

## Student & Family Online Wellness Resources

It can be a very stressful time for everyone during a pandemic outbreak. As we all make every attempt to incorporate [social distancing](#) into our daily lives, please find below some resources that may be valuable to your families.

With care,

*FNTI Student Services*

### **Mind:**

FNTI video series – Farm to Table Virtual Reality Mohawk Videos

[The Story of The Three Sisters Planting](#)

[How To Plant In The Three Sisters Formation](#)

[Harvesting Corn As Part Of The Three Sisters](#)

[Harvesting Bean As Part Of The Three Sisters](#)

[Harvesting Squash As A Part of the Three Sisters](#)

[Learning To Cook Three Sisters Soup Part 1](#)

[Learning To Cook Three Sisters Soup Part 2](#)

[Brain teasers for the whole family](#)

Start your own book club, or here is a great list of [online book clubs](#), you can join at any time.

Did You Know -- [Random facts and resources on Facebook](#)

[Virtual Tours for Social Distancing](#)

In response and encouragement to the current mass appeal for [#socialdistancing](#) and [#selfisolation](#) Prime Focus Productions has made [Roots Calling Documentary](#) available on Vimeo On Demand for people to view at home!

[https://vimeo.com/ondemand/rootscalling2018?fbclid=IwAR3jI1c5xY108NtLsQRjRfNFMuJLn9G Gm8RBoD9nNsf3dg\\_0MsL1bKZh3HY](https://vimeo.com/ondemand/rootscalling2018?fbclid=IwAR3jI1c5xY108NtLsQRjRfNFMuJLn9G Gm8RBoD9nNsf3dg_0MsL1bKZh3HY)

Take your professional development journey into your own hands. Reach out to organizations and potential employers and get information about them. [Practice interview skills online](#) for free!

### **Body:**

Yoga with Adriene: a [30 Day Beginners' Yoga Class](#) and/or [Monthly Calendar with Daily Practices](#)

### [Pow-wow Sweat](#)

### Cedar Tea Recipe:

In a medium saucepan, bring 4 cups of fresh filtered water to a boil. Add the **cedar** leaves to the water and allow to simmer. After 10 to 15 minutes, strain the **cedar** leaves out of the water which will now be a beautiful shade of gold. Pour the **tea** into a mug and ENJOY 🍵

### [Strawberry drink](#)

### **Spirit:**

In these uncertain times it can be difficult to feel grounded and connected to Spirit. You're encouraged to remember the teachings you have from community and class. Remember the medicines used in class to bring you all together. Our Cultural Advisors are available to chat if you need it.

Reflect on what your heart medicine is... drumming, being on the land, exercise, meditation, etc.

Some other ideas:

[Stream Live Concerts](#)

[5-Minute Mindfulness Meditation](#)

NWAC has launched a service to have Elders available to respond to the COVID crisis.

<https://www.nwac.ca/covid19/>

**Emotion:**

[Good 2 Talk Post-Secondary Support Hotline](#)

[I.M. Well](#)

The art of visiting: virtually check-in with friends, classmates, family, and neighbours. There is no telling what mutual benefits can come from chat on the phone, a meaningful text, or a video chat.

[FREE -- Oprah and Deepak 21 Days Meditation Experience: Finding Hope in Uncertain Times](#)

[Digital Resources at Your Public Library](#)

Reminder: it's ok to cry! It's ok to acknowledge your stress.

**For the Kids:**

Many of you have kids, or are taking care of them to help out friends and family during the social isolation period. This too can add stress to your day-to-day activities. Below are some resources to help keep them entertained and learning.

[Indigenous educators teaching lessons for K-8](#) (see links in article)

[Scholastic Learn at Home](#)

[Circle Round: a story podcast for kids](#)

[Lunch Doodles](#): learn to draw with kids' author Mo Willems -- every day at 12 p.m.

[Flamingo Rampant](#) Facebook live story time daily at 10:30 a.m. Flamingo Rampant is a micro-press with a mission - to produce feminist, racially diverse, LGBTQ-positive children's books, in an effort to bring visibility and positivity to the reading landscape of children everywhere. "We make books kids love that love them right back, bedtime stories for beautiful dreams, and books that let kids of all kinds say with pride: that kid's just like me!"

[Nature scavenger hunt](#)

[Ontario Learn at Home](#)

The Importance of Hand Washing Child-Friendly Resources

<https://ottawa.ctvnews.ca/cheo-doctor-writes-educational-song-for-hand-washing-1.4733196>

<https://www.youtube.com/watch?v=3PmVJQUCm4EHow>