

LOVE — SPIRITUAL SELF CARE

Nurturing Your Inner Spirit

Student Review Booklet

Seven Sacred Teachings — Love · Sandy Lake First Nation

My Name: _____

My Class: _____

How to Use This Booklet

► **PLAY** Play the slides shown at the top of each activity.

🖋️ Do the activity beside the pencil.

☐ Tick, circle, or mark your answer.

★ Read the Remember box at the bottom.

You do not need to write a lot. Tick, circle, draw, or write short answers. Some answers are private — share only if you choose to.

ACTIVITY

1

The Story — Kaylee's Spirit

► **PLAY** Slides 1 – 8

► 1	► 2	► 3	► 4	► 5	► 6	► 7	► 8
Intro — Kaylee's story begins	Kaylee feels empty and disconnected	Kaylee wonders what is wrong	A trusted Elder listens to Kaylee	The Elder shares spiritual teachings	Kaylee explores her spiritual self	Kaylee reconnects with her community	Kaylee's spirit is restored

🖋️ **Read or listen to Kaylee's story. Put these events in order. Write 1 to 5.**

— —	Kaylee felt empty and had lost interest in things she once loved.
— —	A trusted Elder listened to Kaylee without judgment.
— —	The Elder shared teachings about spiritual self-care.
— —	Kaylee began exploring ceremonies, nature, and community connection.
— —	Kaylee's spirit felt restored and she felt part of something larger.

👉 Circle how Kaylee felt at the START of the story.

☐ 😊 Happy and connected	☐ 😞 Empty and disconnected	☐ 😡 Angry	☐ 😌 Peaceful
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👉 Draw Kaylee in a moment of spiritual connection — on the land, in ceremony, or with an Elder.

Drawing space

What helped Kaylee's spirit feel restored was:

★ **Remember:**

When we feel empty or lost, it is often a sign that our spirit needs attention. Spiritual self-care is how we restore our connection to ourselves, our community, and the Creator.

ACTIVITY

2

Your Spiritual Self



PLAY Slides 9 – 13

▶ 9	▶ 10	▶ 11	▶ 12	▶ 13
Lesson 1 — Your Spiritual Self	What is the spiritual self?	Signs your spirit needs care	Spiritual well-being — what it looks like	Connection to the 7 Sacred Teachings

👉 Tick True or False for each statement.

Statement	True	False
Your spiritual self is the part of you that searches for meaning and purpose.	☐	☐
Spiritual well-being is only for people who attend church or ceremony.	☐	☐
Feeling connected to your community, land, and ancestors is part of spiritual health.	☐	☐
If you feel lost or empty for a long time, your spirit may be calling for attention.	☐	☐
Caring for your spirit is one of the most important ways to love yourself.	☐	☐

🔍 Circle what connects YOU to your spiritual self.

☐ Time on the land	☐ Ceremony	☐ Music or drumming	☐ Elders' teachings
☐ Quiet and stillness	☐ Prayer	☐ Family connection	☐ Art or creativity



Sandy Lake Connection

In Sandy Lake, one way our community cares for its spiritual well-being:

★ Remember:

You are more than your body and your thoughts. Your spirit is the part of you that is connected to everything — to the land, to your ancestors, and to the Creator.

ACTIVITY

3

Gifts from Your Ancestors



PLAY Slides 14 – 17

▶ 14	▶ 15	▶ 16	▶ 17
Lesson 2 — Gifts from your Ancestors	The 7 Sacred Teachings as spiritual gifts	Language, stories, and ceremony as gifts	Your ancestral identity — who you are

🔍 Match each gift from your ancestors to what it gives you. Write A, B, C, or D.

Answer bank: A = Identity B = Guidance C = Belonging D = Connection to land and Creator

Letter	Ancestral gift and what it provides
___	The 7 Sacred Teachings — values and a way to walk in the world.
___	Language, stories, and oral traditions — knowing who you are and where you come from.
___	Ceremonies, protocols, and community — you are never alone.
___	Relationship with the land, animals, and seasons — you are part of something larger.

 **Tick ancestral gifts you already carry or have received.**

☐ Knowledge of Oji-Cree language	☐ Traditional stories from Elders
☐ Knowledge of hunting, fishing, or gathering	☐ Participation in ceremonies
☐ Understanding of the 7 Sacred Teachings	☐ Traditional crafts — beading, sewing, building
☐ Drumming, singing, or dancing	☐ Knowledge of plants, medicines, or the land

A gift from my ancestors that I carry or want to learn more about:

 Remember:

Your ancestors survived, thrived, and loved so that you could be here today. The gifts they left — language, ceremony, teachings, land — are yours to receive and carry forward.

