



Mino-Pimatisiwin—The Good Life

Mino-Pimatisiwin (The Good Life) refers to living a well-balanced life where all four components of a human are being addressed—emotional, physical, mental, and spiritual.

Mino-Pimatisiwin is an Indigenous traditional teaching that describes how the emotional, physical, mental, and spiritual parts of a person, or the **heart, body, mind, and spirit**, come together in balance to lead the good life. This is a lifelong endeavour where one comes to understand how to live in relationship with oneself and others as part of the natural world with respect, reciprocity, and interconnectedness. The teaching and understanding of Mino-Pimatisiwin is deepened through continuing work with Indigenous communities, Indigenous Elders and Knowledge Keepers. Through this ongoing work, these perspectives and Indigenous phrases expressing values have become a part of how we describe the good work we do for all students in Manitoba.

In Mino-Pimatisiwin, the Circle of Courage represents an Indigenous worldview which symbolizes the interconnected relationships among four aspects of one's being, including connection to the natural world. One's sense of hope, belonging, meaning and purpose are connected to what Indigenous Elders call 'the great questions of life'. According to Senator Murray Sinclair, any society must "raise and educate its children (to) answer (these questions)" (Sinclair, 7) in order for it to function properly, as 'this growth and attempt to reach the good life is not just an individual focus (but) also involves the family and community' (Hart, 44).

Who am I?

Where do I come from?

Why am I here?

Where am I going?



The Heart (Belonging: Who am I in relation to others?)

Learning starts from the heart. The emotional part of the Circle of Courage deals with learning about identities where learners ask, "Who am I?" Learners define themselves, their gifts and their relationships in the world (Sense of Belonging). They are aware of their roles and responsibilities and their connections to self, family, community, and the land to live Mino-Pimatisiwin.

The Body (Meaning: Where do I come from?)

Learners learn through movement in different places. The physical part of the Circle of Courage deals with receiving knowledge through listening, observing, touching, and connecting, where learners ask, "Where do I come from?" They use their gifts and strengths to learn and contribute in purposeful ways to the world around them (Sense of Meaning) and are aware of their contexts and communities to live Mino-Pimatisiwin.



The Spirit (Hope: Where am I going?)

Mino-Pimatisiwin in The Manitoba Framework for Learning

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