

Make your personal Medicine Wheel

Emotional

Draw what helps you calm down and control your emotions - something that brings you peace again even when you're at your angriest.

Spiritual

Draw what makes your spirit happy - something that you are passionate about, makes you excited, or an activity or cause that you care deeply about.

Mental

Draw what keeps your brain strong - something like your favourite book, school subject or an activity that makes you think!

Physical

Draw what keeps your body healthy - something like sports or nutritional like your favourite healthy snack!