



Life Promotion in Action – Bringing Activities into the Classroom

Life promotion activities strengthen connections to self, community, culture and land. Educators and school staff can use the Life Promotion Toolkit to embed well-being practices into their classrooms in meaningful and culturally respectful ways.

Activities with connections to land – can be facilitated by anyone

Examples: nature walks, outdoor mindfulness, learning about local plants

Ideas:

- Host an Earth Day medicine walk and invite a Knowledge Holder (page 23).
- Create a school garden and understand the positive impacts of food sovereignty (page 20).
- Adopt land-based health and physical education classes (page 26).

Activities with connection to self – can be facilitated by anyone

Examples: reflective journalling, storytelling, beadwork, painting

Ideas:

- Share the resource on fidgeting and its importance with the students, providing fidgets and promoting the conversation around accessibility and individual needs (page 42).
- Engage in creative journals and drawing as a part of your weekly check-ins (page 41).
- Start conversations around boundaries, healthy communication and consent, especially in sexual and social health conversations (page 49).

Activities with connection to community – can be facilitated by anyone

Examples: sharing circles, peer-led discussions, student storytelling

Ideas:

- Engage in peer-led mentorship; tutoring, co-learning and teach-the-teacher assignments (page 57).
- Leave space for open communication similar to a sharing circle (page 62) or tea talks (page 63), and create group projects that promote collaboration on things students are passionate about.



Activities with connection to Spirit – Knowledge Keeper required

Cultural teaching examples: learning about medicines, traditional knowledge, teachings from Elders

Traditional practices examples: drum-making, ceremony, learning songs, language teachings

Idea:

- Learn your creation story (page 74): creation stories do not only refer to Indigenous stories, but they can also reflect religious and personal stories. Creation stories answer the “why” question, which can allow you to facilitate your future.

Things to keep in mind

- Choose activities that align with your students’ needs – the toolkit is flexible and can be adapted for different ages and learning styles.
- Respect cultural boundaries – some activities require a Knowledge Keeper to maintain cultural integrity.
- Use reflection questions – help students explore belonging, meaning, purpose and hope through guided discussions.
- Engage school and community supports – work with your board [mental health lead](#) or Indigenous education team to strengthen your approach.

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/



Promoting mino-bimaadiziwin (the good life) means you are also promoting your own life. So be patient, be kind, and continue the amazing work!



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