

# Native Farm to School

A Project of First Nations Development Institute



**NATIVE  
WELLNESS  
WHEEL**

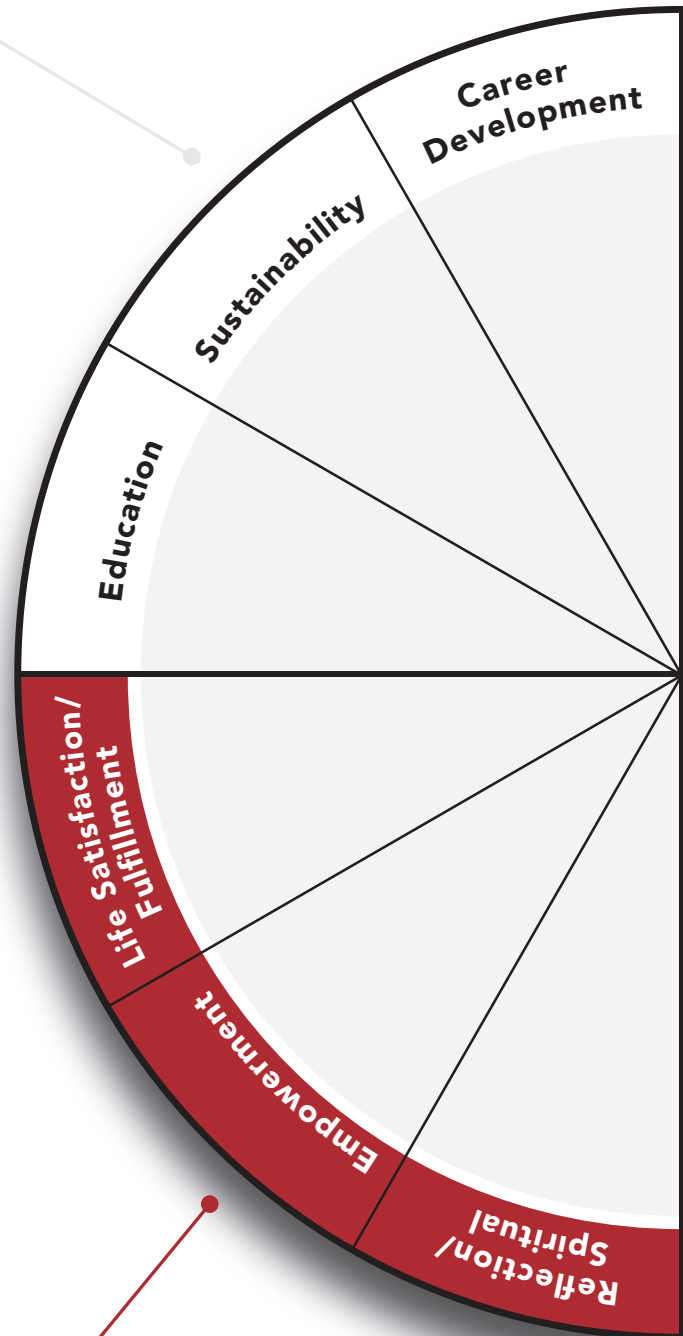
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# WELLNES

How are you taking care of your body? Starting from the  
reflect how well you think y

## Intellectual Wellness

My goals for Intellectual Wellness:

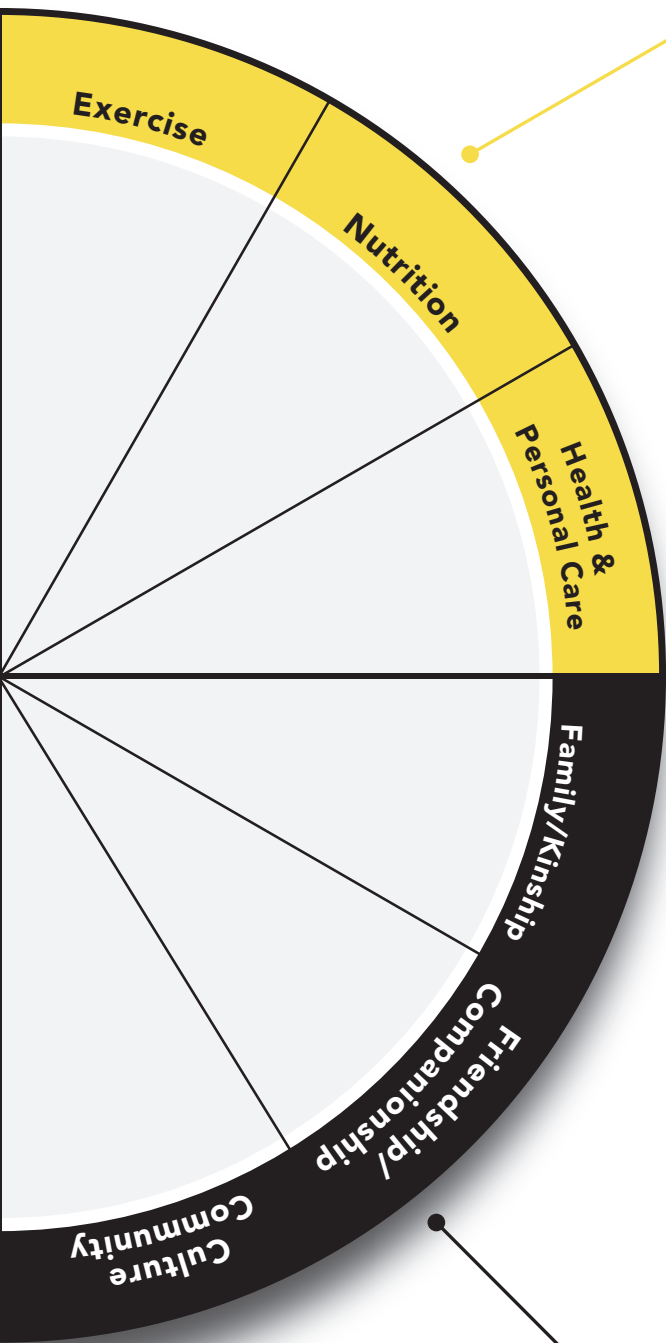


My goals for Social/Emotional Wellness:

## Social/Emotional Wellness

# WELLNESS WHEEL

In the center, fill in each section of the Wellness Wheel to describe what you're doing in each area.



## Physical Wellness

My goals for Physical Wellness:

My goals for Community/Relationship Wellness:

## Community/Relationship Wellness

◆ **NATIONAL HEADQUARTERS**

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