ACTIVITY

4

Ceremonies — Sacred Connections



PLAY Slides 18 – 21

▶ 18	▶ 19	▶ 20	▶ 21
Lesson 3 — Ceremonies	What ceremonies do for the spirit	Ceremonies in Sandy Lake and Anishinaabe culture	How ceremonies connect us to each other

 **Tick True or False.**

Statement	True	False
Ceremonies help us mark important moments and connect to something greater than ourselves.	☐	☐
You must be an Elder to participate in or benefit from ceremony.	☐	☐
Ceremonies can help heal the spirit during difficult times.	☐	☐
Participating in ceremony connects us to our ancestors and our community.	☐	☐

📎 **Tick ceremonies or cultural events you have participated in or learned about.**

☐ Talking Circle	☐ Feast or community gathering
☐ Pow Wow	☐ Sweat Lodge / Sweat Ceremony
☐ Drumming circle	☐ Land-based teaching / bush camp
☐ Sunrise or sunset prayer	☐ Traditional naming ceremony

📎 **Draw or describe one ceremony or cultural event that is important to you.**

Drawing space — or write a few words about a ceremony that matters to you

A ceremony in Sandy Lake that is important to me:

★ **Remember:**

Ceremonies are not just events. They are spiritual medicine. They remind us of who we are, who we belong to, and how to walk in a good way.

ACTIVITY

5

Daily Spiritual Self Care



PLAY Slides 22 – 25

▶ 22	▶ 23	▶ 24	▶ 25
Lesson 4 — Daily Spiritual Self Care	Simple practices for every day	Try different things — what resonates?	You are never alone — asking for help is wisdom

📎 **Match each daily spiritual practice to what it does for you. Write A, B, C, or D.**

Answer bank: A = Grounds you B = Connects you to ancestors C = Restores calm D = Reminds you of your purpose

Letter	Daily spiritual practice
___	Spending time on the land — walking, sitting by the lake, watching the sky.
___	Listening to Elder stories, songs, or language every day.

_____	Taking a quiet moment to breathe and be still before the school day.
_____	Reflecting on one of the 7 Sacred Teachings and how it applies to today.

 **Tick daily spiritual practices you are willing to try.**

☐ Morning quiet time or prayer	☐ Time on the land or in nature
☐ Listening to Elder stories or teachings	☐ Talking with an Elder or trusted adult
☐ Journaling or drawing about how I feel	☐ Practising gratitude — naming 3 things
☐ Listening to traditional music or drumming	☐ Acts of service for others

 Remember — You Are Never Alone

If your spirit is struggling, asking for support is a sign of wisdom — not weakness.

One trusted person I can talk to when I am struggling: _____

Help and guidance are always available. You only have to ask.

 Remember:

Try different practices and see what resonates with your spirit. The teachings will unfold as you are ready. Your spirit knows what it needs.

ACTIVITY

6

Personal Reflection



PLAY Slides 23 – 25

▸ 23

▸ 24

▸ 25

Simple daily practices

Try different things

You are never alone

 **Choose ONE prompt. Circle it. Write your response below.**

○ **Kaylee's Journey**

Kaylee felt empty and disconnected. Think of a time you felt that way. What helped you feel reconnected to yourself or your community?

○ **A Gift from Your Ancestors**

Name one ancestral gift — a teaching, a practice, a piece of language, a relationship with the land — that you want to receive or strengthen.

○ **Your Daily Practice**

What is one daily spiritual self-care practice you will commit to for the next four weeks? Why did you choose that one?

My response:

 True or False?

Statement	True	False
Spiritual self-care is one of the four ways to be a Loving Person.	☐	☐
You have to feel 100% connected all the time for your spirit to be healthy.	☐	☐
Asking for help when your spirit is struggling is a sign of strength and wisdom.	☐	☐



My Commitment

One spiritual self-care practice I will try this week:

One person whose spiritual wisdom I will seek out:

 Remember:

Your spirit is the truest part of who you are. Care for it every day — with ceremony, with time on the land, with Elders, with quiet. That is Love.