

The background features a stylized Indigenous art style. It includes several black mountain peaks with zigzag patterns on their sides. A large yellow sun with small dots is in the upper right. Concentric white and yellow circles represent water or land. The background is a mix of purple, pink, and yellow. There are also small pink starburst shapes and dots scattered throughout.

PASS THE SAGE:

Little Roots

Indigenous

kids + parent

activity

journal

From 4-8

This Journal is for

Child's Name:

Grown-up's Name:

Relationship Anchor

We are:

- Mom & Child
- Dad & Child
- Auntie / Uncle
- Grandparent
- Caregiver
- Other: _____

Date started:





What is mindfulness?

Mindfulness is the practice of paying full, non-judgmental attention to the present moment. It means being aware of what's happening right now—your thoughts, feelings, bodily sensations, and the environment around you—without trying to change or judge it.

Mindful Breathing

- Sit comfortably and close your eyes if you want.
- Take slow, deep breaths—in through your nose, out through your mouth.
- Focus your attention on the feeling of the air moving in and out.
- When your mind wanders, gently bring it back to your breath.
- Do this for 2-5 minutes.





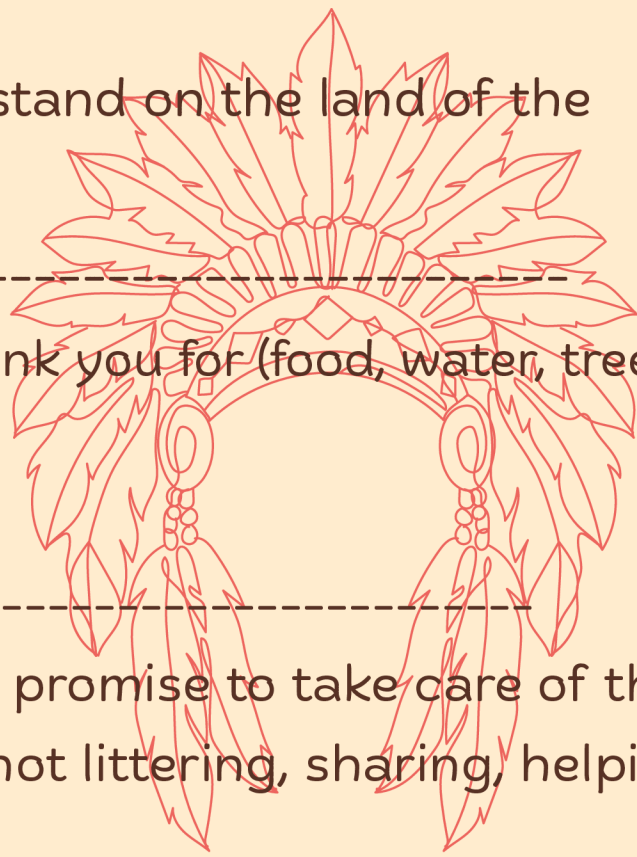


Our Land Acknowledgement

“We live and play on land that has been cared for by Indigenous peoples for a very long time. Saying thank you to the land and the people who came before us helps us remember to be kind, respectful, and connected.”

Lets make our own!

- Today we stand on the land of the
-  _____
- We say thank you for (food, water, trees, animals, home, etc.)
-  _____
- Today we promise to take care of the land by (being kind, not littering, sharing, helping, etc.)



