

Syeyutsus Framework for Community Wellness During COVID-19

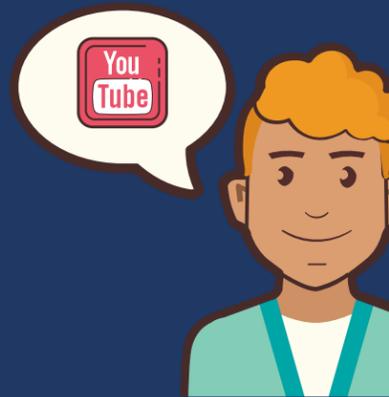
Mental

1. Read, draw, sketch, paint... embrace your creativity!
2. Try an Audio Book to strengthen your listening skills
3. Learn some new arts & crafts, or practice the ones you know
4. Learn & speak some Hul'qumi'num language!
5. Video chat with friends, stay connected, challenge each other!
6. Puzzles, board games, playing cards and brain teasers
7. Try your hand at colouring, it's not just for kids



Physical

1. Do some work in the garden, pick up those tools, plant a tree!
2. Start a home exercise routine. There are many free routines available on YouTube for you to check out and incorporate in a day-to-day routine at home.
3. Plan for a daily walk outside in nature.
4. Visit a beach, sit at a river
5. Drink lots of water! Staying hydrated is always a good idea



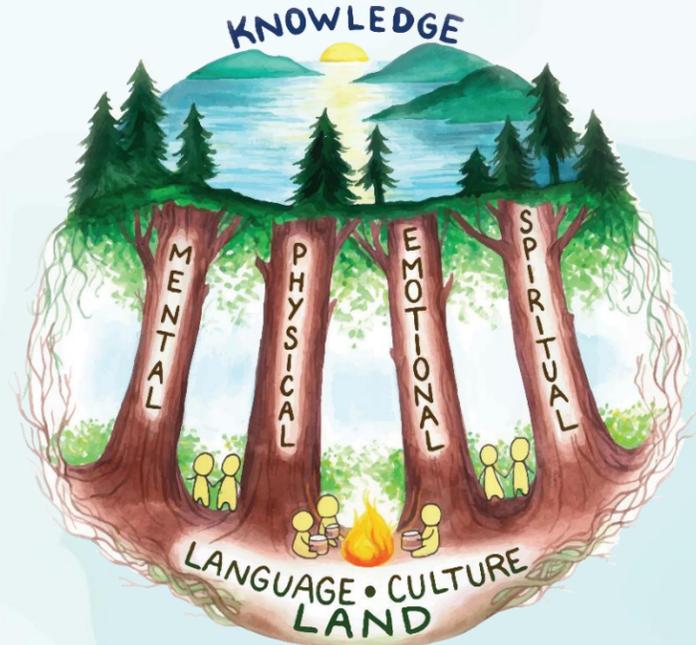
Emotional

1. Embrace a moment of silence
2. Practice mindfulness (take three deep breaths)
3. Quiet your mind with a Yin Yoga practice online
4. Use positive affirmations (talk positively to yourself and loved ones)
5. Practice gratitude. Start a journal with the top 3 things you're grateful for today
6. Call a friend you haven't talked to in a while.
7. Check in with your loved ones, Elders, those you know live alone.



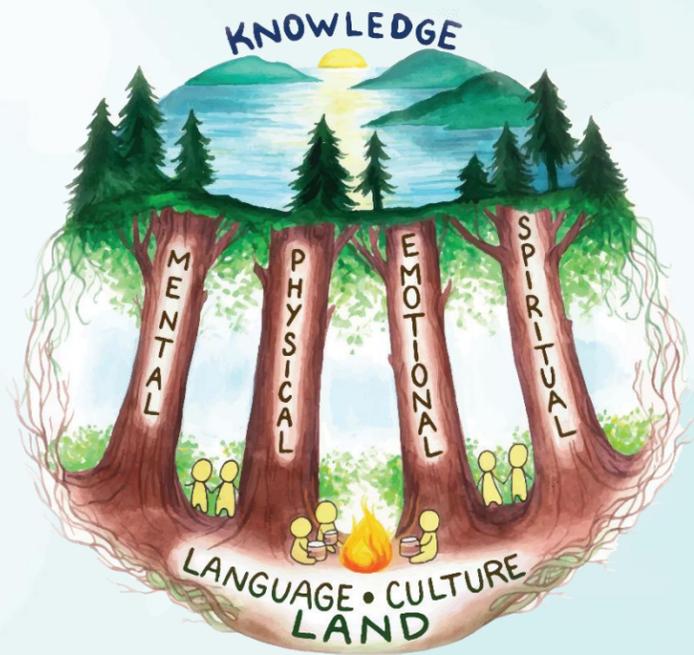
Spiritual

1. Watch the sunrise & sunset with wonder and gratitude
2. Look up at the stars and the moon
3. Connect with your spirituality
4. Sing a song of thanks/gratitude to the land, plants, animals, water
5. Pick up that guitar, play that piano, dust off that harmonica!
6. Take this time of social distancing for self-reflection and know, that this too shall pass.



Syeyutsus

Helpful Links & Resources



www.sd68.bc.ca
Phone (250) 754-5521
Nanaimo Ladysmith Public Schools
395 Wakesiah Avenue
Nanaimo, BC V9R 3K6

[Hul'q'umi'num' Sxwi'em' \(stories\)](#)

You'll find a wonderful website resource of many Hul'q'umi'num' stories of Elders. Through listening you'll appreciate how an Elder uses the language to tell a story. Each storyteller has their own way of bringing the story to life.

Elder, Willy Seymour [shares a story about a young man coming of age](#):

[This website resource is](#) designed for people who would like to improve their Hul'q'umi'num' language skills while learning about the language as it goes along with canoe culture.

[A Sonnet A Day](#): Check out @patrickstewart on Facebook. Old Captain Picard is reading Shakespeare Sonnets aloud daily #ASonnetADay

[Audible.ca](#) is offering free audiobooks for as long as schools are closed. Kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

[Massive free catalogue of Indigenous films online](#)

[Audiobook Version of "Beginnings: A Meditation on Coast Salish Lifeways"](#)

by Patrick J. Twohy

"This book is meant to be a small part of the work of so many men and women of Coast Salish heritage to acknowledge, recover, affirm, and pass on what James Rosario of Lummi has so wonderfully named 'a culture of gratitude.'" --Patrick J. Twohy

[Audiobook: Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants. By Robin Wall Kimmerer](#)

[Indigenous educators volunteer to teach short K-8 lessons online amid school closures](#)

[Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\)](#)

[Free colouring books: Inupiat artists share their work for people at home during self-quarantine](#)