

Name \_\_\_\_\_

## Holistic Reflection Worksheet

Medicine Wheel teachings are reflective of a holistic Indigenous worldview. The teachings connected to the medicine wheel have commonalities but may also reflect a specific nation.

The medicine wheel represents an interconnectedness of the heart, body, mind, and spirit.

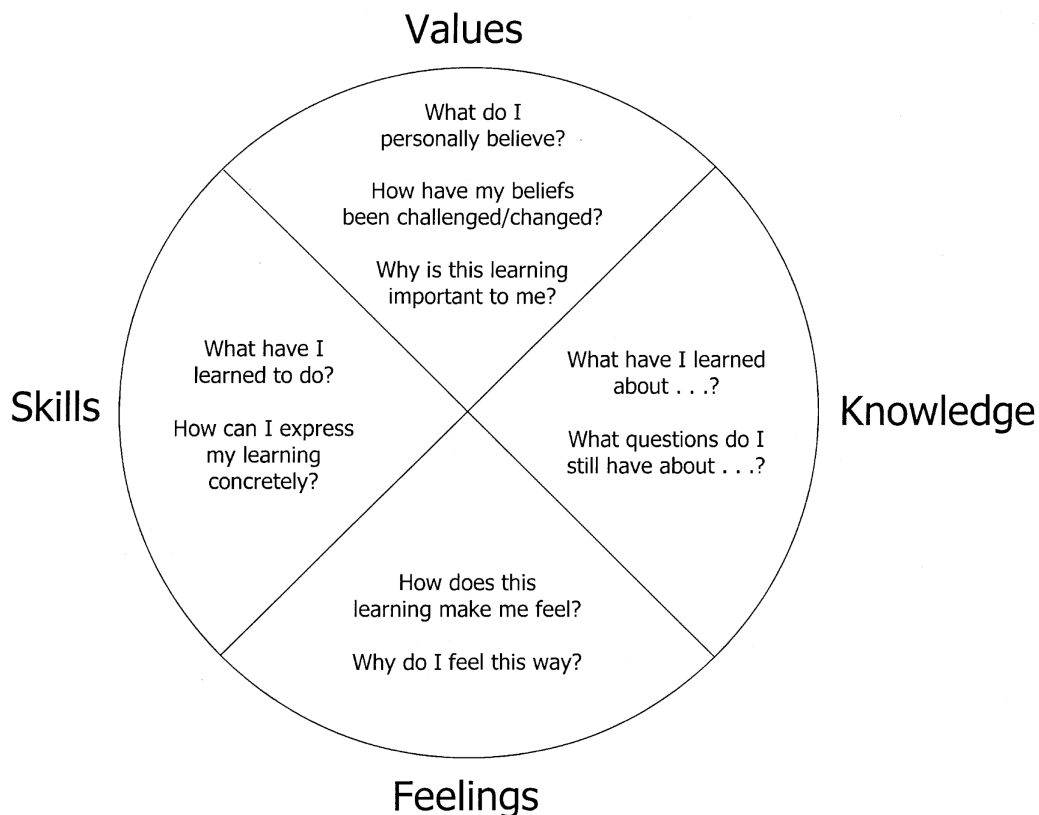
A 'holistic' approach helps us see how parts are interconnected. Our values, previous knowledge, feelings and the skills we have developed from the lessons are part of the whole learning experience.

Reflect on your learning using the following 'holistic' worksheet. You can write, draw or present your reflections in ways that work for you.

In the example of a Medicine Wheel below, prompts are provided to help you complete each quadrant - knowledge, feelings, skill, and values.

