



Reflect and discuss

Finding your path to balance



You know yourself better than anyone else does.
You are the expert on your own health.

Since you're in charge, you might want to explore some of the ways other people manage their health and wellness.

Here are two examples of practices that youth who contributed to making this course use to find balance and maintain their health and wellness, focusing on mindfulness and spirituality.

Activity steps

1. Play the short videos made by our team.
 - a. **Finding your path to balance** - An animated short introduction
 - b. **Mindful landscape** - Learn how Leif Harris slows down and recharges with mindful meditation
 - c. **What spirituality looks like to me** - "Spirituality is about connection—to the land, self, community and spirit."--Connor Little Thunder Spirit Lafortune.
2. Arrange participants into pairs or small groups and give each set a Finding your path to balance handout. Give them time to talk about and write answers to the 'reflect and discuss' questions.
3. Debrief as a larger group.

Reflect and discuss

Consider the messages and suggestions in the short videos made by our team.

- How do you feel after watching the videos?
- Do you know of any other practices or cultural traditions that promote balance and health?