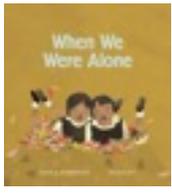
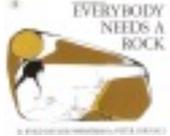
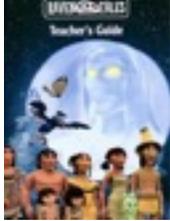
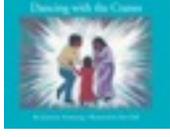
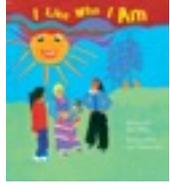


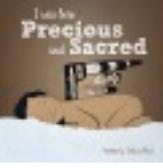
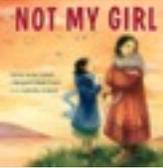
Personal Awareness and Responsibility: Well-Being

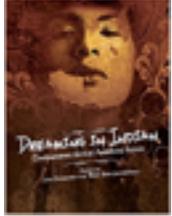
Students who are personally aware and responsible recognize how their decisions and actions affect their mental, physical, emotional, social, cognitive, and spiritual wellness, and take increasing responsibility for caring for themselves. They keep themselves healthy and physically active, manage stress, and express a sense of personal well-being. They make choices that contribute to their safety in their communities, including online interactions. They recognize the importance of happiness, and have strategies that help them find peace in challenging situations.

I can participate in activities that support my well-being, and tell/show how they help me. I can take some responsibility for my physical and emotional well-being. I can make choices that benefit my well-being and keep me safe in my community, including my online interactions. I can use strategies to find peace in stressful times. I can sustain a healthy and balanced lifestyle.

	<p><u>When We Were Alone by David Alexander Robertson. 2016</u></p>	<p>Strategies to find peace in stressful times.</p>
	<p><u>The Moccasins by Earl Einarson. 2004</u></p>	<p>Importance of feeling loved and recognizing it and valuing it enough to pass along to others</p>
	<p><u>Spirit Bear by Jennifer Harrington</u></p>	<p>Looking after self in challenging situations</p>
	<p><u>Which Way Should I Go? By Sylvia Olsen</u></p>	<p>Making choices that benefit your own well being. Being mindful. Making good choices.</p>
	<p><u>Little Bear's Vision Quest by Sylvia Olsen</u></p>	<p>Acknowledging your mistakes and taking responsibility. Self-aware of feelings.</p>

	<p>Everybody Needs A Rock by Byrd Baylor</p>	<p>Emotional well-being</p>
	<p>Raven Tales - 26 Graphic Novels Edited by D. Bouchard and D. Booth</p>	<p>“These graphic novels are built on traditional stories that develop a sense of community, responsibility, respect and interconnectedness of life” Click here for individual story details.</p>
	<p>Raven Tales - Teacher's Guide Edited by D. Bouchard and D. Booth</p>	<p>Recommended. Connects Raven Tales to First Nations cultures and other international and aboriginal cultures with similar stories. Story summaries. Delineated themes i.e. Living in Community, Respect...</p>
	<p>Sometimes I Feel Like a Fox by Danielle Daniel</p>	<p>Emotional well-being</p>
	<p>Dancing with the Cranes by Jeanette Armstrong / Ron Hall</p>	<p>Taking some responsibility for emotional well-being.</p>
	<p>Seven Sacred Teachings Niizhwaaswi gagiikwewin by D. Bouchard and Dr. J. Martin</p>	<p>Humility, Honesty, Respect, Courage, Wisdom, Truth, Love</p>
	<p>I Like Who I Am by Tara White</p>	<p>Emotional well-being</p>
	<p>Sweetest Kulu by Celina Kalluk</p>	<p>Believe in Yourself, Love, Help others, Be gentle, Be creative, Find joy, Be empowered, Be patient, Be kind</p>

	<p><u>My Heart Fills with Happiness</u> by <u>M.G. Smith</u></p>	<p>Emotional well-being</p>
	<p><u>Lesson for the Wolf</u> by <u>Rachel Qitsualik-Tinsley</u></p>	<p>Emotional well-being. Being yourself rather than trying to copy others.</p>
	<p><u>I Know I am Precious and Sacred</u> by <u>D. Abood</u></p>	<p>Emotional well-being. Healthy and balanced life-style.</p>
	<p><u>I was Born Precious and Sacred</u></p>	<p>Self-esteem and self-respect</p>
	<p><u>Set of seven books</u> by <u>Katherena Vermette</u></p>	<p>The Seven Teachings Stories are inspired by the Seven Sacred Teachings of the Anishinaabe—love, wisdom, humility, courage, respect, honesty, and truth. These stories are set in urban landscapes, Indigenous children tell familiar stories about home, school, and community.</p>
	<p><u>When I was Eight</u> by <u>Christy Jordan-Fenton</u></p>	<p>Deep breathing, visualization for well-being. Positive self talk, identity.</p>
	<p><u>Not My Girl</u> by <u>Christy Jordan-Fenton</u></p>	<p>Connection to family and culture, seeking friendship and play.</p>

	<p><u>Storm Boy</u> by Paul Owen Lewis</p>	<p>Motif of staying physically safe - not wandering away in bad weather</p>
	<p><u>Orca Chief</u> by Roy Henry Vickers and Robert Budd</p>	<p>Being mindful to help make good choices.</p>
	<p><u>Dreaming In Indian: Contemporary Native American Voices</u>. Edited by L. Charleyboy and M.B. Leatherdale</p>	<p>Music and the Arts, Comedy and Humour can heal and promote well-being</p>
	<p><u>The Secret of Your Name</u> by D. Bouchard</p>	<p>Mindful sense of identity promotes well-being</p>
	<p><u>Shin-chi's Canoe and Shi-Shi-Etko</u> by N. Campbell</p>	<p>Connection to family and culture.</p>