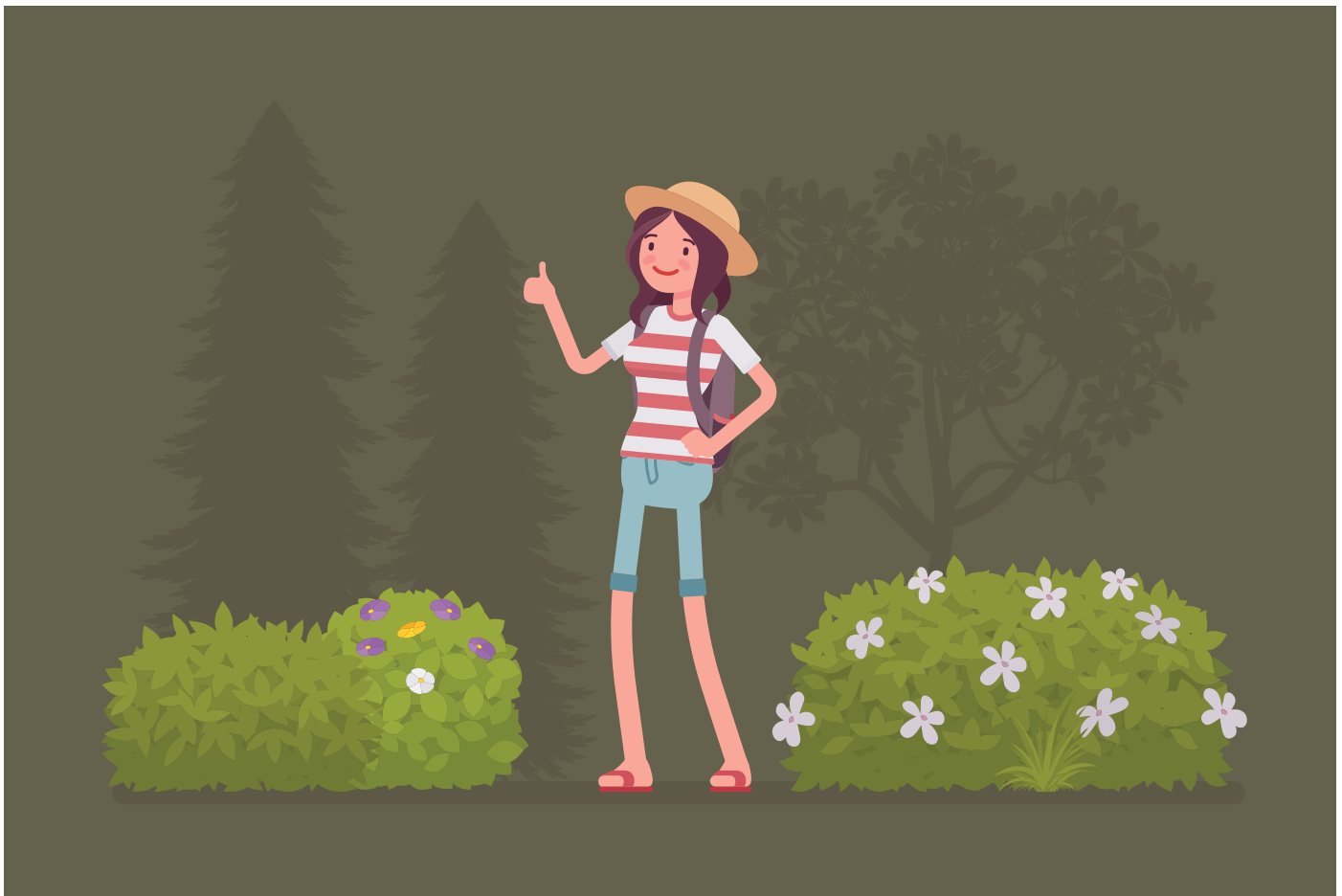
Be a respectful observer

Watch and listen, but don't do anything that might harm the plants and animals or prevent them from living their lives uninterrupted.

Gather with great care

Only handle plants and animals that you know to be safe.

Watch the Mi'kmaq story about the [Spirit of the Woods](#)



Moving on to Tic Tac Toe

It's time to play Tic Tac Toe! Select 3 task boxes to complete. Each task should take approximately one hour, but it's ok if it takes longer! Aim for 1 task per day. Remember it's Tic Tac Toe so try to check off a horizontal, vertical or diagonal line.

Les tâches identifiées avec un astérisque ci-dessous sont offertes en français.

