

Learning from the land during Healthy Minds Week:

1. Learning About the Basics

Land-based Education:

“Land is a good teacher, lessons come from the land: Tell stories about the Land, breath and experience nature.”

Elder Emma Gossfeld, University College of the North Elder in Residence, Thompson

Land Based Education Success Pathway Thompson Community Circle

<https://tinyurl.com/4wrr7smm>

Mother Earth:

“This cultural concept includes not only human family members but also all aspects of life. The planet is referred to as Mother Earth and all animate and inanimate objects such as the rocks that are used in Aboriginal ceremonies are referred to as family members. In Talking Circles, the rocks used are viewed as a supportive family member. As they are passed from one member to another they link all the members of the family and are a source of strength to each participant.”

<https://www.edu.gov.mb.ca/k12/abedu/perspectives/concepts.html>

Smudging:

“Smudging is a tradition, common to many First Nations, which involves the burning of one or more medicines gathered from the earth. The four sacred medicines used in First Nations’ ceremonies are tobacco, sage, cedar, and sweetgrass. The most common medicines used in a smudge are sweetgrass, sage, and cedar.

Smudging has been passed down from generation to generation. There are many ways to perform a smudge and different variations exist. Historically, Metis and Inuit people did not smudge; however, today many Metis and Inuit people have incorporated smudging into their lives.”

https://www.edu.gov.mb.ca/iid/publications/pdf/smudging_guidelines.pdf

2. [Learn about how Land Based Education is being used in our province](#)

<https://schoolsofwellbeing.buzzsprout.com/1001440/4365167>

This podcast episode comes from Dr. Jennifer Watt's (University of Manitoba) Podcast, *Schools of Well-Being*, and is part of a larger research initiative, *Well-Being & Well-Becoming in Schools in Canada* (www.wellbeinginschools.ca). This particular episode is called *Land-Based Education and Belonging: Juniper Elementary School*. In this episode, Dr. Watt discusses the innovative, land-based, education program being offered at Juniper Elementary School with its principal, Lucy Mayor, and guidance counsellor, Sherri Alexander. They both discuss the benefits of this program and how it has particularly improved attendance at their school. This example demonstrates how learning in nature benefits the mental health of children and school health overall.

3. [See how teachers in WSD have been taking the classroom outside](#)

[Lord Nelson revives the fur trade:](#)

https://www.winnipegssd.ca/lordnelson/_ci/p/13607



[Sir William Osler gets back to nature](#)

https://www.winnipegssd.ca/_ci/p/13608



[Laura Secord has the coolest classroom](#)

https://www.winnipegsd.ca/_ci/p/9560



[Isaac Newton is branching out](#)

https://www.winnipegsd.ca/_ci/p/7305



4. [Land-based calming technique and a handy map to find a setting!](#)



This link provides an interactive map for all of Winnipeg's dozens of parks:

<https://parkmaps.winnipeg.ca/>

5. [Some Lesson Ideas from Fort Whyte Alive](#)

This link will take you to an excellent website, filled with free outdoor lesson activities for all ages:

<https://www.fortwhyte.org/educators/resources/>