

CULTURAL MINDFULNESS

With George Couchie







The Duke of Edinburgh's Award
TAKE THE CHALLENGE





Bravery





Humility

wisdom



Honesty



Truth





Respect

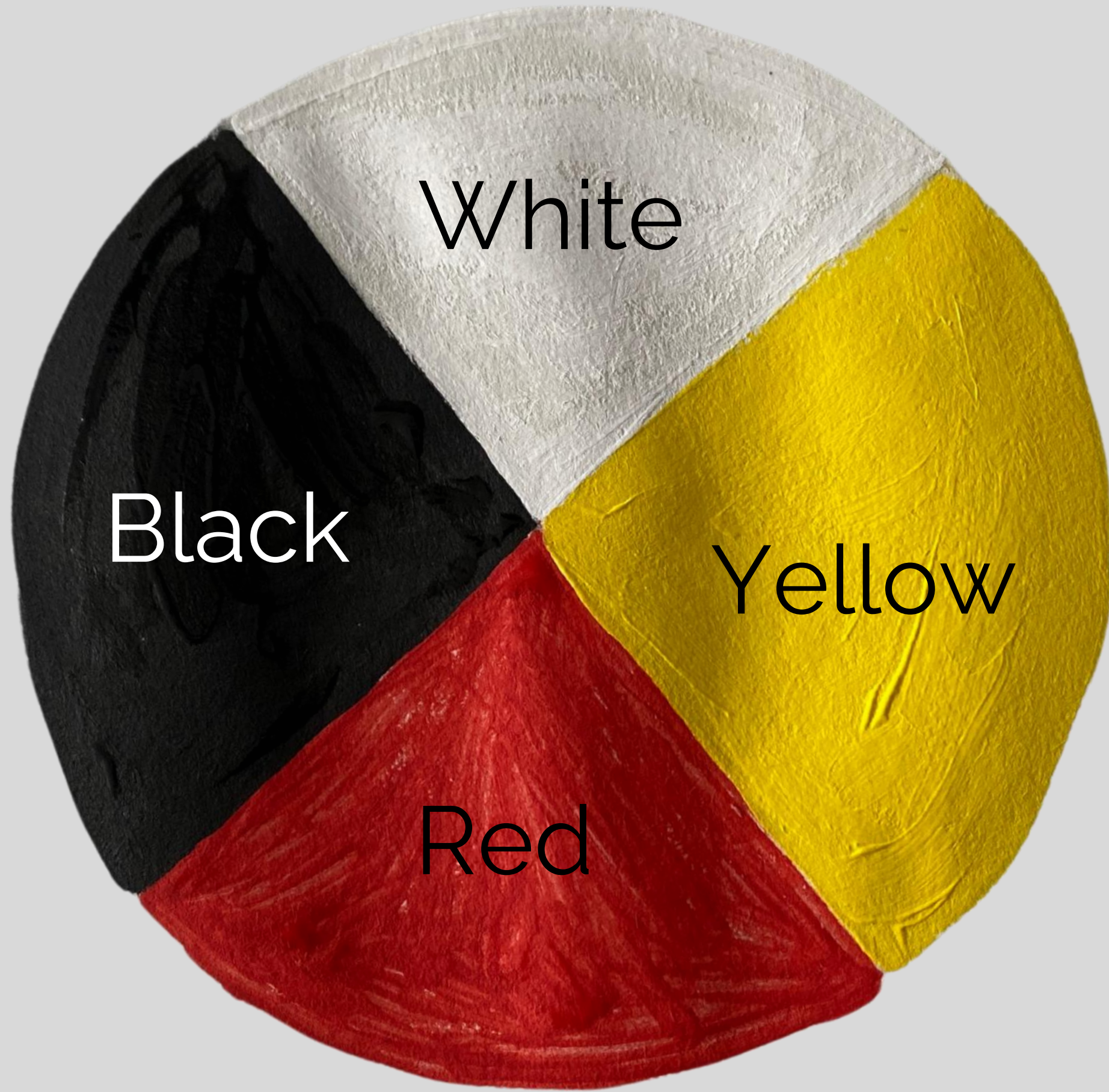


Love



Medicine

wheel