<u>Listen to Your Heart</u>	<u>Connect with Others</u>*	<u>Go Fish with a Twist</u>
<u>Prepare a Healthy Snack</u>	<u>Practice Self-care</u>*	<u>Name your Superpower</u>
<u>Practice Mindfulness</u>*	<u>Track your Sleep</u>	<u>Create a Time Capsule</u>

Listen to Your Heart

Physical activity is important in maintaining a healthy lifestyle. Understanding your body's response to physical activity is important to ensure you do the minimum daily/weekly recommended activities.

To determine how hard you should work, measure and compare your heart rate after you perform each activity.

Your heart rate is the number of times your heart beats per minute. Normal heart rate varies from person to person, but a **normal resting heart rate** is usually about 60 to 100 beats per minute. During rest, your heartbeat will slow down. With exercise, it will beat faster.

Moderate-intensity physical activities will cause you to sweat a little and to breathe harder. While doing moderate-intensity activity you should still be able to talk, but not sing along to your favourite song. Your heart rate for this type of activity is usually about 100 to 140 beats per minute.

Vigorous-intensity physical activities will cause you to sweat and be out of breath. While doing vigorous activity you shouldn't be able to say more than a few words without pausing for a breath. Your heart rate for this type of activity is usually about 140 to 170 beats per minute.

You can see a few activities in the following chart. Start with these and then add more activities.

Follow these steps to test each activity:

1. Sit quietly and breathe deeply for 1 minute.
2. Take your pulse for 1 minute (or for 15 seconds and multiply it by 4). Record it in your chart.
3. **Do the next activity for 1 minute.**
4. **Take your pulse for 1 minute (or for 15 seconds and multiply it by 4). Record your heart rate in the chart.**
5. **Sit quietly and breathe deeply for 1 minute.**
6. Repeat **Steps 3-5** for each activity listed in your table.
7. Show your results in a bar graph like the one provided.
8. Use your graph to examine which activities were actually moderate and which were vigorous.

Guidelines



For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



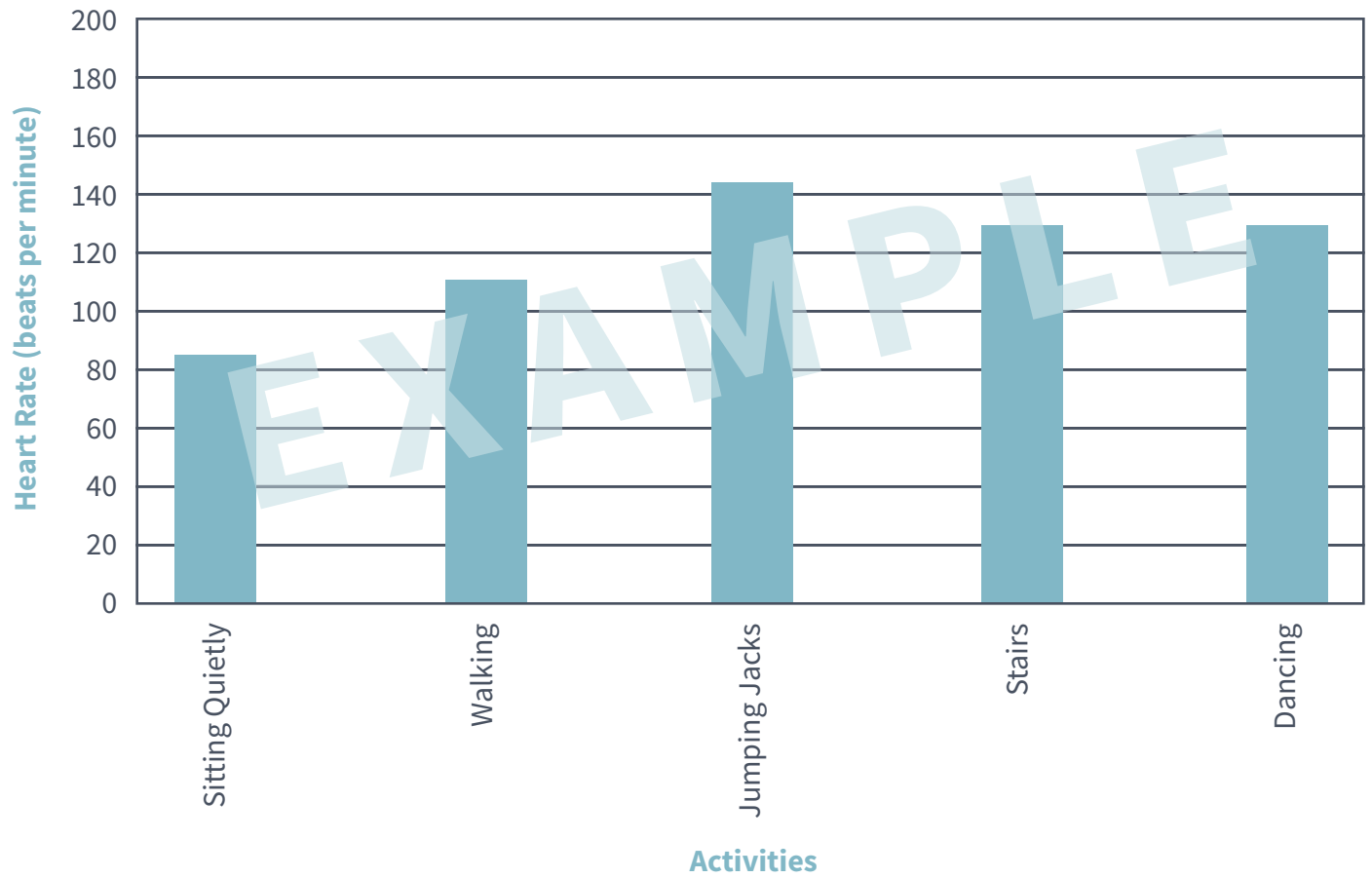
Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Activity (for 1 minute)	Heart Rate (per minute)
<i>Sitting quietly</i>	
<i>Walking</i>	
<i>Jumping Jacks</i>	
<i>Walking up and down the stairs</i>	
<i>Dancing</i>	

