PARENT RESOURCE CENTRE OTTAWA

CONNECT AND REFLECT Reflect, Restore, and Grow



Land Acknowledgement

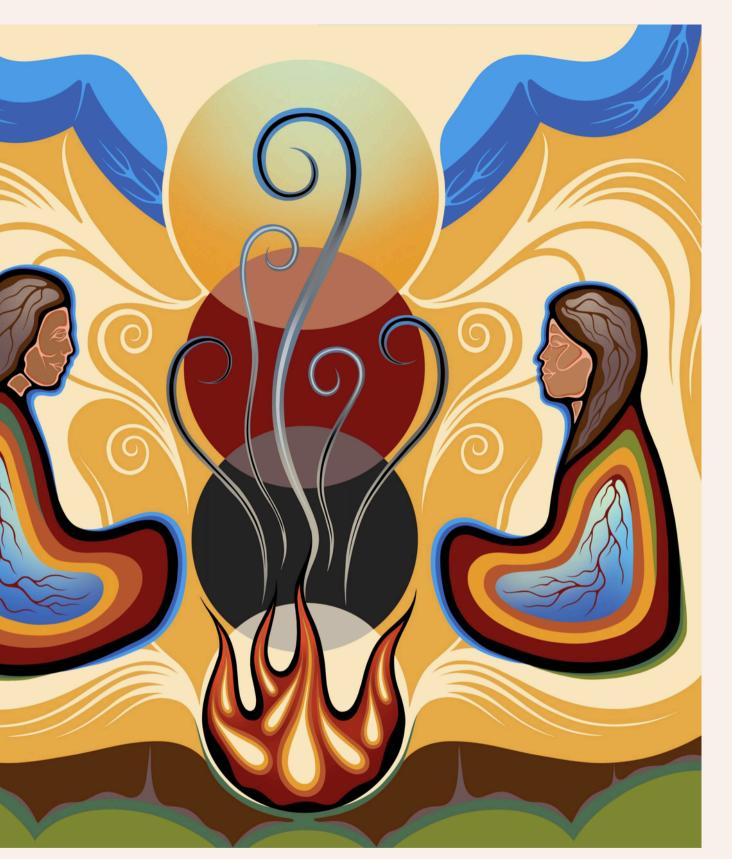
The land on which we live is the unceded unsurrendered territory of the Algonquin Anishinaabeg Peoples who have lived on and in relationship with this land since time immemorial. We are grateful to be present on this land.

We, as a community of educators and frontline professionals, commit to ongoing learning and understanding of Truth and unwavering action toward Reconciliation.

About the artwork

Fire connects Anishinaabeg people, it symbolizes the power of renewal, rebirth, change, and survival. The connection that is created between us and the spiritual world is strengthened through fire teachings. Indigenous wellness is centred around the practice of our ceremonies and traditions which honours the use of sacred fires. As stewards of the land, we also recognize fire as supporting healthier regrowth for a more bio-diverse ecosystem. As the flames burn, and the smoke rises up into the sky, we are reminded of the importance of revitalizing life.

- Emily Kewageshig



Emily Kewageshig, 2022 Digital Illustration, printed on vinyl Mississauga Fire Station #104, 62 Port Street West, Mississauga Source: https://www.mississauga.ca/arts-andculture/arts/public-art/temporary-public-art/the

THREE WAYS TO ENGAGE

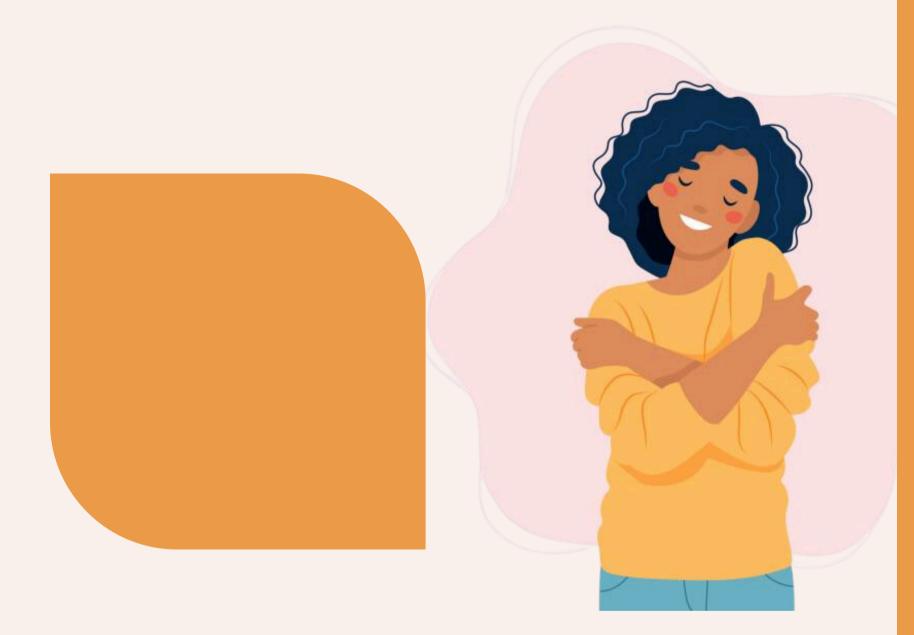
- Here are some ideas for using this Connect and Reflect guide to continue learning with your teams.
- Review the content with your team and use the accompanying reflective questions and video to facilitate discussions.
- Explore the Additional Resources page to continue learning and discover resources to support your programs