-  _____

We live, play and learn on Indigenous Lands

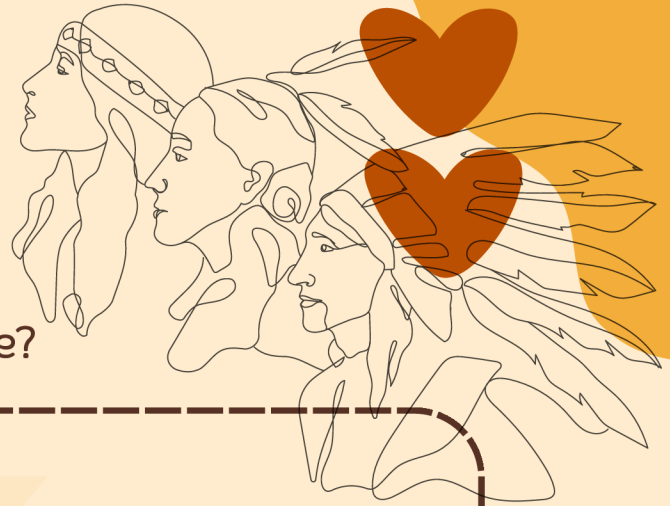
Many Nations have cared for this land since time immemorial.

Let's say thank you. ♥



A simple visual to help us learn that many Nations care for this land

My Safe Place



Where do you feel the most safe?

- What does your safe place feel like? (circle)

WARM **cozy** **soft**

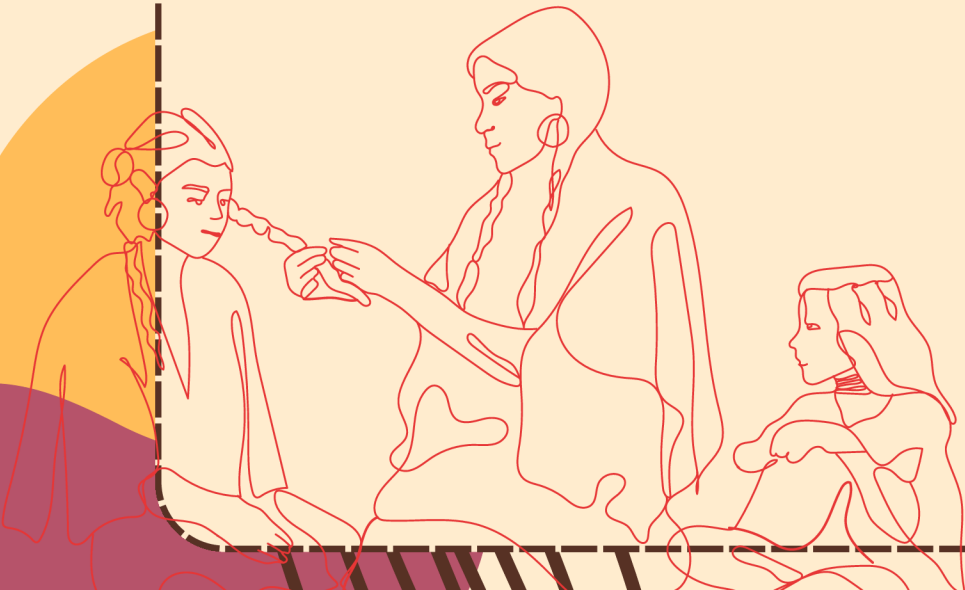
calm **happy**

relaxing



A note from my parent

You can use this page to write a message to your child.
There is no right or wrong way to do this

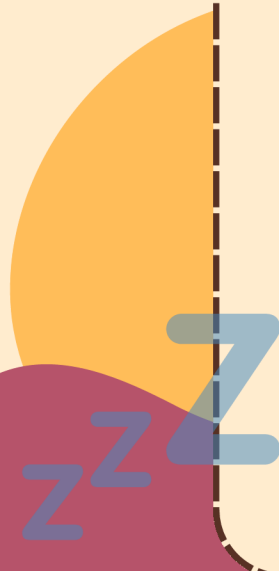


Dreamcatcher & Dreams

Dreamcatchers are often used to help protect our dreams and bring good ones through.

Some nations believe the good dreams pass through, and the bad dreams get caught in the net and burned by being placed in a sunny spot

.... DRAW YOUR DREAMCATCHER!