The effect of moderate to vigorous intensity activities on heart rate



Connect with Others

Connect to people in the world around you. Try to find activities that can help you make connections to your immediate world: within your home, in your community or in your digital world.

Example activities are:

- group sing-alongs. In various cities around the world, neighbours are meeting on their balconies to join in song. Could you organize something like this in your house? Neighbourhood? Digital space?
- working out with others. Could you organize a Facetime workout session with your friends? Could you create a workout session for your whole family?
- writing notes to people in your family or community to say “Hi” or to thank them for kindness they have shown you. You can email or send the note in the mail.
- call someone on the phone. This is good for your mental health and theirs!

Établissez une connexion aux gens du monde qui vous entourent. Essayez de trouver des activités pour vous aider à établir des liens avec votre monde immédiat: dans votre maison, dans votre communauté ou dans votre monde numérique ou virtuel.

Exemples d'activités:

- *chant de groupe. Dans diverses villes du monde, les voisins ont chanté sur leurs balcons. Pourriez-vous organiser quelque chose comme ça dans votre maison? Quartier? Espace numérique?*
- *travailler avec les autres. Pourriez-vous organiser une séance de Facetime avec vos amis? Pourriez-vous créer une séance de yoga pour toute votre famille?*
- *écrivez des messages aux membres de votre famille ou de votre communauté pour leur dire «bonjour» ou «merci». Vous pouvez envoyer un e-mail ou envoyer la note par la poste.*
- *appeler quelqu'un au téléphone. C'est bon pour votre santé mentale et la leur!*



Go Fish with a Twist

Having fun and playing games with the people around you are great ways to build stronger relationships and reduce stress. For this activity, you will create your own card game and then play it with your family. This game is for two or more players.

Create Your Cards

You'll need paper, cardboard, or index cards, markers, pencil crayons, or crayons, and scissors.

1. First, make a list of 20-25 activities (e.g., Jumping Jacks, Quack Like a Duck, Crazy Dancing).
2. Then, design and create 2 cards for each activity. You will have a total of 40 - 50 cards.
3. Cut out your cards and get ready to play!

Now Play Go Fish with a Twist

The goal is to collect the most pairs of cards. Start by giving each person five cards and place the remaining cards in a pile.

1. Player 1 asks Player 2 for a card, "Do you have a Jumping Jack?"
2. If there is a match, Player 2 gives Player 1 the Jumping Jack card, everyone gets up and completes the task (i.e. 10 Jumping Jacks), and Player 1 gets another turn.
3. If there is not a match, Player 2 tells Player 1 to "go fish" and Player 1 picks up a card from the pile. Player 1's turn is over, and Player 2 gets to ask for a card from the next player to try to make a pair.
4. Continue playing until someone runs out of cards.
5. Whoever has the most pairs win.