White

Black

Yellow

Red



North

West

East

South

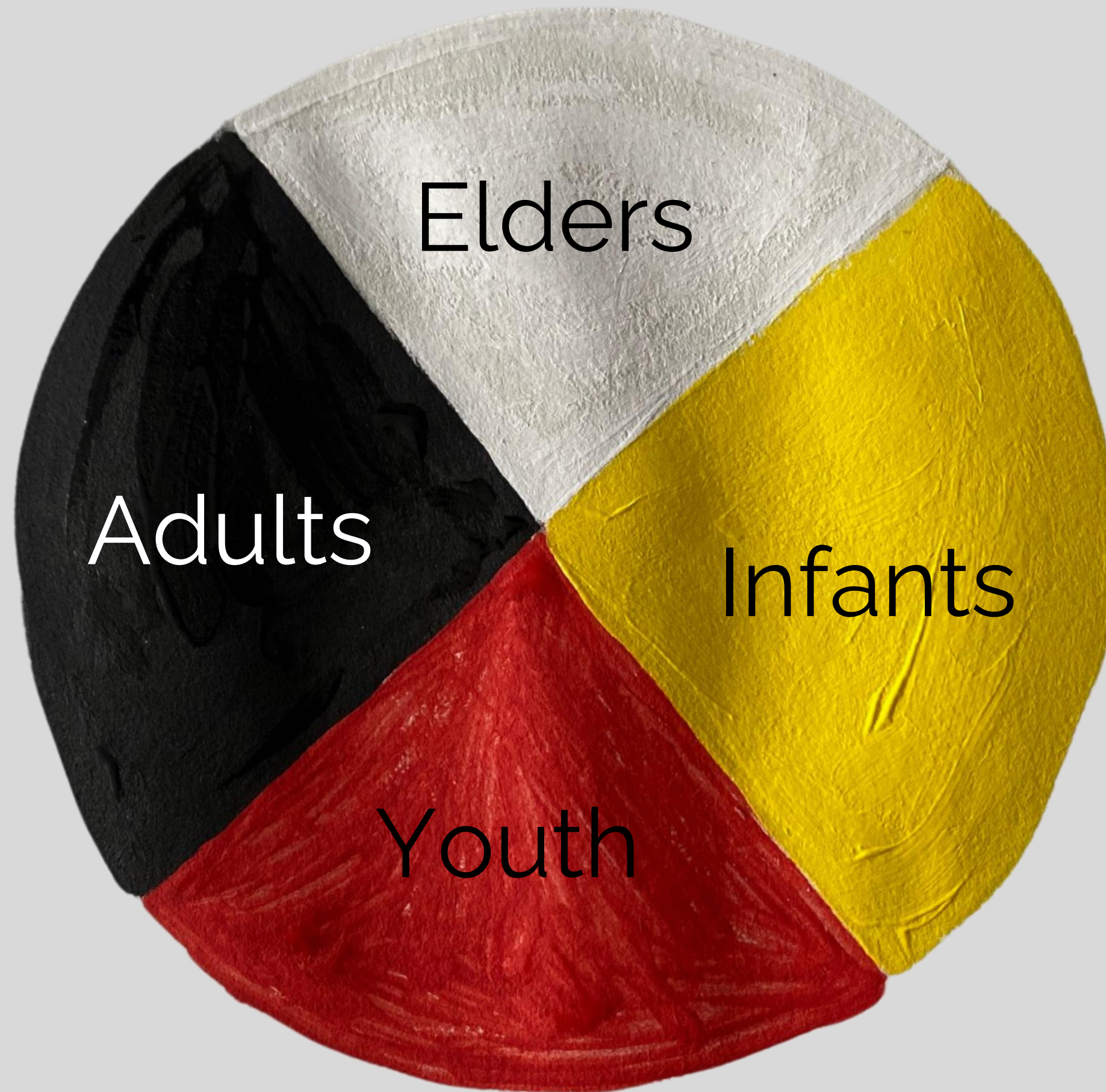


