



The Life Promotion Toolkit: A resource for educators and school staff

The Life Promotion Toolkit was created by Indigenous youth to strengthen connections to self, community, culture and land. It provides adaptable activities to support student well-being in a strengths-based, culturally grounded way.

What's inside?

- 80+ pages of activities focused on strengths-based learning
- four key focus areas: land, self, community and culture
- reflection prompts – questions to help students deepen their understanding
- links to additional resources

How can educators and school staff use it?

- Embed activities into existing lessons – the toolkit is designed to complement what you're already doing.
- Adapt activities based on your students – the toolkit is flexible and student-centered.
- Check which activities require a Knowledge Keeper – some teachings need Indigenous guidance.
- Encourage student reflection – use the toolkit's guiding questions to help students explore meaning, purpose and connection.

Accessing the toolkit

- Download the PDF document from wisepractices.ca/life-promotion-toolkit.
- Hard copies of the toolkit may also be ordered directly through the Thunderbird Partnership Foundation at surveymonkey.com/r/TPFresourcerequest.

Visit our website for a link to the Life Promotion Toolkit and companion resources

smho-smso.ca/online-resources/life-promotion-toolkit-and-supporting-resources/