Card Template

10 Jumping Jacks	Quack Like a Duck Around the Room
Sing Twinkle Twinkle	Tell a Joke
March in Place for 1 Minute	Dance Party for 1 Minute

Prepare a Healthy Snack

Sharing a meal or snack with others is an important way to stay connected. For this task, you will prepare a healthy snack each day for a week for yourself or others in your home.

How does your snack plate compare to the Canada's Food Guide plate? How do they compare to the snacks you usually eat?

Check the [Canada's Food Guide website](#) for recipes and nutritional information. *Ou si tu préfère, consulte le [Guide alimentaire canadien](#).*



Practice Self-care

Self-care means taking time to build a good relationship with yourself by doing things that make you feel happy, calm, and confident about who you are. Practice one self-care idea every day this week by making a happy jar. Write things you love to do on small pieces of paper – one idea per piece. Then, draw one piece per day and do the activity.

Prendre soin de soi signifie prendre le temps de bâtir une bonne relation avec vous-même. Il est important de faire des choses qui vous rendent heureux, calme et confiant sur qui vous êtes. Pratiquez une idée de soins personnels chaque jour cette semaine en faisant un pot joyeux. Écrivez des choses que vous aimez faire sur de petits morceaux de papier - une idée par pièce. Ensuite, dessinez un morceau par jour et faites l'activité.

Some ideas:

*eat a meal
you love*

*set up an online
get together*

exercise

*listen to music
you enjoy*

take a nap

*walk with
your family*

*give yourself
quiet time*

journal

call a loved one

*take three
deep breaths*

Name your Superpower

Personal strengths are the characteristics that make up who we are. They are our superpowers! We can use these strengths to reach our goals. Some strengths are:



1. What are you good at? What are your talents, gifts, and special qualities? How do they make your day easier?
2. When do you use your strengths?
3. Use one of your strengths to do something for someone to brighten up their day.
4. How did you feel after you shared your strength with the other person?

Practice Mindfulness

To practice mindfulness, sit quietly and focus on your breath. Breathe in and notice how the breath enters your body. Where does the breath go? Breathe out and notice how it feels. Continue to breathe in and out for 1-5 minutes. Notice if your mind wanders and if you catch your mind wandering, return your attention to breathing. Try this mindful practice three times today. What do you observe each time?

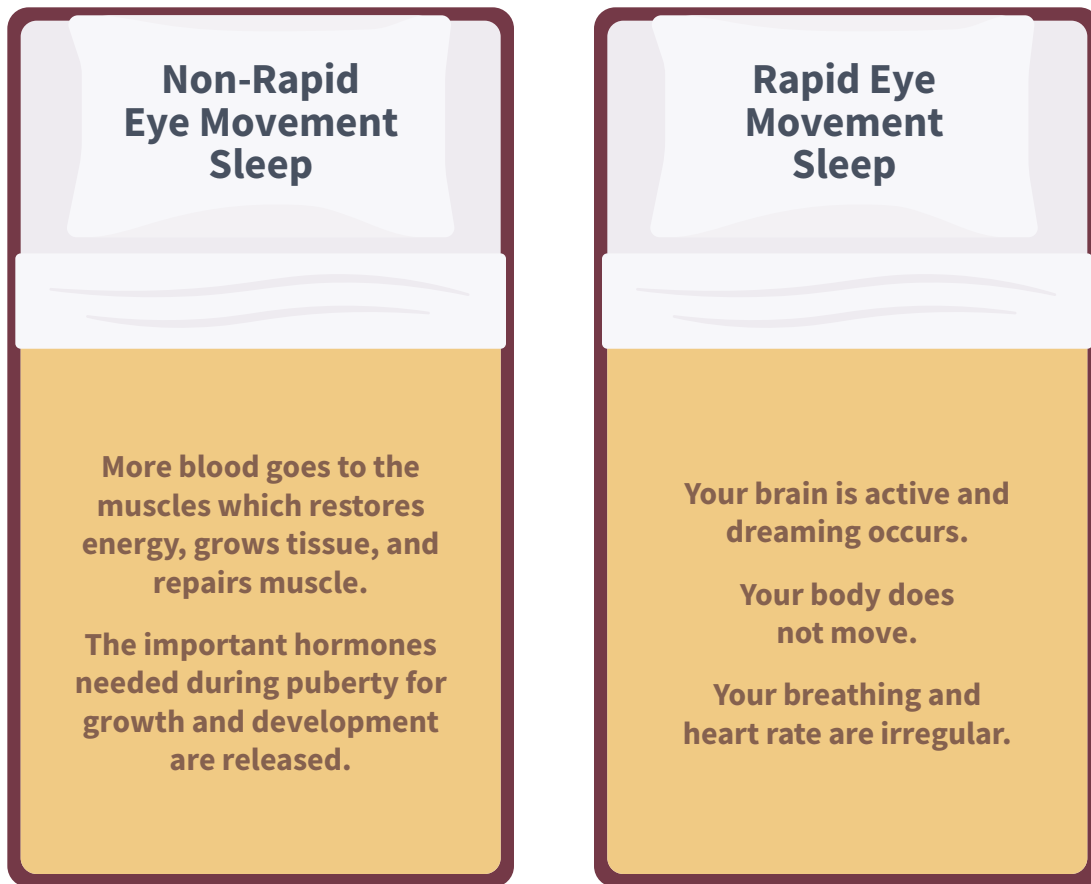
Other activities that help you practice mindfulness are: drawing, colouring, [yoga](#), raking the lawn, or chewing each bite of a snack twenty times.

