

## Path to Wellness: How is culture connected to wellness?

Exploring Indigenous Peoples' views on health and wellness and the importance to everyone of finding balance for the mind, body, spirit and emotions.



**Take Action for Reconciliation** inquiry-based student books focus on Indigenous cultures, languages, and worldviews and include:

- Indigenous voices and perspectives throughout
- Contemporary stories and historical truths
- Examples of actions people have taken to promote reconciliation
- Quotes by Indigenous leaders and Elders highlighting ideas and/or issues
- Think About It! section to prompt further inquiry and help students connect to their own lives
- Learn About It! section offering additional facts and information or questions for students to research
- Final Project: a call to take action, share your learning, taking a step in reconciliation

The magazine-style format books are highly visual, and feature:

- engaging texts with a grade appropriate range of reading levels
- a variety of text forms such as infographics, articles, profiles, comics, interviews, and descriptions
- non-fiction features such as photos, captions, maps and labels

### Teacher's Resource

The 80-page teacher's guide for each grade includes:

**Getting Started** section with:

- Background information on preparing to teach the unit
- Questions to ask yourself about the topic, social/political contexts, cultural perspectives, and your students
- Ways to introduce the unit and the inquiry question (e.g., what makes communities strong?)
- Assessment ideas and learning outcomes

**Lesson Plans** for each selection in the student book with:

- Background information about the selection, e.g., the history, perspectives, and culture
- prompts for connecting to the final project at various points in the unit
- a list of recommended multi-media resources (videos, websites, books)
- a summary of the selection, indication of level of reading difficulty, and vocabulary
- questions for before reading to prompt students to build or reflect on background knowledge
- questions to deconstruct the text on the page and reconstruct meaning
- cross-curricular suggestions to extend conceptual learning and understanding
- questions for further inquiry and going deeper into the topic or selection

**Pronunciation Guide** at the back of the guide

**Additional Teaching Supports** will also be available on the Take Action for Reconciliation website, including assessment and links to recommended resources (websites, maps, books, videos)

One Teacher's Guide  
Class set of Community Ties (26 copies)



From Community Ties

The books and resources in this bin belong to Early Literacy, Learning Services. They are loaned for classroom use only. Please remember to return all items in good condition to Learning Services. Any items missing will be replaced and billed to the school directly.