



# **The Spirit of Alliances: Support and Wellness Framework**



We acknowledge the logo artist, Jessica Joseph, from the Songhees Nation.

# BEAR—Belonging/Engagement and Location

The Bear's gift to the learning process is **self-awareness**. This means being able to make meaning out of life, be creative, and act with intention. When the Bear's gifts are accessible to students and they are able to weave them into their learning experiences, the students' abilities to develop internal skills are enhanced. **A principle of the Bear's gift of internal learning is the exploration of one's identity, which provides the foundation for students to make meaning of their place in family, school, and community.** Students, with a strong sense of self-awareness, are able to make space for creativity in life, which enables them to act with intention. In order to experience this, learners need to be in a place where they are nurtured, valued, and feel a strong sense of belonging.

***The Spirit of Alliances: Aboriginal Education Enhancement Agreement***



# CHARACTERISTIC

## What does the word characteristic mean?

**Characteristic** means a special quality or feature that helps describe a person, animal, or thing. It's what makes something stand out or helps us tell it apart from others.

### For example:

- A giraffe's long neck is a characteristic.
- Being kind or funny can be a characteristic of a person



# CHARACTERISTICS OF THE BEAR

**Caring**

**Self- Awareness**

**Self- Identity**

**Self- Location**

**Self- Regulation**



# CHARACTERISTICS OF THE BEAR



## Caring

**Caring for yourself means taking the time to keep your body, mind, and feelings healthy.**

Caring for yourself means resting, eating well, moving, and finding calm when you need it.

**Caring** also means showing kindness and helping others. It's when you think about how someone else feels and try to make them feel better.

## School Code of Conduct Connection:

take care of myself

We take care of each other





# CHARACTERISTICS OF THE BEAR



## **Self-Awareness**

Self-awareness is noticing your own feelings, thoughts, and actions. It's like being able to step back and say, "This is how I feel right now."

## **School Code of Conduct Connection:**

I take care of myself

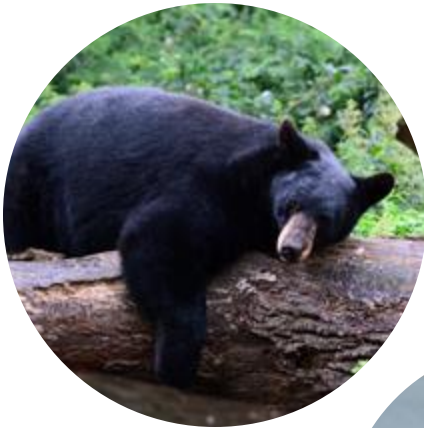


# CHARACTERISTICS OF THE BEAR



## **Self-Identity**

Self-identity is knowing who you are, your likes, dislikes, strengths, and what makes you special and unique.



# CHARACTERISTICS OF THE BEAR



## **Self-Location**

Self-location means knowing where you are in the world and how you connect to the people, land, and community around you.

## **School Code of Conduct Connection:**

I take care of this place





# CHARACTERISTICS OF THE BEAR



## **Self-Regulation**

Self-regulation is learning how to calm down and make good choices, even when you're upset, excited, or having big feelings.

## **School Code of Conduct Connection:**

I take care of this place



# YOU WILL BE RECOGNIZED FOR SHOWING THE BEARS CHARACTERISTICS

**When you have shown good examples of the following characteristics:**

**Caring**

**Self- Awareness**

**Self- Identity**

**Self- Location**

**Self- Regulation**



**You will receive a Bear Award that will go on the front bulletin board and be shared on our school announcements.**

**Bear Award**

This Award is presented to \_\_\_\_\_

For \_\_\_\_\_

Date \_\_\_\_\_ Signed By \_\_\_\_\_