Pouvez-vous faire l'activité en français? Nous avons inclus [une série vidéos de yoga](#) à essayer!

Mindfulness is a practice that allows you to connect to your feelings. Mindfulness means paying attention, on purpose, to what is happening right now. The goal is to notice how you are feeling or thinking about what is happening without judging it or reacting to it. Mindfulness practice has many benefits. It reduces stress and improves sleep and focus.

Track Your Sleep

Sleep gives your body a chance to connect and recharge, but your brain stays active. Check out what happens during the two stages of sleep:



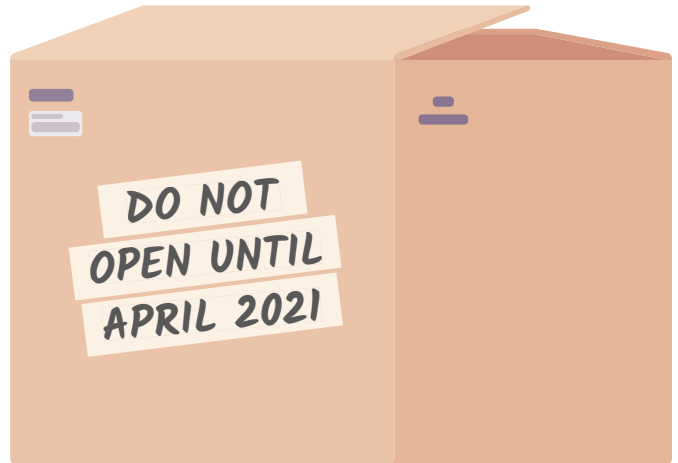
Each morning for four days, consider how you slept. Keep a chart of your sleeping habits. Did you sleep well? How many hours did you sleep? Did something disturb your sleep? What were you doing before bedtime and is there a connection to the quality of your sleep?

Review your chart after four days. Calculate your average hours of sleep. The recommended number of hours of sleep for your age group is between 9-11 hours per night. Are you reaching this goal? When do you sleep best? Now that you've tracked your sleep, how can you improve your sleeping habits?

Create a Time Capsule

This is a unique time in history and a great opportunity to record what you're feeling right now. When this passes, and it will, you can look back on this time with the help of your time capsule. Ideas of things to include in your time capsule are:

- a listening journal of the music you listen to throughout your day. What music are you listening to right now? Why did you/do you choose it? How does it make you feel?
- a piece of art that shows how you feel during this time.
- a record of what a usual day looks like for you now. What makes you the happiest throughout the day? What do you look forward to?



C'est un moment unique dans l'histoire et une excellente occasion d'enregistrer ce que vous ressentez en ce moment. Quand cette période sera finie, vous allez pouvoir garder ce souvenir personnel. Les idées de choses à inclure dans votre capsule historique sont:

- *un journal d'écoute de la musique que vous écoutez. Quelle musique écoutez-vous maintenant? Pourquoi l'avez-vous choisi ou l'avez-vous choisi? Comment vous sentez-vous?*
- *une œuvre d'art qui montre comment vous vous sentez pendant cette période.*
- *une description d'une journée habituelle pour vous maintenant. Qu'est-ce qui vous rend le plus heureux toute la journée? Qu'attendez-vous avec impatience?*

And Now for Your Final Reflection

Think back about everything you have completed this week beginning with the nature walk. How did these activities make you feel? Which of the Seven Sacred Teachings do you connect with now? Has anything changed? How do you plan on staying connected with yourself, others and nature?

What kind of reflection will you create?