5-4-3-2-1

Grounding Technique

Use your senses to connect with the present moment:

- **Name 5 things you can see**








- **Name 4 things you can touch**

- **Name 3 things you can hear**

- **Name 2 things you can smell**

- **Name 1 thing you can taste**

Match the Animal Teacher

-  Respect – take care of others
-  Love – show kindness
-  Courage – be brave
-  Truth – be honest
-  Wisdom – make good choices
-  Humility – be kind, not above others
-  Honesty – tell the truth

Different Nations share these teachings in different ways. In Algonquin teachings.. The 7 grandfathers teachings are a way of living

Instructions:

Draw a line from the animal to the teaching you think it shows



Honesty 

Humility 

Wisdom 

Truth 

Courage 

Respect

Love 

Colouring Page

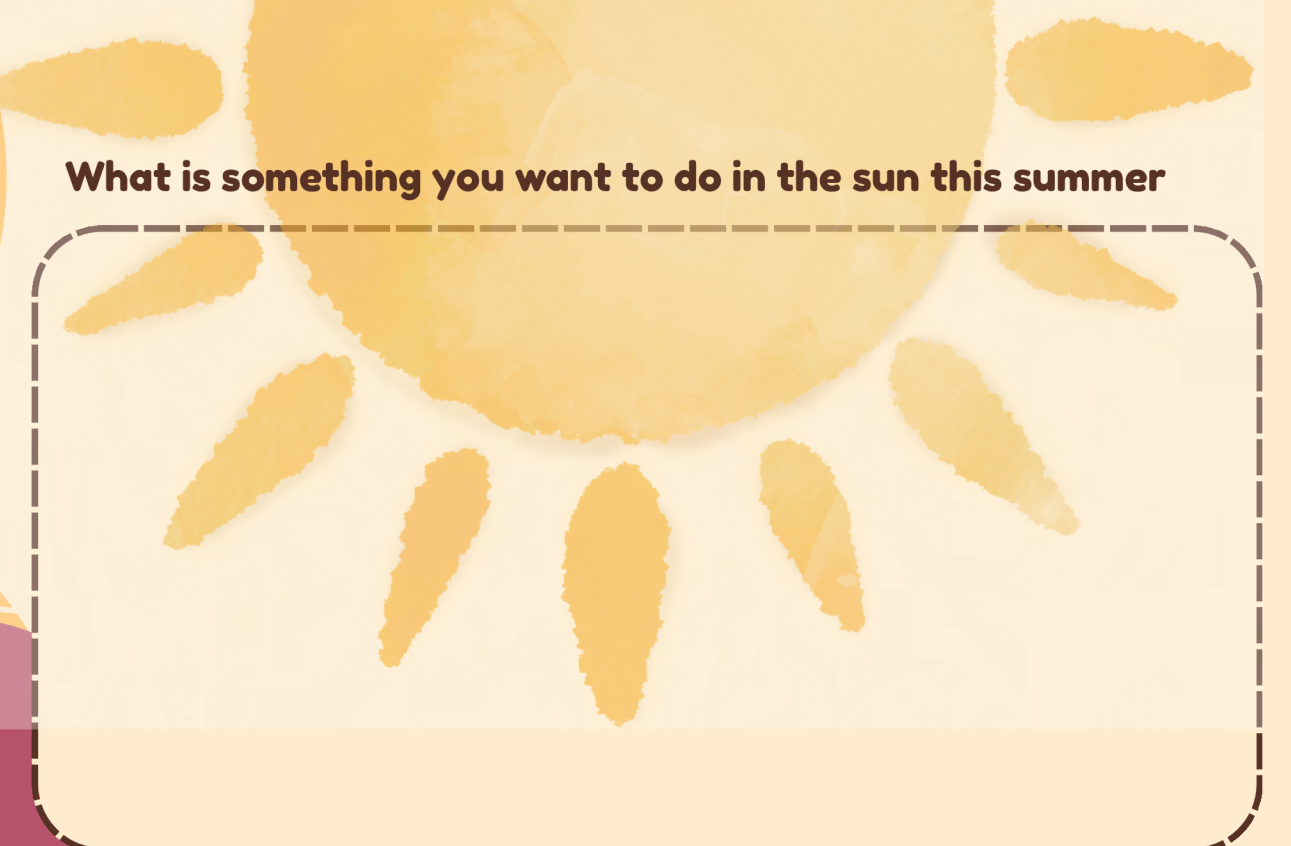
Sage is a medicine used by many Indigenous peoples. When it is burned, the smoke is used to help us cleanse our mind, body and spirit. We use it with respect and care. Sage is one of four sacred medicines