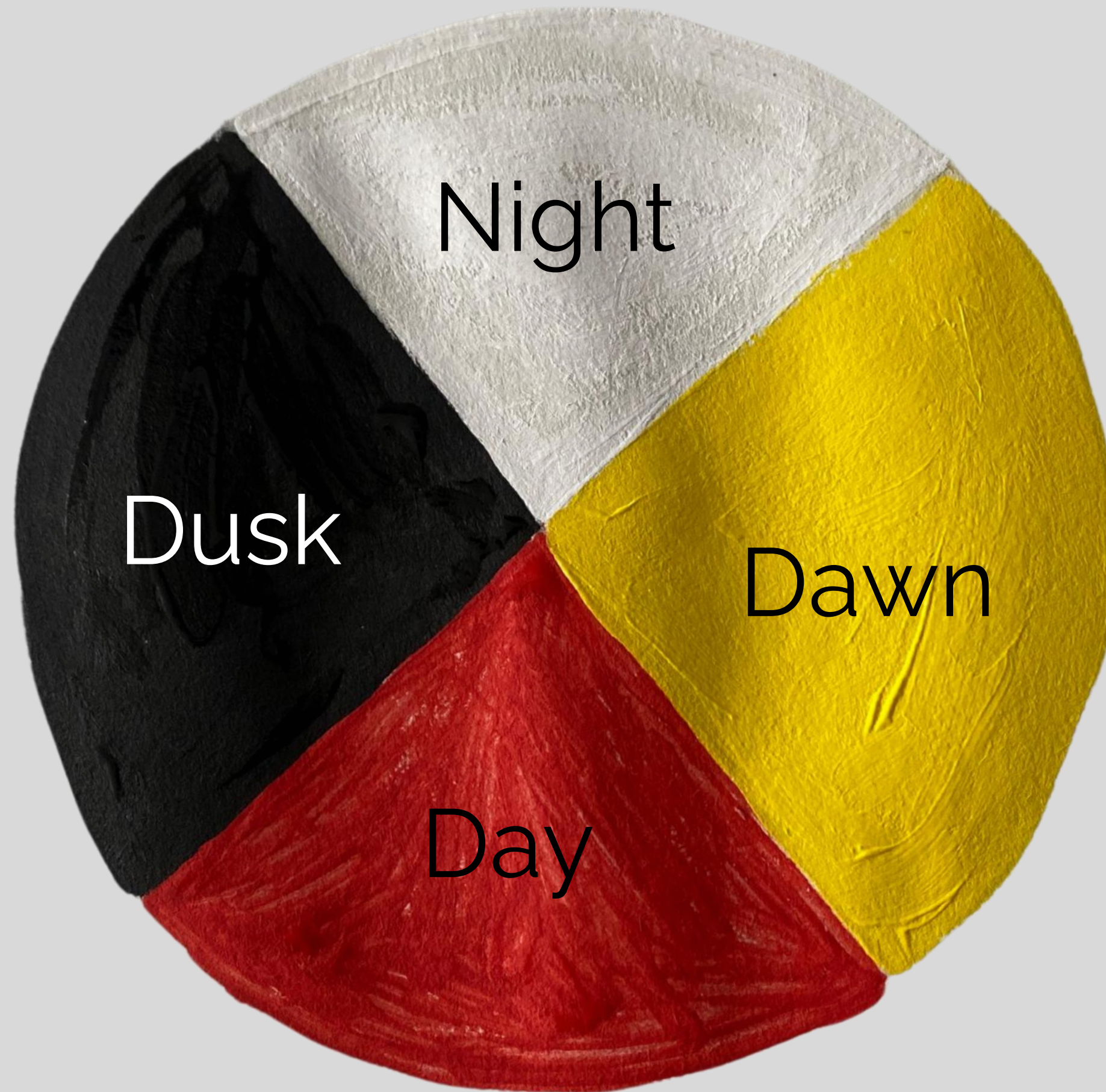
Winter

Autumn

Spring

Summer



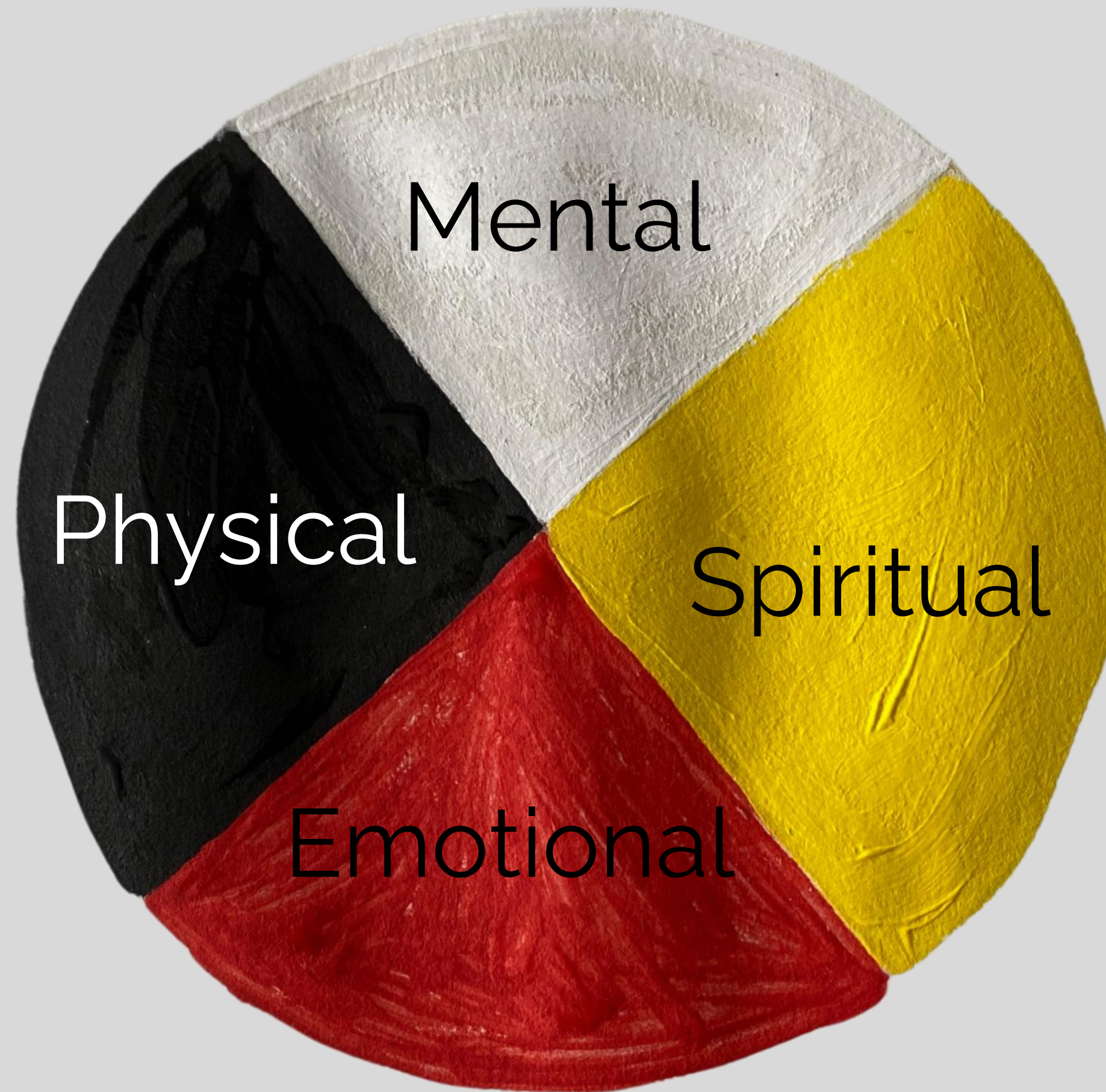


