

# STORIES IN OUR LIVES

# MENTAL HEALTH

Disconnect from technology

IN ORDER TO FIND A  
BETTER  
CONNECTION

## PLACE RESPONSIVENESS

WE ARE A  
PART of  
NATURE

BEING PRESENT *with* NATURE'S INHERENT WISDOM

When someone  
picks up a paddle,  
they become part  
of all it knows

STAYING  
CONNECTED  
WITH EACH OTHER

## TEAMWORK

OUR FORMATIVE YEARS  
CAN BE CHALLENGING....

RELATIONSHIP  
TO SELF

**SLOW DOWN AND  
CONNECT WITH  
OUR PEERS,  
NATURE, AND  
OURSELVES**

Supporting each other, where each person is at

*"For all those who have experienced it, no explanation is necessary, for all those who have not, an explanation is impossible."*

# TUNING IN to the FLOW OF THE COMMUNITY

TO THINK STARS WERE ONLY IN BOOKS!

I LEARNED  
WHAT  
I'M  
CAPABLE  
OF!

"When one  
paddles one is  
like a reed in  
the wind"  
-SIGURD  
OLSON

UPROOTING  
STEREOTYPES:  
"I LEARNED TO  
COOK"

A collaboration of  
Get Kids Paddling  
working group

getkidspaddling.ca

ERICA BOTA  
with  
THINKLINK  
graphics

WHO  
AND WHAT  
is MISSING?

**GAIN INDEPENDENCE**

**STRONG FEMALE LEADERSHIP**

CAMPING  
TECHNOLOGY...  
IT'S JOYOUSLY  
BURDENSOME.

# COMMUNICATING LIMITS

Even doing the dishes is fun!



**SKILLS**  
that help  
**BUILD**  
**SKILLS**

MAGIC in the MUNDANE

SKILLS that help BUILD

# EMPATHY & EQUITY

# ELDER