

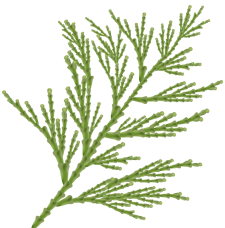


I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



Connect to Change, Movement for Wellness Bingo Card

	Storytelling Share a personal story or an oral tradition passed down in your family or community.	Sunrise or Sunset Reflection – Take time to observe the sunrise or sunset, appreciating the beauty of the moment and reflecting on your personal journey of growth and change.	Healing Sounds Listen to a beat of the drum or rattle allowing the vibrations to center and heal your mind, body, and spirit.	
Silent Study Take a moment of silence to reflect on what you've learned or experienced today.	Sensory Wake Up Focus on each of your senses one at a time: sight, sound, touch, taste, smell.	Breath Work Practice deep breathing to center yourself and connect to your surroundings.	Walking on Your Territory Go for a walk-in nature and connect with the land you're on.	Gratitude Walk Take a walk while reflecting on the things you're grateful for in your life.
Walking Meditation Walk slowly and mindfully, paying attention to your breath and your steps.	We Are Related: Honouring the Plants Take a moment to appreciate and thank the plants around you. Can you name 4 plants from your territory used for medicine.		Water is Life Hydrate your body and reflect on the importance of water in all living things.	Mindful Stretching Practice gentle stretching, focusing on each movement as you release tension and connect with your inner strength.
Traditional Craft or Art Engage in a traditional craft or create art that connects you to your culture.	Grounding or Earthing Stand barefoot on the earth to connect your energy with the land.	Listening to the Land Sit quietly and listen to the sounds of nature, such as birds or rustling leaves.	Cultural Reflection Spend a few minutes thinking about your culture/traditions and what it means to you.	We Are Related: Honouring the Water Stand by water (river, lake, ocean) and give thanks for the life it supports.
	Fire Watching Sit by a fire, if possible, and reflect on its warmth and the stories it holds.	Honouring the Four Directions Stand in the four directions (North, East, South, West) and offer a prayer or intention.	Sacred Pause Take a pause to listen to your heart and reflect on your feelings and thoughts.	