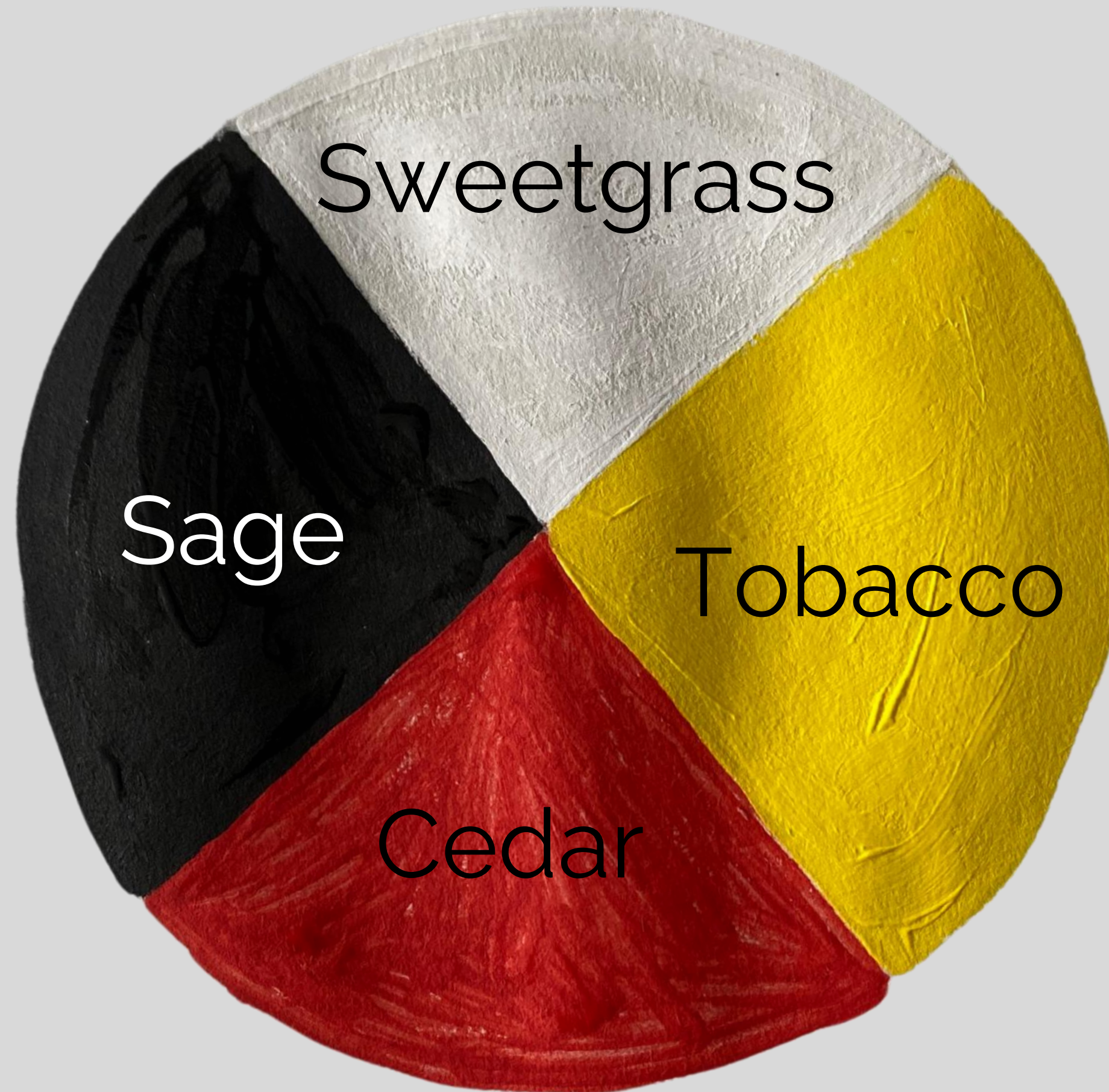
Night

Dusk

Dawn

Day







Fire

Water

Earth

Wind



Two
Legs

Four
Legs

Crawl

Fly

