

Facilitation Guide for non-Indigenous School Staff

This document provides guidance for non-Indigenous school staff facilitating the [Life Promotion Toolkit \(Wise Practices\)](#). Learn which activities from the Toolkit require the support of an Indigenous person and which can be facilitated by a non-Indigenous person. Consult your board's Indigenous education lead for support.

Activities requiring the support of an Indigenous person

- Identifying Local Knowledge Keepers – page 25
- Ceremony With Intention – page 50
- Sharing Circle Activity – page 62
- Tea Talks for Intergenerational Healing – page 63
- Ceremony With Communal Intention – page 64
- Naming Ceremony – page 71
- Making a Traditional Dwelling – page 72
- Creating Spiritual Items – page 73
- Learning Your Creation Story – page 74
- Drumming and Singing – page 75

Activities that do not require the support of an Indigenous person

- Creating Safe and Brave Spaces – page 12
- The Importance of Having Gentle Teachers – page 13
- Food Sovereignty, Gardening, and Food Programs – page 20
- Seasonal Activities/Exploring Communities Capacity for Land Based Activities – page 22
- Connection to Nature Using Mindfulness – page 24
- Movement is Medicine – page 26
- Knowing My Response-Ability – page 38
- Changing the Way We Speak – page 39
- The Power of Affirmations – page 40
- Creativity Activity (Music, Drawing, Journaling) – page 41
- Fidgeting and Its Importance – page 42
- Creating a Self-Care Kit – page 43
- Morals and Values Activity – page 44
- Self-Reflection Activity – page 45
- Stretching Activity – page 46
- Exploring Our Identities – page 47
- Meditation – page 48



- Healthy Communication and Boundaries – page 49
- Engaging Role Models for Mentorship and Peer Support – page 57
- Communal Challenge/Repair Activity – page 59
- Festivals – page 60
- Family Tree Activity – page 61

Activities that may require the support of an Indigenous person

- Full Moon Activity – page 19
 - ▶ requires the support of someone with moon teachings
- Living Off the Land and Building Your Own Fire – page 21
 - ▶ requires the support of someone with fire and survival teachings
- Medicine Walks, Harvesting, and/or Foraging – page 23
 - ▶ requires the support of someone with harvesting knowledge
- Introducing Yourself in the Language – page 35
 - ▶ requires someone with knowledge on Indigenous languages or in-depth resources to ensure accuracy
- Craft Night – page 58
 - ▶ requires the support of someone with crafting knowledge; could require Indigenous knowledge for specific crafts

Note: These are suggestions. It is always recommended that you consult with your board's Indigenous education lead and contact your local Indigenous communities for specific and accurate information on Indigenous ceremonies and facilitation protocols. These are overarching guidelines. Any of the activities mentioned could require the support of an Indigenous person depending on the depth of the key messages and intended outcomes. Find the toolkit at wisepractices.ca/life-promotion-toolkit.

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

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



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PAGE 2