

Date : _____

Name : _____

Assignment: My Wellness Map

Purpose:

To explore and document a variety of supports you can use to maintain your mental health, drawing inspiration from Indigenous perspectives shared by T'áncháy and Lindsay in the video. This assignment encourages you to think beyond supports you may already know, and to include culturally grounded, nature-based, creative, and relational approaches to wellness.

Part 1: Your Wellness Map

Create a visual map (on paper or digitally) showing at least 6 different strategies or supports you can use to take care of your mental well-being.

Your map must include:

1. **Nature-based supports** (e.g., spending time near water, sitting under a favourite tree) – at least 2 examples.
2. **Social or relational supports** (e.g., talking with friends, sharing laughter) – at least 2 examples.
3. **Creative or joy-based supports** (e.g., drawing, reading, listening to music) – at least 2 examples.
4. **At least 1 new-to-you idea** learned from the video or class discussion.

You can:

- Use drawings, icons, or symbols for each support.
- Add short captions explaining how each support helps you.
- Organize your map in a way that makes sense to you (e.g., circles, branches, or categories).

Part 2: Reflection Questions

(Answer in complete sentences)

1. Which strategies from your map do you already use?
2. Which new strategy are you most interested in trying? Why?
3. How does diversifying your supports make you better prepared to care for your mental health?
4. Why might Indigenous approaches to wellness (such as connection to land or laughter as medicine) be important for everyone to learn about?

Assessment Criteria

Criteria	Met	Developing	Not Met
Completeness of Toolkit: Includes at least 6 supports with required categories and 1 new-to-you idea.	All categories present with clear examples.	Missing 1–2 required elements or unclear examples.	Fewer than 4 supports OR missing most categories.
Creativity & Organization: Toolkit is visually engaging and clearly organized for easy understanding.	Clear layout, neat visuals, and creative elements.	Layout somewhat clear; visuals present but limited.	Disorganized or unclear; difficult to read.
Explanations: Captions/descriptions clearly explain how each support can help mental health.	All supports have clear, relevant explanations.	Some explanations vague or missing.	Most explanations unclear or absent.
Reflection: Thoughtful answers that connect personal experience with ideas from the video.	All questions answered with detail and connection to learning.	Some questions incomplete or lacking detail.	Most questions unanswered or off-topic.

Commentary :