This activity focuses on the global competencies of:

- Connection to self
- Critical thinking
- Communication

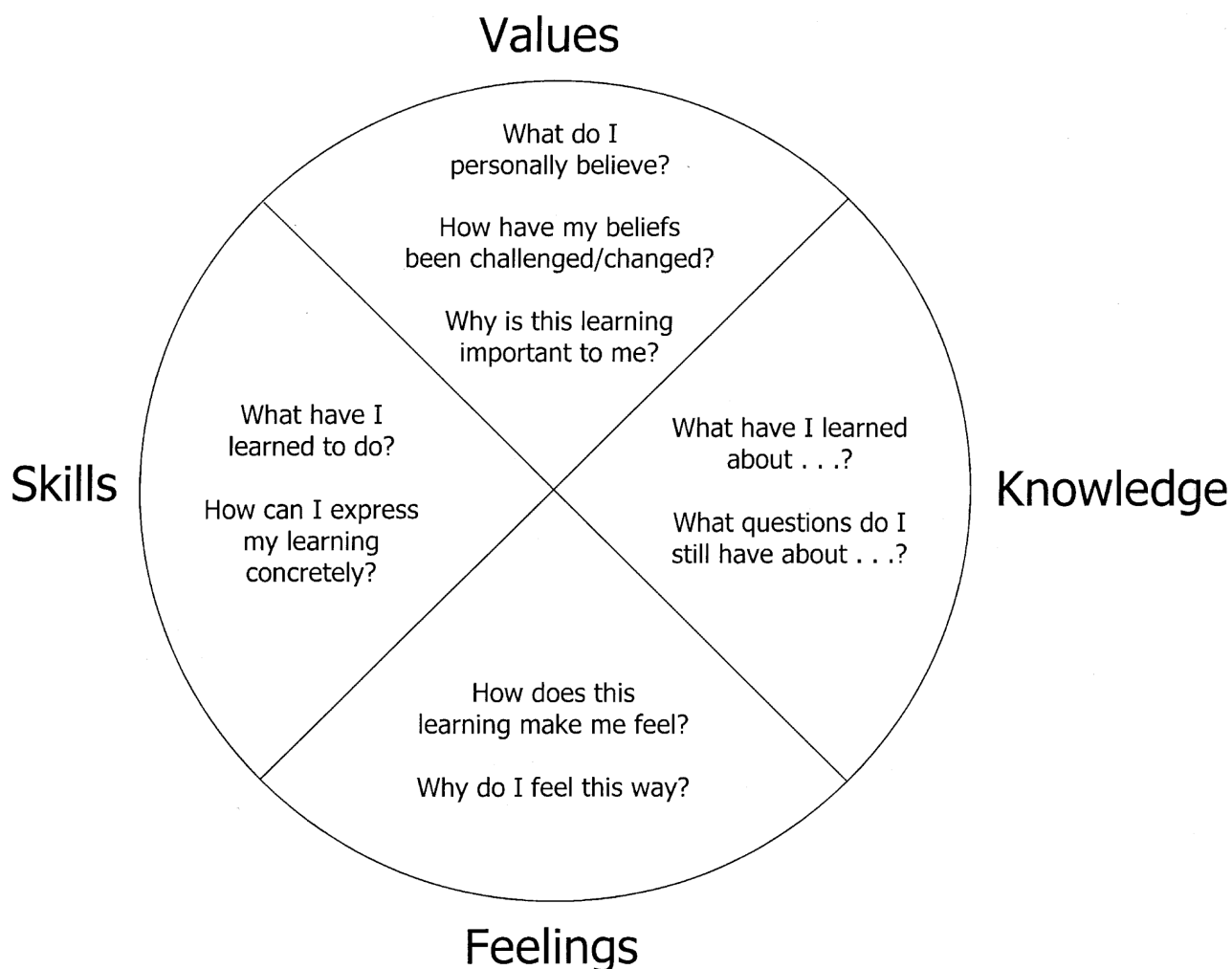


Name \_\_\_\_\_

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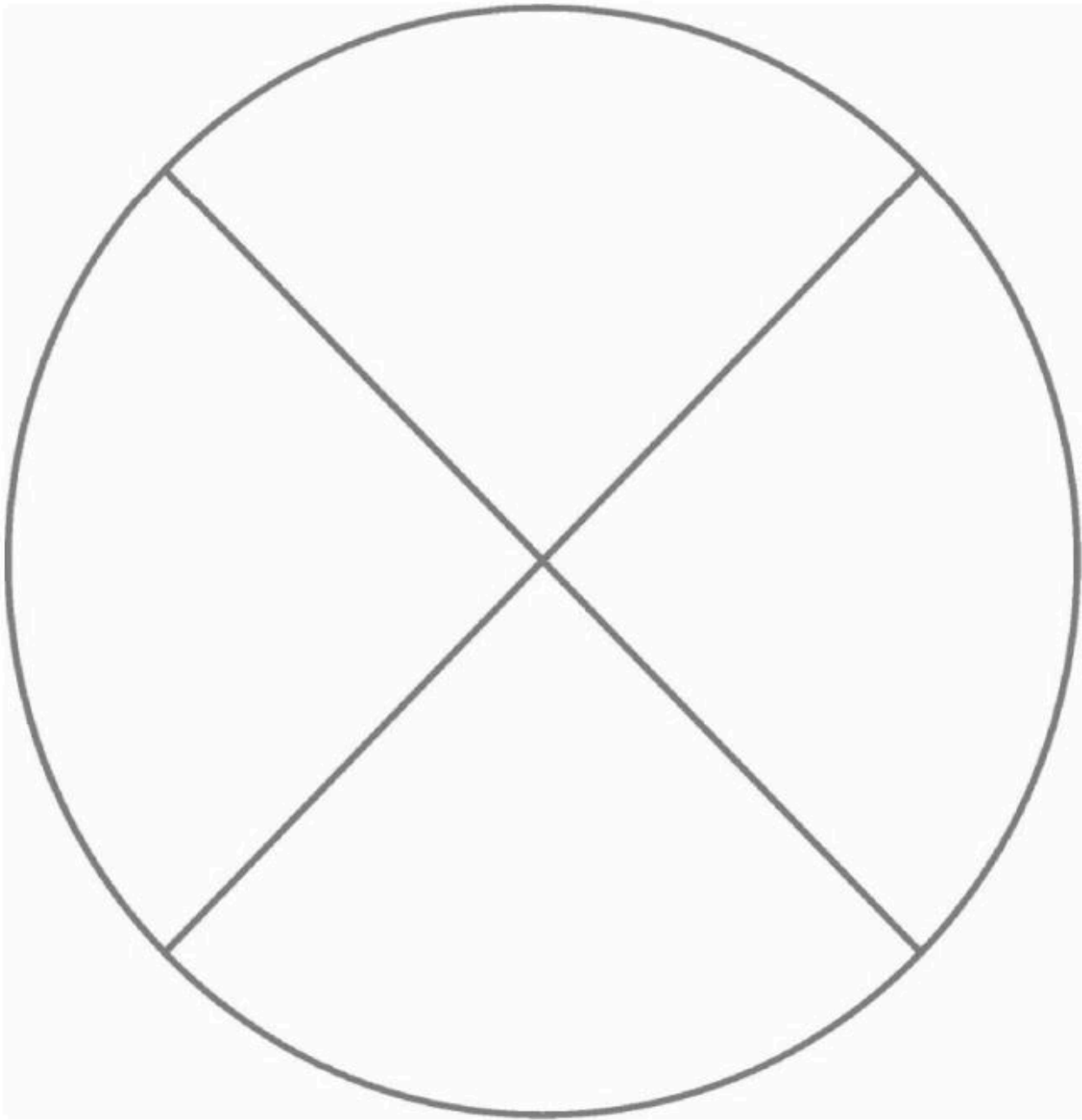
### Consider:

- Complete the diagram with the prompts, then choose a way to present your reflection:
  - Use sentences to share your ideas
  - Draw your ideas and include keywords of thoughts
  - Talk about your ideas. In this case, write down your main points you want to talk about and have a 2-4 minute conference (conversation) with a chosen person
  - You may want to share more than there is space for. Use arrows or other ways to show where you have continued your ideas
- Some quadrants might be easier to fill than others. That's okay. This is about presenting your reflections and reactions as fully as you can
- Explain the 'because' whenever you can so that the person reading your ideas can understand your perspective better
- It's okay if you did not easily connect with all the materials for this activity - use this response to share why it was challenging



Name \_\_\_\_\_

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