Grandfather Sun & Me

The sun gives us warmth and light. It helps everything grow

Lets write a memory of a time we spent together in the sun



What is something you want to do in the sun this summer


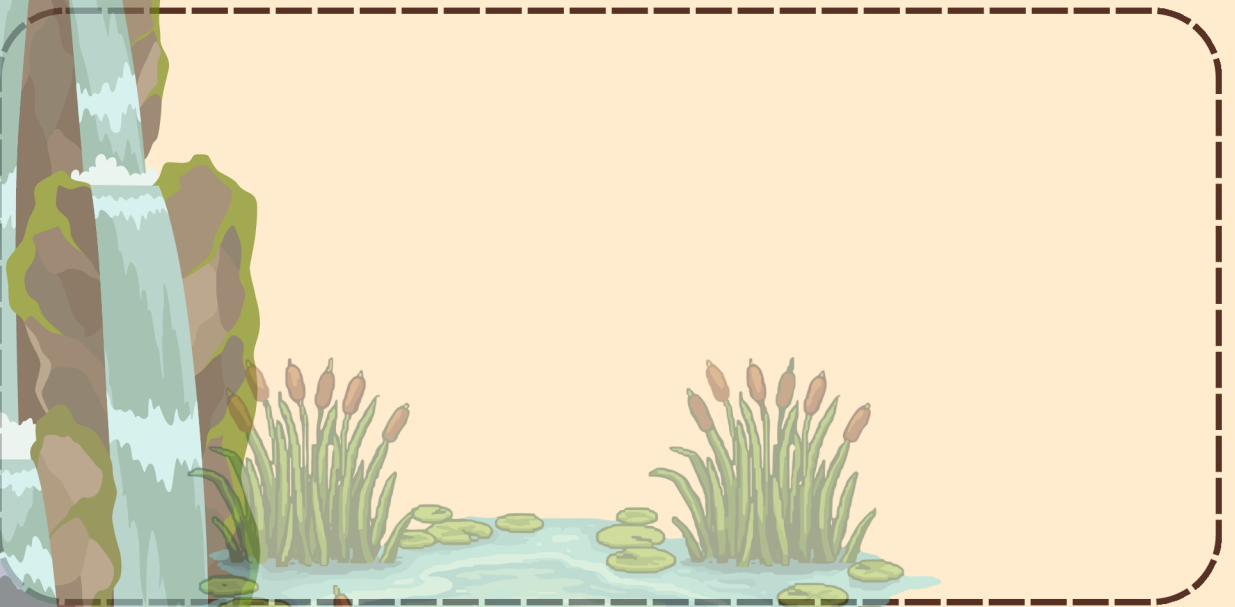
The Water & Me

Water (Niibi) is life. We say thank you to the water because it takes care of us ... over 70% of our body is made of water!

What do you like to do with water (ex: Drink it/ play in it/ dance in the rain)



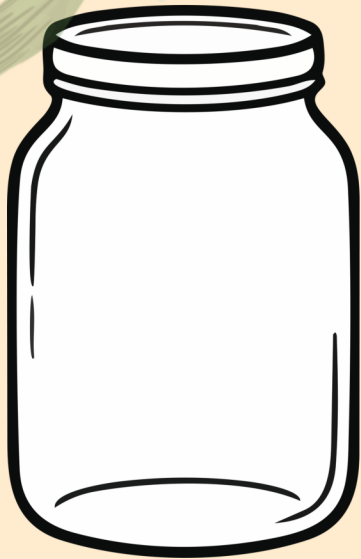
Write about a time you felt happiest in water? (ex: pool/ bath/ lake/ beach)



