



PARENT  
RESOURCE  
CENTRE  
OTTAWA

# CONNECT AND REFLECT

## Reflect, Restore, and Grow



# Land Acknowledgement

The land on which we live is the unceded unsundered 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-and-culture/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:

**1**

**What was  
your biggest  
achievement  
this year?**

**2**

**What did you  
learn from  
your  
challenges  
this year?**

**3**

**What  
brought you  
unexpected  
joy?**





**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

5

Five things you can see

4

Four things you can touch

3

Three things you can hear

2

Two things you can smell

1

One thing you can taste

Video: Why we pursue happiness but overlook joy.



# Wheel of Joy

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

**What small changes can you make to experience more joy?**





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

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



# 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

[The Lost Art of Joy in Early Childhood Education](#)

## Books

[Find joy and pass it on - children's books from Seattle Kids Librarians.](#)

## Local Resources

[Happiness Habits 613 - Local meet up group cultivating happiness habits & building community in Ottawa, Canada, and beyond since 2015.](#)

## Training and Practice Guides

[Devreaux Centre for Resilience - Adult Resilience Survey](#)

## Videos

[Video: Why we search for happiness but overlook joy](#)

[Video: How to be happy. Joy Book by Dalai Lama & Desmond Tutu](#)

## Websites

[Well-being Canada: Resources for the workplace and families](#)