Rewinding 2024 - Moments that Shaped Us Reflective Journal Prompts:





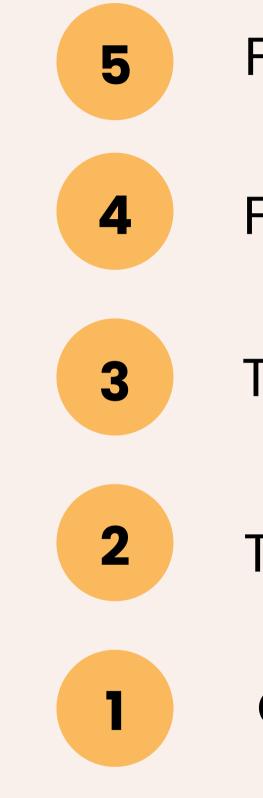




How do you restore your energy after stressful days? What mini practices, rituals or habits supported you this year?

Five Senses Grounding

Try this calming technique to ground yourself in the present moment



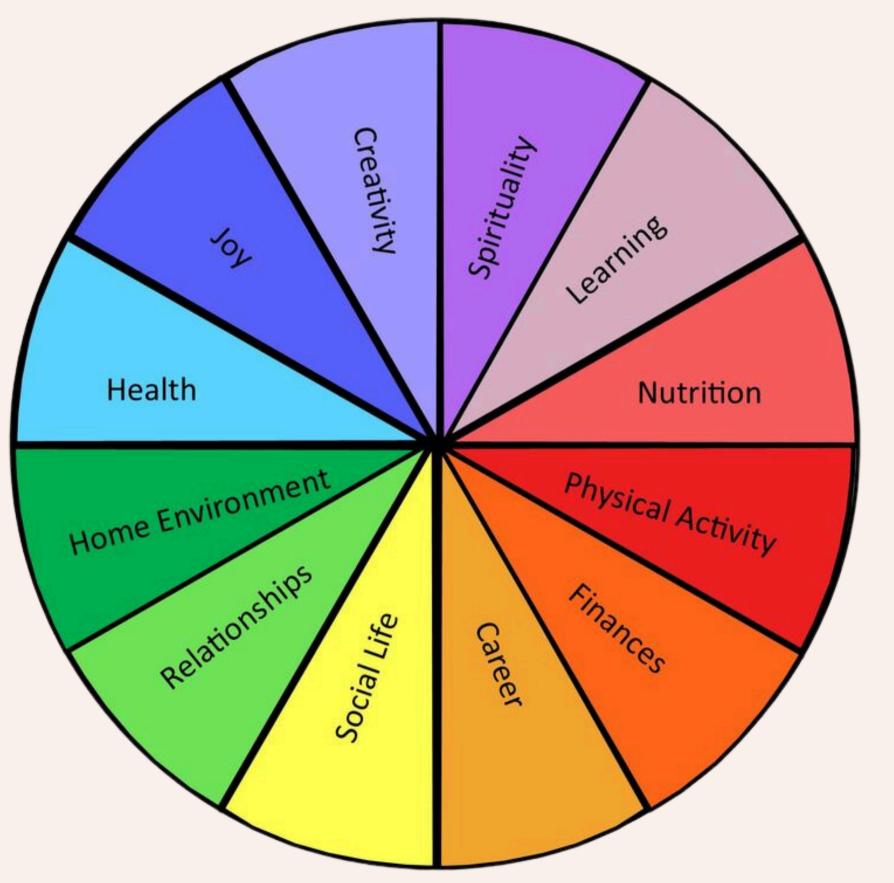
Five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

One thing you can taste



What small changes can you make to experience more joy?

<u>Video: Why we pursue happiness but</u> <u>overlook joy</u>

Wheel of Joy

What does joy look like in your personal and professional life?



What is one thing you are grateful about your work community?

What about joy as a community? How can we support each other with our goals?

ADDITIONAL RESOURCES

Here are some wonderful resources to help you embrace the joy in everyday moments, cultivate mindful habits, & set meaningful personal goals. These selections are inspired by our shared experiences in the Community of Practice.

Activity and Material Resources

Therapist Aid - Looking back, looking forward

Articles

<u>The Lost Art of Joy in Early Childhood Education</u>

Books

<u>Find joy and pass it on - children's books from</u> Seattle Kids Librarians.

Local Resources

<u>Happiness Habits 613 - Local meet up group</u> cultivating happiness habits & building community in Ottawa, Canada, and beyond since 2015.

<u>Devreaux Centre for Resilience - Adult Resilience Survey</u>

Videos

<u>Video: Why we search for happiness but overlook joy</u>

Video: How to be happy. Joy Book by Dalai Lama & Desmond Tutu

Websites

and families

Training and Practice Guides

Well-being Canada: Resources for the workplace