

## Wellness, Mindfulness, & Expressive Arts Curriculum



LINK to Curriculum:

<https://drive.google.com/file/d/1h0JhMfk9k4VCn1fBZwUr64bvPrjsy8m1/view?usp=sharing>

Wellness, Mindfulness, & Expressive Arts overview (Video):

<https://ucalgary.yuja.com/V/Video?v=484216&node=2036288&a=943182116&autoplay=1>

### Original Heart – What Do I Love?



#### Outcomes:

- to explore what has heart, meaning, and value for one's life
- to practice mindful listening of one's thoughts, feelings, beliefs, and dreams; to listen mindfully to others and the earth
- to build positive relational practices with oneself, others, and the natural world
- to develop the resources of kindness and compassion for self and others

#### Mindfulness Activities:

- *Mindfulness of Body & Breath:*

[https://ucalgary.yuja.com/V/Video?v=484086&node=2035843&a=71890541&autoplay=](https://ucalgary.yuja.com/V/Video?v=484086&node=2035843&a=71890541&autoplay=1)

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- *Body Scan:*  
<https://ucalgary.yuja.com/V/Video?v=484091&node=2035861&a=1166715891&autoplay=1>
- *Compassion for the Self Practice:*  
<https://ucalgary.yuja.com/V/Video?v=247337&node=964082&a=510975754&autoplay=1>

### **Nature-Based Expressive Art Activity:**

(See link on page 1 to Curriculum for other activities related to exploring Original Heart)

- *Straw Breathing & Breath Buddy Art:*  
<https://ucalgary.yuja.com/V/Video?v=484233&node=2036360&a=686410840&autoplay=1>



### **Original Face – Who Am I?**



### **Outcomes:**

- to explore and identify one's gifts, strengths, and purpose
- to develop mindfulness practices that assist in seeing, discovering, and being faithful to one's true self and identify
- to create a vision of personal wellness and impact for oneself and other beings
- to develop the resources of personal power and empowerment

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### Mindfulness Activities:

- *Earth Grounding Practice:*  
<https://ucalgary.yuja.com/V/Video?v=505264&node=2099247&a=536341641&autoplay=1>
- *Mindfulness of Thoughts/Mental Constructs:*  
<https://ucalgary.yuja.com/V/Video?v=484095&node=2035874&a=106088271&autoplay=1>
- *Let Be, Get Go, Let In Practice:*  
<https://ucalgary.yuja.com/V/Video?v=247330&node=964068&a=1004349643&autoplay=1>

### Nature-Based Expressive Arts Activities:

- *Me as a Tree:*  
<https://ucalgary.yuja.com/V/Video?v=505274&node=2099272&a=900138947&autoplay=1>



### Original Story – Where Am I From?



### Outcomes:

- to explore one's roots related to ancestors, family, and the earth
- to practice mindful understanding of oneself, others, and the earth

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- to develop insight/awareness into how culture & cultural patterns impacts the present
- to develop the resource of inner wisdom (from self) and outer wisdom (from other beings, including nature)

### Mindfulness Activities:

- Loving Kindness Practice:  
<https://ucalgary.yuja.com/V/Video?v=484176&node=2036191&a=1827746188&autoplay=1>
- *Gratitude for the Body Practice*:  
<https://ucalgary.yuja.com/V/Video?v=263017&node=1034166&a=1893994306&autoplay=1>
- *HEAL Practice (Bring in the Good)*:  
<https://ucalgary.yuja.com/V/Video?v=247448&node=964698&a=982529484&autoplay=1>

### Nature-Based Expressive Art Activities:

- *Wyzen Nature Beings*:  
<https://ucalgary.yuja.com/V/Video?v=505318&node=2099385&a=2136796531&autoplay=1>



### Original Spark – Why Am I Here?



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**Outcomes:**

- to explore the relationship between healthy being and doing/action
- to practice mindful engagement with self, others, and the natural world
- to create a plan of positive activism in one's community or the world
- to develop the ability to carry out positive personal action in the world

**Mindfulness Activities:**

- *Mindful Walking:* <https://www.youtube.com/watch?v=PyzLn03m7mY>
- *Mountain Meditation:*  
<https://ucalgary.yuja.com/V/Video?v=484097&node=2035878&a=1675386174&autoplay=1>

**Nature-Based Expressive Arts Activities:**

- *Weaving Nature Stories:*  
<https://ucalgary.yuja.com/V/Video?v=505300&node=2099315&a=700972336&autoplay=1>