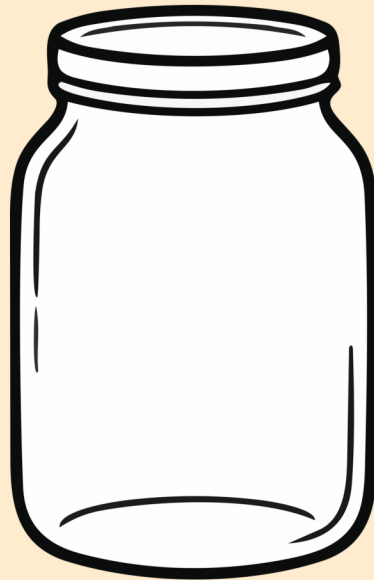
Bottled emotions



lets colour what we think these emotions look like



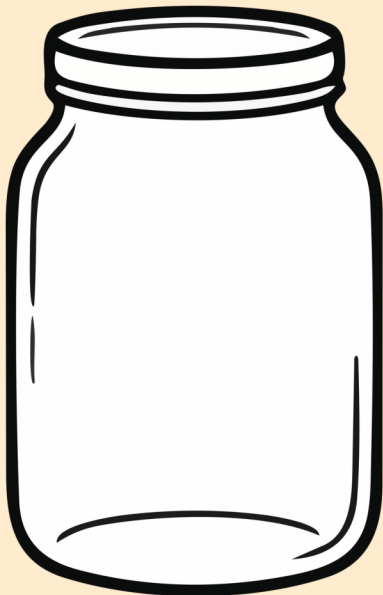
Disgust



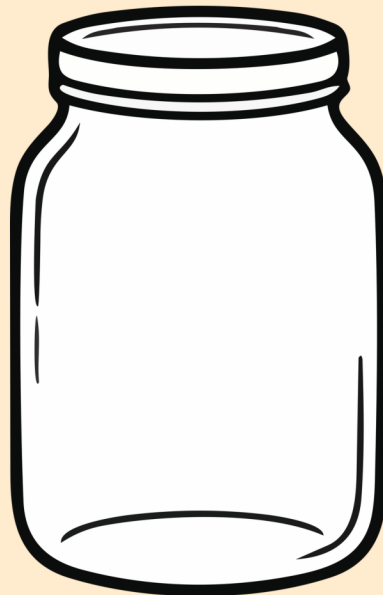
Love



Sadness



Joy



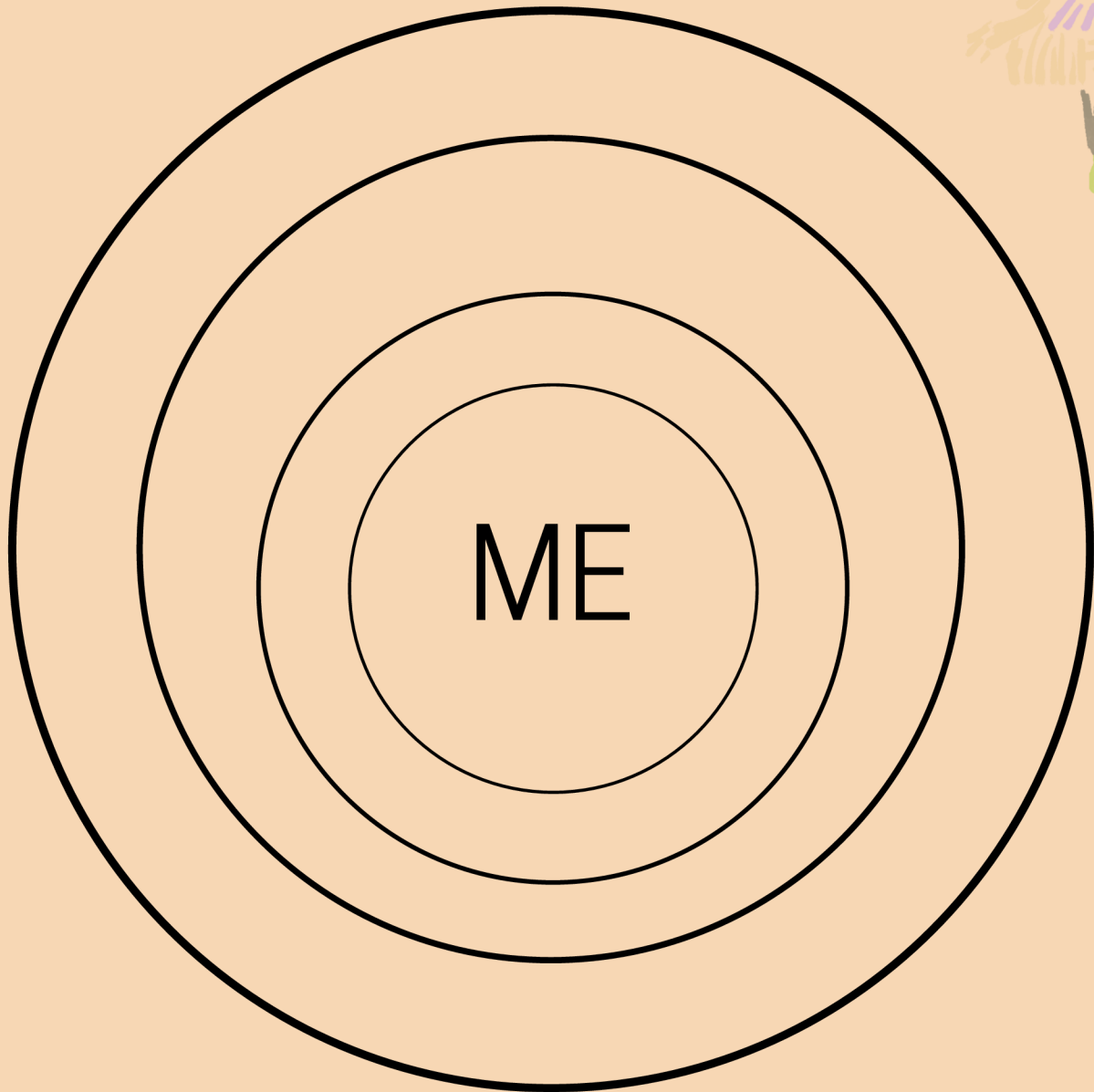
Pride



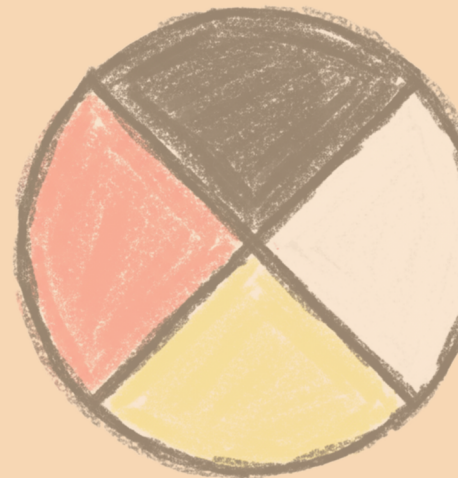
Gradititue



Safety Network



Write the names of your trusted network, in each layer of the circle. The circle closest to you, would be those that you trust the most. For example, the closest circle may be your parents, and the furthest circle is the police. You can write more than one safety person in each layer.



Mother Earth & Grounding

Just like the Earth takes care of us, we take care of each other.

When we spend time together, share stories, and show love—we are living in a good way. Many of our teachings remind us that we are not separate from the Earth—we are a part of her.

The way we treat the land is the way we learn to treat each other.

How can we help each other have even better days?
example: starting our mornings with a hug



what are some ways we feel the most loved (example:
being cooked my faverorite dinner!)





My Self Portrait

Sometimes what others see is different from what we see. Color the left side how you think others see you. Color the right side how you see yourself.

